

			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	
			Stowmarket HM 19/3/23	Sudbury Fun Run 7/4/23	Stephen Williams 10K 7/5/23	Newmarket 10K 25/6/23	Saxon 5 15/10/23	Hadleigh 5 19/11/2023	Hadleigh 10 19/11/2023	Total Top 4 Races
Position	Name	Club								
FS										
1	Holly TAYLOR	Felixstowe RRC	491	0	497	498	499	0	0	1985
2	Maria RIERA TURRO	Felixstowe RRC	490	0	492	496	496	0	499	1983
3	Kayleigh TURPIN	Felixstowe RRC	488	0	493	494	495	0	498	1980
4	Katherine AYKROYD	Felixstowe RRC	0	489	0	0	490	497	0	1476
5	Gem CARTER	Saint Edmund Pacers	0	0	499	0	0	0	500	999
6	Jenny STEEDMAN	Saint Edmund Pacers	0	0	496	500	0	0	0	996
7	Kathy WILSON-BROWN	Ipswich Jaffa RC	0	496	0	0	497	0	0	993
8	Crystal MURRAY	Hadleigh Hares AC	492	0	0	0	0	499	0	991
9	Kate HEEKS	Stowmarket Striders RC	0	0	495	495	0	0	0	990
10	Louise CRACKNELL	Felixstowe RRC	494	0	494	0	0	0	0	988
11	Olivia Radford	Ipswich Jaffa RC	0	0	0	0	493	0	491	984
12	Jasmine AGER	Stowmarket Striders RC	487	0	0	0	0	0	496	983
13	Adriana Houchell	Ipswich Jaffa RC	0	0	0	0	491	0	492	983
14	Laura Blazey	Saint Edmund Pacers	0	0	0	0	500	0	0	500
15	Daisy GLOVER	Framlingham Flyers	0	500	0	0	0	0	0	500
16	Lottie HITCHCOCK	Saint Edmund Pacers	0	0	0	0	0	500	0	500
17	Katie KING	Saint Edmund Pacers	0	0	500	0	0	0	0	500
18	Emily MOYES	Stowmarket Striders RC	500	0	0	0	0	0	0	500
19	Lilian Corbett	Newmarket Joggers	0	0	0	499	0	0	0	499
20	Kate CREAK	TRISudbury	0	499	0	0	0	0	0	499
21	Maddie JORDAN-LEE	Stowmarket Striders RC	499	0	0	0	0	0	0	499
22	Rosie HORSFIELD	Ipswich Jaffa RC	498	0	0	0	0	0	0	498
23	Lucy HOWES	Sudbury Joggers	0	498	0	0	0	0	0	498
24	Katie MARGARSON	Saint Edmund Pacers	0	0	498	0	0	0	0	498
25	Mia Palmer	Kesgrave Cruisers	0	0	0	0	498	0	0	498
26	Veronica VERSINO	Saint Edmund Pacers	0	0	0	0	0	498	0	498
27	Cerys Bithell	Newmarket Joggers	0	0	0	497	0	0	0	497
28	Georgia HUMPHREYS	Ipswich Jaffa RC	497	0	0	0	0	0	0	497

1	Sam BAXTER	Felixstowe RRC	500	500	500	500	0	499	0	2000
2	Terri GREEN	Ipswich Jaffa RC	0	499	0	498	499	498	0	1994
3	Claire BUTCHER	Felixstowe RRC	0	0	496	495	496	0	493	1980
4	Joanne HARPER	Felixstowe RRC	0	498	0	0	498	497	0	1493
5	Agnieszka ANDRZEJAK	Stowmarket Striders RC	0	0	495	496	495	0	0	1486
6	Catherine PECK	Saint Edmund Pacers	0	0	499	499	0	0	0	998
7	Doranne Brewster	Felixstowe RRC	0	0	0	494	494	0	0	988
8	Helen FINDLEY	Kesgrave Cruisers	0	0	0	0	0	0	500	500
9	Cath JEFFERY	Saint Edmund Pacers	0	0	0	0	0	500	0	500
10	Kate Scotter	Kesgrave Cruisers	0	0	0	0	500	0	0	500
11	Helen ARIYO	Kesgrave Cruisers	0	0	0	0	0	0	499	499
12	Amy PLUMBLY	Ipswich Harriers	499	0	0	0	0	0	0	499
13	Gemma GILBERT	Felixstowe RRC	498	0	0	0	0	0	0	498
14	Alex HOBBS	Saint Edmund Pacers	0	0	498	0	0	0	0	498
15	Rachel SOUTHGATE	Felixstowe RRC	0	0	0	0	0	0	498	498
16	Sophie ADAMS	Newmarket Joggers	0	0	497	0	0	0	0	497
17	Rachel BODSWORTH	Hadleigh Hares AC	497	0	0	0	0	0	0	497
18	Annie GOURLAY	Sudbury Joggers	0	0	0	0	0	0	497	497
19	Julie Hooton	Brandon Fern Hoppers	0	0	0	497	0	0	0	497
20	Kate HUTSON	Ipswich Jaffa RC	0	497	0	0	0	0	0	497
21	Donna Milner	Waveney Valley AC	0	0	0	0	497	0	0	497
22	Dawn GIBSON	Felixstowe RRC	0	0	0	0	0	496	0	496
23	Nicola MANDERS	TRISudbury	0	496	0	0	0	0	0	496
24	Sarah PENNOCK	Sudbury Joggers	0	0	0	0	0	0	496	496
25	Hanneli STEVENSON	Haverhill Running Club	496	0	0	0	0	0	0	496
26	Lisa BRUTON	Haverhill Running Club	0	495	0	0	0	0	0	495
27	Anneli OSTLER	Felixstowe RRC	495	0	0	0	0	0	0	495
28	Pippa SARGENT	Stowmarket Striders RC	0	0	0	0	0	0	495	495
29	Kirsty MARSH	Felixstowe RRC	0	0	0	0	0	0	494	494
30	Geraldine SUCKLING	Hadleigh Hares AC	494	0	0	0	0	0	0	494
FV45										
1	Juliet GARNHAM	Stowmarket Striders RC	500	0	500	500	0	0	500	2000

2	Faith LEWIS	Saint Edmund Pacers	0	499	496	0	499	0	497	1991
3	Karen OFFORD	Stowmarket Striders RC	493	0	498	0	0	0	499	1490
4	Natalie HAY	Saint Edmund Pacers	498	0	499	0	0	0	0	997
5	Sarah MAIDMENT	Framlingham Flyers	496	0	0	0	500	0	0	996
6	Nikki VINCE	Hadleigh Hares AC	495	0	0	0	0	0	498	993
7	Rosemary NAYLOR	TRISudbury	0	500	0	0	0	0	0	500
8	Angela SELFE	Stowmarket Striders RC	0	0	0	0	0	500	0	500
9	Ellie Bithell	Newmarket Joggers	0	0	0	499	0	0	0	499
10	Sam LINASSI	Felixstowe RRC	499	0	0	0	0	0	0	499
11	Vanessa THORPE	Ipswich Triathlon Club	0	0	0	0	0	499	0	499
12	Kaern Chennells	Bungay Black Dog RC	0	0	0	0	498	0	0	498
13	Helen GEORGE	Haverhill Running Club	0	498	0	0	0	0	0	498
14	Michelle MARTIN	Kesgrave Cruisers	0	0	0	0	0	498	0	498
15	Michelle MURPHY	Felixstowe RRC	497	0	0	0	0	0	0	497
16	Nessie THORPE	Ipswich Triathlon Club	0	0	497	0	0	0	0	497
17	Jacqui WHITE	TRISudbury	0	497	0	0	0	0	0	497
18	Sue TETLEY	TRISudbury	0	496	0	0	0	0	0	496
19	Claire STEELE	TRISudbury	0	495	0	0	0	0	0	495
20	Maria BILNER	Ipswich Jaffa RC	0	494	0	0	0	0	0	494
21	Hannah JEWERS	Stowmarket Striders RC	494	0	0	0	0	0	0	494
22	Amanda DUNN	Hadleigh Hares AC	492	0	0	0	0	0	0	492
23	Sally-Ann BOWEN	Sudbury Joggers	491	0	0	0	0	0	0	491
24	Ruth BAKER	Ipswich Jaffa RC	490	0	0	0	0	0	0	490
FV50										
1	Jo HAYWARD	Stowmarket Striders RC	0	499	500	0	500	500	0	1999
2	Debbie CATLING	Felixstowe RRC	500	498	0	499	0	0	499	1996
3	Mary Ann TULI	Haverhill Running Club	499	497	499	500	0	0	0	1995
4	Wendy SMITH	Saint Edmund Pacers	0	500	0	0	0	0	500	1000
5	Tracy PELLING	Haverhill Running Club	497	0	497	0	0	0	0	994
6	Julia MOSS-ECCARDT	Stowmarket Striders RC	0	0	496	0	0	0	497	993
7	Nicole SMITH	Newmarket Joggers	0	493	0	0	498	0	0	991
8	Ronnie EGAN	TRISudbury	0	492	0	0	0	0	498	990

9	Tracey SQUIRRELL	Hadleigh Hares AC	0	0	0	0	0	499	0	499
10	Nicola Watson	Woodbridge Shufflers RC	0	0	0	0	499	0	0	499
11	Kay OXFORD	Hadleigh Hares AC	498	0	0	0	0	0	0	498
12	Rachel TERRY	Stowmarket Striders RC	0	0	498	0	0	0	0	498
13	Michelle Keeble	Framlingham Flyers	0	0	0	0	497	0	0	497
14	Sandra BUMPHREY	Capel Cheetahs	0	496	0	0	0	0	0	496
15	Veronica EGAN	TRISudbury	496	0	0	0	0	0	0	496
16	Wendy KELLETT	Ipswich Jaffa RC	495	0	0	0	0	0	0	495
17	Sarah VICK	The Saxons	0	495	0	0	0	0	0	495
18	Clair JEFFERSON	TRISudbury	0	494	0	0	0	0	0	494
19	Joanne SARGENT	Hadleigh Hares AC	494	0	0	0	0	0	0	494
20	Kyla WEBB	Capel Cheetahs	0	491	0	0	0	0	0	491
21	Catherine BELSOM	Stowmarket Striders RC	0	490	0	0	0	0	0	490
FV55										
1	Sil CLAY	Haverhill Running Club	497	498	497	499	0	0	0	1991
2	Sharon WARLAND	Stowmarket Striders RC	496	499	493	496	0	0	0	1984
3	Jacqueline ALLPORT	Felixstowe RRC	492	0	492	497	497	0	494	1980
4	Mary NAREY	Stowmarket Striders RC	0	0	500	500	0	0	499	1499
5	Val JENNINGS	Ipswich Jaffa RC	499	0	0	0	0	0	500	999
6	Claire BROWN	Saint Edmund Pacers	0	500	498	0	0	0	0	998
7	Nathalie HOOPER	Hadleigh Hares AC	498	0	0	0	0	500	0	998
8	Sandra MAYHEW	Stowmarket Striders RC	0	0	499	0	0	499	0	998
9	Jackie Collins	Felixstowe RRC	0	0	0	0	498	0	495	993
10	Ruth COWLIN	Sudbury Joggers	495	0	0	498	0	0	0	993
11	Eloise BIRD	Saint Edmund Pacers	0	0	494	0	0	497	0	991
12	Jenny LYNCH	Felixstowe RRC	494	0	0	0	0	0	497	991
13	Jan HOLMES	Newmarket Joggers	493	0	495	0	0	0	0	988
14	Gillian LEATHERS	Saint Edmund Pacers	500	0	0	0	0	0	0	500
15	Rachael Finch	Waveney Valley AC	0	0	0	0	499	0	0	499
16	Emily COOPER-READE	Stowmarket Striders RC	0	0	0	0	0	498	0	498
17	Jo STEPHENSO	Stowmarket Striders RC	0	0	0	0	0	0	498	498
18	Karen SKENE	Capel Cheetahs	0	497	0	0	0	0	0	497

19	Jenny BIRD	Saint Edmund Pacers	0	0	496	0	0	0	0	496
20	Daniela Elstone	Felixstowe RRC	0	0	0	0	496	0	0	496
21	Karen SHELLEY	Stowmarket Striders RC	0	0	0	0	0	0	496	496
22	Christine TAYLOR	Haverhill Running Club	0	496	0	0	0	0	0	496
23	Sandy PHILLIPS	Ipswich Jaffa RC	0	0	491	0	0	0	0	491
24	Debbie COOK	Stowmarket Striders RC	0	0	490	0	0	0	0	490
25	Joanne BOUTTELL	Newmarket Joggers	0	0	489	0	0	0	0	489
FV60										
1	Bobbie SAUERZAPF	Bungay Black Dog RC	0	498	0	500	498	0	498	1994
2	Jenny CHURCH	Felixstowe RRC	498	497	498	0	497	498	0	1991
3	Fiona CUNNINGTON	Saint Edmund Pacers	0	500	499	0	499	0	0	1498
4	Jo WHELAN	Felixstowe RRC	497	0	0	0	496	0	496	1489
5	Belinda GODBOLD	Hadleigh Hares AC	500	0	0	0	0	0	500	1000
6	Sandra ROBERTS	Ipswich Jaffa RC	0	0	500	0	0	0	499	999
7	Denise WRIGHT	Stowmarket Striders RC	0	0	496	0	0	496	0	992
8	Ruth Acworth	Woodbridge Shufflers RC	0	0	0	0	500	0	0	500
9	Marion PARKER	Felixstowe RRC	0	0	0	0	0	500	0	500
10	Louise BECK	Capel Cheetahs	0	499	0	0	0	0	0	499
11	Arabella LEWENDON	Felixstowe RRC	499	0	0	0	0	0	0	499
12	Silke SHEPPARD	Haverhill Running Club	0	0	0	0	0	499	0	499
13	Sally GARNHAM	Felixstowe RRC	0	0	0	0	0	497	0	497
14	Jane MOON	Felixstowe RRC	0	0	497	0	0	0	0	497
15	Nicola STEVENSON	Felixstowe RRC	0	0	0	0	0	0	497	497
16	Pearl FAY	Newmarket Joggers	496	0	0	0	0	0	0	496
17	Rita RUE	Saint Edmund Pacers	0	496	0	0	0	0	0	496
18	Hilary Cook	Felixstowe RRC	0	0	0	0	495	0	0	495
19	Debbie MCDOWALL	Stowmarket Striders RC	0	0	495	0	0	0	0	495
20	Theresa Jones	Waveney Valley AC	0	0	0	0	494	0	0	494
FV65										
1	Jenny MORGAN	Saint Edmund Pacers	0	0	500	500	0	0	0	1000
2	Julia Bilotta	Hadleigh Hares AC	0	0	0	0	497	500	0	997

3	Hazel GARRITY	Bungay Black Dog RC	500	0	0	0	0	0	0	500
3	Lisa Squirrell	Woodbridge Shufflers RC	0	0	0	0	500	0	0	500
5	Alison Cooper	Waveney Valley AC	0	0	0	0	499	0	0	499
6	Sue HARGADON	Woodbridge Shufflers RC	499	0	0	0	0	0	0	499
7	Cheryl Trundle	Haverhill Running Club	0	0	0	499	0	0	0	499
8	Jane WALL	Saint Edmund Pacers	0	0	499	0	0	0	0	499
9	Linda BURTON	Saint Edmund Pacers	0	0	498	0	0	0	0	498
10	Anne Parkinson	Framlingham Flyers	0	0	0	0	498	0	0	498
11	Simone Sutherland	Framlingham Flyers	0	0	0	0	496	0	0	496
FV70										
1	Teresa TRANTER	Sudbury Joggers	0	500	0	0	0	500	0	1000
2	Julie Haselwood	Ipswich Jaffa RC	0	0	0	0	498	0	499	997
3	Susan Glazer	Bungay Black Dog RC	0	0	0	0	500	0	0	500
3	Pam MORGAN	Ipswich Triathlon Club	0	0	0	0	0	0	500	500
3	Maureen WRIGHT	Ipswich Jaffa RC	500	0	0	0	0	0	0	500
6	Vivienne Taylor	Framlingham Flyers	0	0	0	0	499	0	0	499
7	Annette Huggins	Framlingham Flyers	0	0	0	0	497	0	0	497
8	Janet Green	Framlingham Flyers	0	0	0	0	496	0	0	496
MS										
1	Gary TAYLOR	Felixstowe RRC	494	0	0	499	497	0	498	1988
2	Oliver SCHOFIELD	Saint Edmund Pacers	495	496	0	0	496	499	0	1986
3	Christopher FULLER	The Saxons	489	0	483	496	0	0	495	1963
4	Scott WILLIAMS	Saint Edmund Pacers	500	499	499	0	0	0	0	1498
5	Harry GRIMSEY	The Saxons	0	0	479	494	0	0	494	1467
6	Neil DENNIS	Stowmarket Striders RC	487	488	477	0	0	0	0	1452
7	Jake HAYWARD	Stowmarket Striders RC	0	500	500	0	0	0	0	1000
8	Lloyd BRADLEY	Saint Edmund Pacers	0	495	492	0	0	0	0	987
9	Ben Jackson	Felixstowe RRC	0	0	0	0	492	0	493	985
10	Sam Hardwick	Stowmarket Striders RC	0	0	0	493	0	0	489	982
11	Daniel SUMMERSGILL	Ipswich Jaffa RC	488	0	0	0	494	0	0	982
12	Tony BACON	Haverhill Running Club	0	0	482	498	0	0	0	980

13	Sam Toy	Felixstowe RRC	0	0	0	0	490	0	490	980
14	John DAY	Saint Edmund Pacers	0	492	486	0	0	0	0	978
15	Mark SALISBURY	Sudbury Joggers	0	0	481	0	0	0	496	977
16	Jamie Jackson	Felixstowe RRC	0	0	0	0	486	0	488	974
17	George ALLEN	Saint Edmund Pacers	0	0	476	0	0	497	0	973
18	Matt Makin	Felixstowe RRC	0	0	0	0	485	0	487	972
19	Reece GOODERHAM	Saint Edmund Pacers	0	490	480	0	0	0	0	970
20	Stuart HUNT	Hadleigh Hares AC	485	485	0	0	0	0	0	970
21	Robert Chenery	Ipswich Jaffa RC	0	0	0	0	500	0	0	500
22	Oliver HITCHCOCK	Saint Edmund Pacers	0	0	0	0	0	500	0	500
23	Jack Nixon	Saint Edmund Pacers	0	0	0	500	0	0	0	500
24	James WILSON	The Saxons	0	0	0	0	0	0	500	500
25	Dan HUTCHISON	Newmarket Joggers	499	0	0	0	0	0	0	499
26	Ross McGill	Woodbridge Shufflers RC	0	0	0	0	499	0	0	499
27	Geraint WHITE	Felixstowe RRC	0	0	0	0	0	0	499	499
28	Henry CATLING	Felixstowe RRC	0	498	0	0	0	0	0	498
29	Kieran McMorran	Ipswich Jaffa RC	0	0	0	0	498	0	0	498
30	Craig SHAND	Saint Edmund Pacers	0	0	498	0	0	0	0	498
31	Haydn WADE	Felixstowe RRC	498	0	0	0	0	0	0	498
32	Stuart WARD	Felixstowe RRC	0	0	0	0	0	498	0	498
33	Alastair ANGUS	Saint Edmund Pacers	0	0	497	0	0	0	0	497
34	Jacob Freeborough	Newmarket Joggers	0	0	0	497	0	0	0	497
35	Brendon MAYERS	Hadleigh Hares AC	0	0	0	0	0	0	497	497
36	Joe ROBSON	Saint Edmund Pacers	0	497	0	0	0	0	0	497
37	Will WHITE	Felixstowe RRC	497	0	0	0	0	0	0	497
38	Chris POULDING	Saint Edmund Pacers	0	0	496	0	0	0	0	496
39	Dan PRICE	Capel Cheetahs	0	0	0	0	0	496	0	496
40	Geraint WHITE	Ipswich Jaffa RC	496	0	0	0	0	0	0	496
41	Joseph MARTIN	Kesgrave Cruisers	0	0	0	0	0	495	0	495
42	Shane Mcandrew	Newmarket Joggers	0	0	0	495	0	0	0	495
43	Jack NOBLE	Ipswich Jaffa RC	0	0	495	0	0	0	0	495
44	Dominic Oliver	Waveney Valley AC	0	0	0	0	495	0	0	495
45	Tom CODLING	TRISudbury	0	494	0	0	0	0	0	494

46	Grant GERRARD	Saint Edmund Pacers	0	0	494	0	0	0	0	494
47	Thomas RUSSELL	Felixstowe RRC	0	0	0	0	0	494	0	494
48	Kieran Holland	Kesgrave Cruisers	0	0	0	0	493	0	0	493
49	Morgan MOORE	Stowmarket Striders RC	0	0	493	0	0	0	0	493
50	John REED	Stowmarket Striders RC	493	0	0	0	0	0	0	493
51	Christopher UNDERWOOD	Newmarket Joggers	0	493	0	0	0	0	0	493
52	Oliver BINGHAM	Stowmarket Striders RC	492	0	0	0	0	0	0	492
53	Bryan Churchard	Saint Edmund Pacers	0	0	0	492	0	0	0	492
54	Ross RANDS	Felixstowe RRC	0	0	0	0	0	0	492	492
55	Stu Faulkner	Waveney Valley AC	0	0	0	0	491	0	0	491
56	Alex HOBBS	Stowmarket Striders RC	491	0	0	0	0	0	0	491
57	Ian OLD	Ipswich Jaffa RC	0	491	0	0	0	0	0	491
58	Mark WATTS	Stowmarket Striders RC	0	0	0	0	0	0	491	491
59	George WRIGHT	Stowmarket Striders RC	0	0	491	0	0	0	0	491
60	Rob BLACKMAN	Saint Edmund Pacers	0	0	490	0	0	0	0	490
61	James HAYWARD	Ipswich Jaffa RC	490	0	0	0	0	0	0	490
62	Ed Abbott	Woodbridge Shufflers RC	0	0	0	0	489	0	0	489
63	Conner BILNER	Ipswich Jaffa RC	0	489	0	0	0	0	0	489
64	Stuart KING	Saint Edmund Pacers	0	0	489	0	0	0	0	489
65	Sam SADLER	Newmarket Joggers	0	0	488	0	0	0	0	488
66	Tom Wake	Woodbridge Shufflers RC	0	0	0	0	488	0	0	488
67	Ross ARNOLD	Haverhill Running Club	0	487	0	0	0	0	0	487
68	Chris GWATKIN	Saint Edmund Pacers	0	0	487	0	0	0	0	487
69	Dan Smith	Woodbridge Shufflers RC	0	0	0	0	487	0	0	487
70	Hayden FORDER	Saint Edmund Pacers	0	486	0	0	0	0	0	486
71	Dave HAMER	Felixstowe RRC	486	0	0	0	0	0	0	486
72	Robert SMAILES	Saint Edmund Pacers	0	0	485	0	0	0	0	485
73	Simon Jacobs	Felixstowe RRC	0	0	0	0	484	0	0	484
74	Ryan MCNEILL	Hadleigh Hares AC	484	0	0	0	0	0	0	484
75	Freddie TURNER	Framlingham Flyers	0	0	484	0	0	0	0	484
76	Jeffrey WINCH	Sudbury Joggers	0	484	0	0	0	0	0	484
77	Josh IRON	Haverhill Running Club	0	483	0	0	0	0	0	483
78	Jon SUMMERS	Ipswich Jaffa RC	483	0	0	0	0	0	0	483

79	Helder CAMPOS	Ipswich Jaffa RC	0	0	478	0	0	0	0	478
MV40										
1	James SMITH	Newmarket Joggers	498	500	499	499	500	0	0	1998
2	James WRIGHT	TRISudbury	496	498	0	0	498	0	497	1989
3	Dominic BAREHAM	Felixstowe RRC	493	495	492	0	497	0	493	1978
4	Tom AYKROYD	Felixstowe RRC	492	493	491	0	495	497	0	1977
5	Benjamin SMITH	Haverhill Running Club	0	494	493	0	0	498	0	1485
6	Tony GAVIN	Felixstowe RRC	500	0	0	0	0	0	499	999
7	Mark HAYWARD	Newmarket Joggers	499	0	0	500	0	0	0	999
8	Neil SMITH	Framlingham Flyers	0	0	498	0	0	500	0	998
9	Aidan COUGHLAN	Felixstowe RRC	497	499	0	0	0	0	0	996
10	Samuel BLOWS	Woodbridge Shufflers RC	0	497	0	0	0	0	495	992
11	Ashley SMY	Ipswich Jaffa RC	495	0	497	0	0	0	0	992
12	Steven LANE	Ipswich Jaffa RC	491	0	0	0	496	0	0	987
13	Peter WOODS	Felixstowe RRC	489	0	0	0	0	0	492	981
14	John STEEL	Haverhill Running Club	487	0	490	0	0	0	0	977
15	Neil POLLARD	Newmarket Joggers	0	0	500	0	0	0	0	500
16	Adam YOUNG	Felixstowe RRC	0	0	0	0	0	0	500	500
17	Gavin DAVIES	Ipswich Jaffa RC	0	0	0	0	0	499	0	499
18	Luke Whitwell	Felixstowe RRC	0	0	0	0	499	0	0	499
19	Robert Dobson	Newmarket Joggers	0	0	0	498	0	0	0	498
20	Ashley SMY	Felixstowe RRC	0	0	0	0	0	0	498	498
21	Tom Ames	Stowmarket Striders RC	0	0	0	497	0	0	0	497
22	Ian BODSWORTH	Hadleigh Hares AC	0	0	0	0	0	496	0	496
23	Marc Feary	Newmarket Joggers	0	0	0	496	0	0	0	496
24	Jamie FITTOCK	Saint Edmund Pacers	0	496	0	0	0	0	0	496
25	Melvyn MAYCOCK	Ipswich Jaffa RC	0	0	496	0	0	0	0	496
26	Alec WRIGHT	Ipswich Jaffa RC	0	0	0	0	0	0	496	496
27	Ant GREEN	Saint Edmund Pacers	0	0	495	0	0	0	0	495
28	Adam Maltpress	Newmarket Joggers	0	0	0	495	0	0	0	495
29	Oliver COOPER	Ipswich Triathlon Club	494	0	0	0	0	0	0	494
30	Dale FOWLER	Ipswich Jaffa RC	0	0	494	0	0	0	0	494

31	Jason KING	Felixstowe RRC	0	0	0	0	0	0	494	494
32	Paul Roberts	Newmarket Joggers	0	0	0	494	0	0	0	494
33	David Wenyon	Woodbridge Shufflers RC	0	0	0	0	494	0	0	494
34	Phillip TAILBY	Stowmarket Striders RC	0	0	0	0	0	0	491	491
35	Matthew KEYS	Sudbury Joggers	0	0	0	0	0	0	490	490
36	John RAINBOW	Framlingham Flyers	490	0	0	0	0	0	0	490
37	Thomas LEVETT	Felixstowe RRC	0	0	489	0	0	0	0	489
38	Steve OGLESBY	Haverhill Running Club	488	0	0	0	0	0	0	488
39	James ELLIS	Stowmarket Striders RC	486	0	0	0	0	0	0	486
40	Christopher BING	Ipswich Jaffa RC	485	0	0	0	0	0	0	485
MV45										
1	Robin HARPER	Felixstowe RRC	498	497	499	499	496	0	497	1993
2	Christopher BOYT	Felixstowe RRC	496	0	496	0	497	0	500	1989
3	Jimmy SECKER	Saint Edmund Pacers	0	494	491	498	494	499	0	1985
4	Richard HURSTHOUSE	Stowmarket Striders RC	0	491	490	497	0	0	495	1973
5	Benjamin JACOBS	Felixstowe RRC	495	500	500	0	0	0	0	1495
6	Robert WALLACE	Saint Edmund Pacers	494	495	493	0	0	0	0	1482
7	Darren ELSOM	Haverhill Running Club	0	498	0	500	0	0	0	998
8	Adam CHAMBERLIN	Hadleigh Hares AC	492	496	0	0	0	0	0	988
9	Matt BENSON	Sudbury Joggers	0	490	0	0	0	0	496	986
10	Mark Rose	Ipswich Jaffa RC	0	0	0	0	493	0	493	986
11	Joel BAMSEY	Hadleigh Hares AC	493	0	0	0	0	0	492	985
12	Mark FLATMAN	Ipswich Triathlon Club	0	0	489	0	0	0	494	983
13	Stewart WHITE	Saint Edmund Pacers	0	489	488	0	0	0	0	977
14	Stuart Haynes	Woodbridge Shufflers RC	0	0	0	0	500	0	0	500
15	Jim LAST	Framlingham Flyers	500	0	0	0	0	0	0	500
16	Matthew NORRIS	Saint Edmund Pacers	0	0	0	0	0	500	0	500
17	Darren Cook	Felixstowe RRC	0	0	0	0	499	0	0	499
18	Tim LARKE	Stowmarket Striders RC	499	0	0	0	0	0	0	499
19	Chris MOWER	Saint Edmund Pacers	0	499	0	0	0	0	0	499
20	Jem SMITH	Sudbury Joggers	0	0	0	0	0	0	499	499
21	Garry Cullum	Felixstowe RRC	0	0	0	0	498	0	0	498

22	Dominic MELERO	Saint Edmund Pacers	0	0	498	0	0	0	0	498
23	Stuart WRIGHT	Felixstowe RRC	0	0	0	0	0	0	498	498
24	Marcus CATLIN	Ipswich Jaffa RC	497	0	0	0	0	0	0	497
25	Mark STRATTON	Saint Edmund Pacers	0	0	497	0	0	0	0	497
26	Steven Cleary	Newmarket Joggers	0	0	0	496	0	0	0	496
27	Ash Sadler	Kesgrave Cruisers	0	0	0	0	495	0	0	495
28	Ross WILCOX	Stowmarket Striders RC	0	0	495	0	0	0	0	495
29	Henry MORRISON	Saint Edmund Pacers	0	0	494	0	0	0	0	494
30	Alan EMERY	Haverhill Running Club	0	493	0	0	0	0	0	493
31	Steve Kirk	Framlingham Flyers	0	0	0	0	492	0	0	492
32	David MCMAHON	TRISudbury	0	492	0	0	0	0	0	492
33	Christopher SALTER	Ipswich Jaffa RC	0	0	492	0	0	0	0	492
34	Matthew BRAMWELL	Haverhill Running Club	491	0	0	0	0	0	0	491
35	Robert Milner	Waveney Valley AC	0	0	0	0	491	0	0	491
36	John CRADDOCK	Stowmarket Striders RC	490	0	0	0	0	0	0	490
37	Darron JACKSON	Kesgrave Cruisers	489	0	0	0	0	0	0	489
38	Brian BLOOMFIELD	Sudbury Joggers	0	488	0	0	0	0	0	488
39	Carl OLDFORD	Haverhill Running Club	0	0	487	0	0	0	0	487
MV50										
1	Piotr BULACZ	Sudbury Joggers	500	0	500	499	497	0	500	1999
2	Steve BROOKE	Felixstowe RRC	499	0	499	498	500	500	0	1998
3	Kerry BUCKLEY	Felixstowe RRC	498	499	497	497	496	498	0	1992
4	Tom STEPHENS	Felixstowe RRC	494	497	494	495	492	497	0	1983
5	Mark LEWIS	Saint Edmund Pacers	0	498	495	0	490	0	496	1979
6	David CHURCH	Felixstowe RRC	497	0	493	0	489	496	0	1975
7	Mark Hayden	Framlingham Flyers	0	0	0	0	493	0	494	987
8	Darin GEARY	Stowmarket Striders RC	491	0	491	0	0	0	0	982
9	Adrian FROST	Saint Edmund Pacers	0	500	0	0	0	0	0	500
10	Keith Tilley	Ipswich Jaffa RC	0	0	0	500	0	0	0	500
11	Paul COOKE	Ipswich Jaffa RC	0	0	0	0	0	499	0	499
12	Andrew LONG	Stowmarket Striders RC	0	0	0	0	0	0	499	499
13	Jason Taylor	Felixstowe RRC	0	0	0	0	499	0	0	499

14	Damian ELSDON	Saint Edmund Pacers	0	0	498	0	0	0	0	498
15	Steve Hall	Framlingham Flyers	0	0	0	0	498	0	0	498
16	Daryl SIMPSON	Ipswich Jaffa RC	0	0	0	0	0	0	498	498
17	Mike DRURY	TriSudbury	0	0	0	0	0	0	497	497
18	Mike GREENER	Saint Edmund Pacers	0	0	496	0	0	0	0	496
19	David Hooton	Brandon Fern Hoppers	0	0	0	496	0	0	0	496
20	Vincent STEENSMA	Capel Cheetahs	0	496	0	0	0	0	0	496
21	Ian WHITE	TRISudbury	496	0	0	0	0	0	0	496
22	Nigel HARRISON	Ipswich Jaffa RC	495	0	0	0	0	0	0	495
23	Kevin LINSELL	Kesgrave Cruisers	0	0	0	0	0	0	495	495
24	Rob Squirrel	Woodbridge Shufflers RC	0	0	0	0	495	0	0	495
25	Glenn YELLOP	Capel Cheetahs	0	495	0	0	0	0	0	495
26	Darren Coulter	Waveney Valley AC	0	0	0	0	494	0	0	494
27	Ian BAREHAM	Sudbury Joggers	0	0	0	0	0	0	493	493
28	Alasdair Sutherland	TRISudbury	493	0	0	0	0	0	0	493
29	Alex ASHTON	Haverhill Running Club	0	0	492	0	0	0	0	492
30	Glen MURES	Felixstowe RRC	492	0	0	0	0	0	0	492
31	Justin OSTLER	Felixstowe RRC	0	0	0	0	0	0	492	492
32	Rob Alder	Woodbridge Shufflers RC	0	0	0	0	491	0	0	491
33	Andrew Craig	Woodbridge Shufflers RC	0	0	0	0	488	0	0	488
MV55										
1	Dave SOLOMON	Felixstowe RRC	499	500	0	0	500	0	500	1999
2	Peter WARLAND	Stowmarket Striders RC	493	494	499	498	494	0	498	1989
3	Chris CHORLEY	Bungay Black Dog RC	0	497	0	499	495	0	496	1987
4	Richard ALLPORT	Felixstowe RRC	489	0	490	496	492	0	490	1968
5	Mark ALLEN	Ipswich Jaffa RC	500	0	500	0	0	0	0	1000
6	Dave COPLAND	Ipswich Triathlon Club	498	499	0	0	0	0	0	997
7	Richard Higgins	Framlingham Flyers	0	0	0	0	497	500	0	997
8	Adrian Goode	Felixstowe RRC	0	0	0	0	496	499	0	995
9	Henry ANDREWS	Saint Edmund Pacers	495	0	497	0	0	0	0	992
10	Kevin BIRD	Saint Edmund Pacers	496	0	495	0	0	0	0	991
11	Piers MORGAN	Stowmarket Striders RC	0	0	494	497	0	0	0	991

12	Ian GOODERHAM	Saint Edmund Pacers	492	495	0	0	0	0	0	987
13	Philip BROWN	Saint Edmund Pacers	0	493	491	0	0	0	0	984
14	Tim PARNELL	Ipswich Jaffa RC	491	0	0	0	0	0	493	984
15	Phil DAVIES	Ipswich Jaffa RC	488	0	0	0	0	0	492	980
16	Robert REASON	Stowmarket Striders RC	0	0	489	0	0	0	491	980
17	Stephen Allen EDMONDSON	Stowmarket Striders RC	487	0	0	0	0	0	489	976
18	Paul Holley	Newmarket Joggers	0	0	0	500	0	0	0	500
19	Wilfred CAMPBELL	Ipswich Jaffa RC	0	0	0	0	0	0	499	499
20	Ian Duggan	Felixstowe RRC	0	0	0	0	499	0	0	499
21	Karl BEDINGFIELD	Saint Edmund Pacers	0	0	498	0	0	0	0	498
22	Kevin Coleman	Stowmarket Striders RC	0	0	0	0	498	0	0	498
23	Paul HALES	Capel Cheetahs	0	0	0	0	0	498	0	498
24	Chris HAWKINS	Haverhill Running Club	0	498	0	0	0	0	0	498
25	Adrian PEAKE	Ipswich Jaffa RC	497	0	0	0	0	0	0	497
26	Kevin WHELAN	Felixstowe RRC	0	0	0	0	0	0	497	497
27	Eamonn COVENEY	Saint Edmund Pacers	0	0	496	0	0	0	0	496
28	Ian CUNNINGTON	Saint Edmund Pacers	0	496	0	0	0	0	0	496
29	David GARNHAM	Ipswich Jaffa RC	0	0	0	0	0	0	495	495
30	Paul Heeks	Stowmarket Striders RC	0	0	0	495	0	0	0	495
31	Stephen HATTEN	Saint Edmund Pacers	494	0	0	0	0	0	0	494
32	Alan OLIVER	Kesgrave Cruisers	0	0	0	0	0	0	494	494
33	James Mackenzie	Framlingham Flyers	0	0	0	0	493	0	0	493
34	Stephen WEBSTER	Saint Edmund Pacers	0	0	493	0	0	0	0	493
35	Colin LEWIS	Saint Edmund Pacers	0	0	492	0	0	0	0	492
36	Darren Storey	Felixstowe RRC	0	0	0	0	491	0	0	491
37	Nigel Johns	Capel Cheetahs	0	0	0	0	490	0	0	490
38	Terry SPURGEON	Ipswich Jaffa RC	490	0	0	0	0	0	0	490
MV60										
1	Graham WIGLEY	Framlingham Flyers	0	499	498	500	500	499	0	1998
2	Andrew WEBBER	Stowmarket Striders RC	0	498	500	0	0	498	0	1496
3	Tim CHERRETT	Framlingham Flyers	0	497	497	0	0	0	499	1493
4	John DUNNETT	Capel Cheetahs	0	496	0	0	498	497	0	1491

5	Adrian COLE	Stowmarket Striders RC	497	0	0	0	496	0	493	1486
6	Robert MORGAN	Saint Edmund Pacers	0	0	499	499	0	0	0	998
7	Yusuf FIRAT	Haverhill Running Club	500	496	0	0	0	0	0	996
8	Steve HUNT	Hadleigh Hares AC	499	495	0	0	0	0	0	994
9	David SEYMOUR	Felixstowe RRC	0	0	496	0	0	0	497	993
10	Peter JAY	Saint Edmund Pacers	0	493	495	0	0	0	0	988
11	Alan JACKSON	Ipswich Jaffa RC	0	0	0	0	0	0	500	500
12	Todd LEWIS	Saint Edmund Pacers	0	500	0	0	0	0	0	500
13	Ian MCDERMOTT	Ipswich Jaffa RC	0	0	0	0	0	500	0	500
14	Paul Wigens	Woodbridge Shufflers RC	0	0	0	0	499	0	0	499
15	Alan HILLYARD	Ipswich Triathlon Club	0	0	0	0	0	0	498	498
16	Davd SEYMOUR	Felixstowe RRC	498	0	0	0	0	0	0	498
17	Duncan Chenery	Ipswich Jaffa RC	0	0	0	0	497	0	0	497
18	David FIELD	Stowmarket Striders RC	0	0	0	0	0	496	0	496
19	Paul GILSON	Ipswich Jaffa RC	0	0	0	0	0	0	496	496
20	Neil HOLLOWAY	Hadleigh Hares AC	0	0	0	0	0	0	495	495
21	Robin BELSOM	Ipswich Jaffa RC	0	494	0	0	0	0	0	494
22	Joe NAUGHTON	Ipswich Triathalon Club	0	0	0	0	0	0	494	494
23	Paul SCHWER	Felixstowe RRC	0	0	0	0	0	0	492	492
MV65										
1	Stephen PRETTY	Saint Edmund Pacers	499	498	0	499	498	0	498	1994
2	Mik CARR	Bungay Black Dog RC	498	497	500	498	497	498	0	1994
3	Chris GLADWELL	Stowmarket Striders RC	0	0	498	497	0	499	0	1494
4	Neville CLARKE	Newmarket Joggers	500	500	0	0	0	0	0	1000
5	Stephen Dunnett	Framlingham Flyers	0	0	0	0	500	0	500	1000
6	Colin KNIGHT	Saint Edmund Pacers	0	499	0	0	499	0	0	998
7	Gary LOWE	The Saxons	0	0	0	0	0	500	0	500
8	Brian Rogers	Ipswich Jaffa RC	0	0	0	500	0	0	0	500
9	Mon LEE	Ipswich Jaffa RC	0	0	0	0	0	0	499	499
10	Paul MAYCOCK	Capel Cheetahs	0	0	499	0	0	0	0	499
11	Frank WATSON	Stowmarket Striders RC	497	0	0	0	0	0	0	497
12	George WICKER	Saint Edmund Pacers	0	0	497	0	0	0	0	497

