

			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Total Score	Total Top 5 Races
			Tarpley 10	Tarpley 20	Bungay 10K	Bungay HM	Fram Friday	Twilight 10k	Coastal 10	Capel 5	Scenic 7		
			25/2/24	25/2/24	14/4/24	14/4/24	7/6/24	26/7/24	8/9/24	13/10/24	10/11/24		
Position	Name	Club											
FS													
1	Maria RIERA TURRO	Felixstowe RRC	494	0	498	0	0	0	0	0	0	992	992
2	Sara BIRD	Ipswich Jaffa RC	500	0	0	0	0	0	0	0	0	500	500
3	Lilian Corbett	Newmarket Joggers	0	0	500	0	0	0	0	0	0	500	500
4	Katie KING	Saint Edmund Pacers	0	500	0	0	0	0	0	0	0	500	500
5	Amy Randall	Waveney Valley AC	0	0	0	500	0	0	0	0	0	500	500
6	Gem CARTER	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	499	499
7	Laura CASON	Ipswich Jaffa RC	0	499	0	0	0	0	0	0	0	499	499
8	Lauren Finch	Waveney Valley AC	0	0	0	499	0	0	0	0	0	499	499
9	Becky Smith	Ipswich Jaffa RC	0	0	499	0	0	0	0	0	0	499	499
10	Jess GOODERHAM	Saint Edmund Pacers	0	498	0	0	0	0	0	0	0	498	498
11	Sophie SEWARD	Stowmarket Striders RC	498	0	0	0	0	0	0	0	0	498	498
12	Rose Westall	Waveney Valley AC	0	0	0	498	0	0	0	0	0	498	498
13	Rebecca Gooderham	Saint Edmund Pacers	0	0	0	497	0	0	0	0	0	497	497
14	Natasha MICHAEL	Saint Edmund Pacers	0	497	0	0	0	0	0	0	0	497	497
15	Kim Smith	Diss and District AC	0	0	497	0	0	0	0	0	0	497	497
16	Holly TAYLOR	Felixstowe RRC	497	0	0	0	0	0	0	0	0	497	497
17	Jenni ASKEW-MARTIN	Kesgrave Cruisers	0	496	0	0	0	0	0	0	0	496	496
18	Kirsty Dekeyzer	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	496	496
19	Emily Gage	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	496	496
20	Jenny STEEDMAN	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	496	496
21	Rebekah Aldous	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	495	495
22	Kimberley Clements	Saint Edmund Pacers	0	0	495	0	0	0	0	0	0	495	495
23	Louise CRACKNELL	Felixstowe RRC	0	495	0	0	0	0	0	0	0	495	495
24	Clare DOUGLAS	Stowmarket Striders RC	495	0	0	0	0	0	0	0	0	495	495
25	Simone Heywood	Bungay Black Dog RC	0	0	0	494	0	0	0	0	0	494	494
26	Rebecca Sibanda	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	494	494
27	Emma WARD	Diss and District AC	0	494	0	0	0	0	0	0	0	494	494
28	Rebecca Gardiner	Bungay Black Dog RC	0	0	0	493	0	0	0	0	0	493	493
29	Katie MARGARSON	Saint Edmund Pacers	0	493	0	0	0	0	0	0	0	493	493
30	Lara POCOOCK	Saint Edmund Pacers	493	0	0	0	0	0	0	0	0	493	493
31	Olivia ELLIS	Ipswich Jaffa RC	0	492	0	0	0	0	0	0	0	492	492
32	Hayley WILSON	Haverhill RC	492	0	0	0	0	0	0	0	0	492	492
33	Lisa CLARKE	Ipswich Jaffa RC	0	491	0	0	0	0	0	0	0	491	491
34	Kayleigh TURPIN	Felixstowe RRC	491	0	0	0	0	0	0	0	0	491	491







19	Sharon Halpin	Felixstowe RRC	0	0	494	0	0	0	0	0	0	494	494
20	Jenny LYNCH	Felixstowe RRC	494	0	0	0	0	0	0	0	0	494	494
21	Sarah Watts	Diss and District AC	0	0	493	0	0	0	0	0	0	493	493
22	Sue Cole	Waveney Valley AC	0	0	492	0	0	0	0	0	0	492	492
FV60													
1	Jenny CHURCH	Felixstowe RRC	500	0	500	0	0	0	0	0	0	1000	1000
2	Val JENNINGS	Ipswich Jaffa RC	0	500	0	0	0	0	0	0	0	500	500
3	Jane Moon	Felixstowe RRC	0	0	0	500	0	0	0	0	0	500	500
4	Debbie Priest	Diss and District AC	0	0	499	0	0	0	0	0	0	499	499
5	Jan WALKER	Haverhill RC	499	0	0	0	0	0	0	0	0	499	499
6	Kirsty WEAVERS	Saint Edmund Pacers	0	499	0	0	0	0	0	0	0	499	499
7	Theresa Jones	Waveney Valley AC	0	0	498	0	0	0	0	0	0	498	498
8	Rebecca MARTIN	Hadleigh Hares AC	498	0	0	0	0	0	0	0	0	498	498
9	Jo WHELAN	Felixstowe RRC	0	498	0	0	0	0	0	0	0	498	498
10	Jackie Bell	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	497	497
11	Wendy Boyden	Waveney Valley AC	0	0	496	0	0	0	0	0	0	496	496
FV65													
1	Bobbie SAUERZAPF	Bungay Black Dog RC	0	500	0	500	0	0	0	0	0	1000	1000
2	Jackie CUNINGHAME	Stowmarket Striders RC	500	0	0	0	0	0	0	0	0	500	500
3	Sally Garnham	Felixstowe RRC	0	0	500	0	0	0	0	0	0	500	500
4	Julia BILOTTA	Hadleigh Hares AC	499	0	0	0	0	0	0	0	0	499	499
5	Alison Cooper	Waveney Valley AC	0	0	0	499	0	0	0	0	0	499	499
6	Sylvia Robbins	Waveney Valley AC	0	0	499	0	0	0	0	0	0	499	499
FV70													
1	Susan GLAZER	Bungay Black Dog RC	500	0	0	0	0	0	0	0	0	500	500
2	Pam Morgan	Ipswich Triathlon Club	0	0	500	0	0	0	0	0	0	500	500
3	Julie Haselwood	Ipswich Jaffa RC	0	0	499	0	0	0	0	0	0	499	499
4	Joan NEVIN	Haverhill RC	499	0	0	0	0	0	0	0	0	499	499
5	Annette HUGGINS	Framlingham Flyers	498	0	0	0	0	0	0	0	0	498	498
6	Gaye FARRAR	Framlingham Flyers	497	0	0	0	0	0	0	0	0	497	497
MS													
1	James WILSON	The Saxons	499	0	499	0	0	0	0	0	0	998	998
2	Neill READHEAD	The Saxons	493	0	0	497	0	0	0	0	0	990	990
3	Joe HUGHES	BLC on the Run	492	0	496	0	0	0	0	0	0	988	988
4	Ben MORGAN	Stowmarket Striders RC	490	0	495	0	0	0	0	0	0	985	985











33	Mark GEDDIE	Newmarket Joggers	0	488	0	0	0	0	0	0	0	488	488
MV55													
1	Kevin COLEMAN	Stowmarket Striders RC	498	0	500	0	0	0	0	0	0	998	998
2	Peter WARLAND	Stowmarket Striders RC	494	0	0	499	0	0	0	0	0	993	993
3	Mark AVERY	Ipswich Jaffa RC	489	0	494	0	0	0	0	0	0	983	983
4	Steve BROOKE	Felixstowe RRC	500	0	0	0	0	0	0	0	0	500	500
5	Richard Higgins	Framlingham Flyers	0	0	0	500	0	0	0	0	0	500	500
6	Dave SOLOMON	Felixstowe RRC	0	500	0	0	0	0	0	0	0	500	500
7	Christopher Blagden	The Saxons	0	0	499	0	0	0	0	0	0	499	499
8	Wilfred CAMPBELL	Ipswich Jaffa RC	499	0	0	0	0	0	0	0	0	499	499
9	Chris SEYMOUR	Stowmarket Striders RC	0	499	0	0	0	0	0	0	0	499	499
10	James Mackenzie	Framlingham Flyers	0	0	498	0	0	0	0	0	0	498	498
11	Alan OLIVER	Kesgrave Cruisers	0	498	0	0	0	0	0	0	0	498	498
12	Richard White	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	498	498
13	Ian DUGGAN	Felixstowe RRC	497	0	0	0	0	0	0	0	0	497	497
14	Garry Macdonald	Felixstowe RRC	0	0	0	497	0	0	0	0	0	497	497
15	Piers Morgan	Stowmarket Striders RC	0	0	497	0	0	0	0	0	0	497	497
16	Chris TYE	Ipswich Triathlon Club	0	497	0	0	0	0	0	0	0	497	497
17	Christopher Durrant	Felixstowe RRC	0	0	0	496	0	0	0	0	0	496	496
18	Andy FRYATT	Newmarket Joggers	496	0	0	0	0	0	0	0	0	496	496
19	Colin Lewis	Saint Edmund Pacers	0	0	496	0	0	0	0	0	0	496	496
20	Adrian PEAKE	Ipswich Jaffa RC	0	496	0	0	0	0	0	0	0	496	496
21	Mark Chenery	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	495	495
22	Steve Cross	Waveney Valley AC	0	0	495	0	0	0	0	0	0	495	495
23	Colin ELLIS	Kesgrave Cruisers	495	0	0	0	0	0	0	0	0	495	495
24	Simon FENN	BLC on the Run	0	495	0	0	0	0	0	0	0	495	495
25	Terry SPURGEON	Ipswich Jaffa RC	0	494	0	0	0	0	0	0	0	494	494
26	Stephen HATTEN	Saint Edmund Pacers	493	0	0	0	0	0	0	0	0	493	493
27	Tim PARNELL	Ipswich Jaffa RC	0	493	0	0	0	0	0	0	0	493	493
28	Mark Regan	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	493	493
29	John Skelly	Waveney Valley AC	0	0	492	0	0	0	0	0	0	492	492
30	Richard WHITE	The Saxons	492	0	0	0	0	0	0	0	0	492	492
31	Paul Stephen HOLLEY	Newmarket Joggers	491	0	0	0	0	0	0	0	0	491	491
32	Richard Midwinter	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	491	491
33	Craig CHIDLOW	Ipswich Triathlon Club	490	0	0	0	0	0	0	0	0	490	490
34	Mark DAVIES	Saint Edmund Pacers	488	0	0	0	0	0	0	0	0	488	488
35	Duncan CHAMBERLAIN	Ipswich Jaffa RC	487	0	0	0	0	0	0	0	0	487	487
36	Robert REASON	Stowmarket Striders RC	486	0	0	0	0	0	0	0	0	486	486



