

			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	Holly TAYLOR	Felixstowe RRC	497	0	0	0	498	493	496	497	0	2481	2481
2	Maria RIERA TURRO	Felixstowe RRC	494	0	498	0	493	491	497	495	0	2968	2477
3	Katie KING	Saint Edmund Pacers	0	500	0	0	0	500	500	500	0	2000	2000
4	Lisa CLARKE	Ipswich Jaffa RC	0	491	0	0	491	485	493	0	0	1960	1960
5	Anca STADLER	Felixstowe RRC	0	486	0	0	0	464	478	481	0	1909	1909
6	Jenni ASKEW-MARTIN	Kesgrave Cruisers	0	496	0	0	500	0	0	499	0	1495	1495
7	Kathy WILSON-BROWN	Ipswich Jaffa RC	0	0	0	0	495	494	498	0	0	1487	1487
8	Kayleigh TURPIN	Felixstowe RRC	491	0	0	0	488	0	488	0	0	1467	1467
9	Adriana HOUCHELL	Ipswich Jaffa RC	0	485	0	0	0	0	477	480	0	1442	1442
10	Gem CARTER	Saint Edmund Pacers	499	0	0	0	0	497	0	0	0	996	996
11	Louise CRACKNELL	Felixstowe RRC	0	495	0	0	499	0	0	0	0	994	994
12	Luz Chavez	Ipswich Jaffa RC	0	0	0	0	0	0	495	492	0	987	987
13	Clare DOUGLAS	Stowmarket Striders RC	495	0	0	0	0	489	0	0	0	984	984
14	Rebecca Gooderham	Saint Edmund Pacers	0	0	0	497	487	0	0	0	0	984	984
15	Hayley WILSON	Haverhill RC	492	0	0	0	0	0	491	0	0	983	983
16	Kate HEEKS	Stowmarket Striders RC	0	0	0	0	494	487	0	0	0	981	981
17	Crystal Murray	Hadleigh Hares AC	0	0	0	0	0	0	490	490	0	980	980
18	Natasha SMITH	Ipswich Jaffa RC	0	0	0	0	0	484	492	0	0	976	976
19	Georgie ROADNIGHT	BLC on the Run	0	0	0	0	0	481	0	491	0	972	972
20	Kate SUDELL	Felixstowe RRC	0	0	0	0	490	480	0	0	0	970	970
21	Molly BERGDAHL	Ipswich Jaffa RC	0	0	0	0	0	482	487	0	0	969	969
22	Becks BAWLEY	BLC on the Run	0	0	0	0	0	478	0	489	0	967	967
23	Alice MEADOWS	Felixstowe RRC	0	487	0	0	0	0	480	0	0	967	967
24	Freya CROSSLEY	BLC on the Run	0	0	0	0	0	477	0	488	0	965	965
25	Charlotte WILLIAMS	Woodbridge Shufflers RC	486	0	0	0	0	0	479	0	0	965	965
26	Sarah BANHAM	Felixstowe RRC	488	0	0	0	0	474	0	0	0	962	962
27	Chloe HEEKS	Stowmarket Striders RC	0	0	0	0	486	475	0	0	0	961	961
28	Katie MEADOWS	Felixstowe RRC	0	0	0	0	0	467	481	0	0	948	948
29	Sara BIRD	Ipswich Jaffa RC	500	0	0	0	0	0	0	0	0	500	500
30	Lilian Corbett	Newmarket Joggers	0	0	500	0	0	0	0	0	0	500	500
31	Amy Randall	Waveney Valley AC	0	0	0	500	0	0	0	0	0	500	500
32	Laura CASON	Ipswich Jaffa RC	0	499	0	0	0	0	0	0	0	499	499
33	Lauren Finch	Waveney Valley AC	0	0	0	499	0	0	0	0	0	499	499
34	Hayley Magill	Ipswich Jaffa RC	0	0	0	0	0	0	499	0	0	499	499

74	Charlotte BRYAN	Kesgrave Cruisers	0	0	0	0	0	488	0	0	0	488	488
75	Kellie GARROD	Haverhill RC	487	0	0	0	0	0	0	0	0	487	487
76	Nicole SALES	Capel Cheetahs	0	0	0	0	0	0	0	487	0	487	487
77	Megan REA	Woodbridge Shufflers RC	0	0	0	0	0	486	0	0	0	486	486
78	Nikki Scott	Felixstowe RRC	0	0	0	0	0	0	486	0	0	486	486
79	Jodie SHARP	Stowmarket Striders RC	0	0	0	0	0	0	0	486	0	486	486
80	Emily BRAYSHAW	Framlingham Flyers	0	0	0	0	485	0	0	0	0	485	485
81	Grania CHRISTIE	Stowmarket Striders RC	485	0	0	0	0	0	0	0	0	485	485
82	Melissa Stickland	Saint Edmund Pacers	0	0	0	0	0	0	485	0	0	485	485
83	Hannah YELLOP	Capel Cheetahs	0	0	0	0	0	0	0	485	0	485	485
84	Cassandra Badger	Ipswich Harriers	0	0	0	0	0	0	484	0	0	484	484
85	Katie PEAKE	Ipswich Jaffa RC	0	0	0	0	484	0	0	0	0	484	484
86	Karen SHARKEY	Capel Cheetahs	0	0	0	0	0	0	0	484	0	484	484
87	Lisa Loomes	Ipswich Jaffa RC	0	0	0	0	0	0	483	0	0	483	483
88	Hannah OHSTEN	Stowmarket Striders RC	0	0	0	0	483	0	0	0	0	483	483
89	Hannah RENNIE	BLC on the Run	0	0	0	0	0	0	0	483	0	483	483
90	Harriet SIMM	Hadleigh Hares AC	0	0	0	0	0	483	0	0	0	483	483
91	Teresa Brown	Rushmere Community Runners	0	0	0	0	0	0	482	0	0	482	482
92	Abi FRENCH	BLC on the Run	0	0	0	0	0	0	0	482	0	482	482
93	Heather MILLS	Rushmere Community Runners	0	0	0	0	0	0	0	479	0	479	479
94	Eva PALMER	Kesgrave Cruisers	0	0	0	0	0	479	0	0	0	479	479
95	Rhiannon WARD	Felixstowe RRC	0	0	0	0	0	0	0	478	0	478	478
96	Amelia BANFIELD	Kesgrave Cruisers	0	0	0	0	0	476	0	0	0	476	476
97	Claire Walden	BLC on the Run	0	0	0	0	0	0	476	0	0	476	476
98	Alexz VLAHOVIC	Woodbridge Shufflers RC	0	0	0	0	0	473	0	0	0	473	473
99	Isobel STEWART	Woodbridge Shufflers RC	0	0	0	0	0	472	0	0	0	472	472
100	Mia PALMER	Kesgrave Cruisers	0	0	0	0	0	471	0	0	0	471	471
101	Sally BURTLE	Felixstowe RRC	0	0	0	0	0	470	0	0	0	470	470
102	Lauren RAMSEY	Ipswich Harriers	0	0	0	0	0	469	0	0	0	469	469
103	Shauna CUNNINGHAM	Ipswich Jaffa RC	0	0	0	0	0	468	0	0	0	468	468
104	Danielle WRIGHT	Felixstowe RRC	0	0	0	0	0	466	0	0	0	466	466
105	Olivia RADFORD	Ipswich Jaffa RC	0	0	0	0	0	465	0	0	0	465	465
106	Hollie SUTHERLAND	Felixstowe RRC	0	0	0	0	0	463	0	0	0	463	463
107	Helen SELF	Felixstowe RRC	0	0	0	0	0	462	0	0	0	462	462
108	Wendy TUNSTALL	Felixstowe RRC	0	0	0	0	0	461	0	0	0	461	461
109	Kim ROGERS	Kesgrave Cruisers	0	0	0	0	0	460	0	0	0	460	460
FV40													
1	Terri GREEN	Ipswich Jaffa RC	0	492	0	0	497	498	495	499	0	2481	2481

2	Claire BUTCHER	Felixstowe RRC	0	490	500	0	489	490	491	495	0	2955	2466
3	Marion BENNETT	Ipswich Jaffa RC	0	491	0	0	499	494	0	498	0	1982	1982
4	Agnieszka ANDRZEJAK	Stowmarket Striders RC	491	0	499	0	486	0	0	494	0	1970	1970
5	Anneli OSTLER	Felixstowe RRC	0	489	0	500	0	491	0	490	0	1970	1970
6	Kate HUTSON	Ipswich Jaffa RC	493	0	0	0	0	487	489	493	0	1962	1962
7	Amanda MORTIMER	Ipswich Jaffa RC	0	499	0	0	500	500	0	0	0	1499	1499
8	Gemma GILBERT	Felixstowe RRC	0	496	0	0	0	0	497	500	0	1493	1493
9	Katie AUSTIN	Ipswich Jaffa RC	0	500	0	0	0	0	500	0	0	1000	1000
10	Hannah WATTAM	Woodbridge Shufflers RC	0	0	0	0	0	499	498	0	0	997	997
11	Joanne HARPER	Felixstowe RRC	0	0	0	0	495	0	0	497	0	992	992
12	Jennifer WRIGHT	Ipswich Jaffa RC	495	0	0	0	496	0	0	0	0	991	991
13	Helen BERRY	Ipswich Jaffa RC	0	0	0	0	0	493	0	496	0	989	989
14	Helen FINDLEY	Kesgrave Cruisers	0	493	0	0	0	0	496	0	0	989	989
15	Tracey WATTS	Stowmarket Striders RC	0	0	0	0	0	495	493	0	0	988	988
16	Kelly WADE	Ipswich Jaffa RC	0	0	0	0	492	0	492	0	0	984	984
17	Clare FITZJOHN	Haverhill RC	500	0	0	0	0	0	0	0	0	500	500
18	Sam Baxter	Felixstowe RRC	0	0	0	0	0	0	499	0	0	499	499
19	Charlotte DURRANT	Stowmarket Striders RC	499	0	0	0	0	0	0	0	0	499	499
20	Donna COOPER	Stowmarket Striders RC	498	0	0	0	0	0	0	0	0	498	498
21	Helen Jane DAVIES	Ipswich Jaffa RC	0	498	0	0	0	0	0	0	0	498	498
22	Sophie DOE	Kesgrave Cruisers	0	0	0	0	498	0	0	0	0	498	498
23	Karin Lee	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	498	498
24	Samantha BAXTER	Felixstowe RRC	0	497	0	0	0	0	0	0	0	497	497
25	Emily Harding	Waveney Valley AC	0	0	497	0	0	0	0	0	0	497	497
26	Bella LOCK	Kesgrave Cruisers	0	0	0	0	0	497	0	0	0	497	497
27	Katrina RIGBY	Hadleigh Hares AC	497	0	0	0	0	0	0	0	0	497	497
28	Angela DRURY	Newmarket Joggers	496	0	0	0	0	0	0	0	0	496	496
29	Claire MASKERY	Stowmarket Striders RC	0	0	0	0	0	496	0	0	0	496	496
30	Rachel SOUTHGATE	Felixstowe RRC	0	495	0	0	0	0	0	0	0	495	495
31	Leanne Ashdown	Felixstowe RRC	0	0	0	0	0	0	494	0	0	494	494
32	Sonia BUTLER	Haverhill RC	494	0	0	0	0	0	0	0	0	494	494
33	Claire PHILLIPS	Kesgrave Cruisers	0	0	0	0	494	0	0	0	0	494	494
34	Lucy SHEEHAN	Felixstowe RRC	0	494	0	0	0	0	0	0	0	494	494
35	Amy KADING	Stowmarket Striders RC	0	0	0	0	493	0	0	0	0	493	493
36	Helen HARRIS	Kesgrave Cruisers	0	0	0	0	0	492	0	0	0	492	492
37	Joanne RAVEN-LLOYD	Capel Cheetahs	0	0	0	0	0	0	0	492	0	492	492
38	Carla WIGGINS	Felixstowe RRC	492	0	0	0	0	0	0	0	0	492	492
39	Rebecca ELLUL	Felixstowe RRC	0	0	0	0	491	0	0	0	0	491	491
40	Helen MOSS	Hadleigh Hares AC	0	0	0	0	0	0	0	491	0	491	491

41	Laura BROWN	Stowmarket Striders RC	0	0	0	0	490	0	0	0	0	490	490
42	Vicki Neve	BLC on the Run	0	0	0	0	0	0	490	0	0	490	490
43	Sue RUSSELL	Capel Cheetahs	0	0	0	0	0	489	0	0	0	489	489
44	Katherine Aykroyd	Felixstowe RRC	0	0	0	0	0	0	488	0	0	488	488
45	Laura CROSSLEY	Capel Cheetahs	0	0	0	0	0	488	0	0	0	488	488
46	Kirsty MARSH	Felixstowe RRC	0	488	0	0	0	0	0	0	0	488	488
47	Victoria SQUIRRELL	Ipswich Jaffa RC	0	0	0	0	488	0	0	0	0	488	488
48	Samantha MASTERS	Felixstowe RRC	0	0	0	0	487	0	0	0	0	487	487
49	Ali Ostler	Felixstowe RRC	0	0	0	0	0	0	487	0	0	487	487
50	Vicki ALLISON	Framlingham Flyers	0	0	0	0	0	486	0	0	0	486	486
FV45													
1	Karen OFFORD	Stowmarket Striders RC	0	496	0	500	495	498	499	500	0	2988	2493
2	Juliet GARNHAM	Stowmarket Striders RC	0	498	499	0	498	500	0	0	0	1995	1995
3	Kristina Selleck	Haverhill RC	0	0	498	0	492	493	0	498	0	1981	1981
4	Lucia HARDWICK	Kesgrave Cruisers	495	0	0	0	488	0	492	0	0	1475	1475
5	Jayne CHAPPELS	Kesgrave Cruisers	0	499	0	0	0	0	500	0	0	999	999
6	Sandy PAGE	Kesgrave Cruisers	0	0	0	0	497	499	0	0	0	996	996
7	Sarah DAVIES	Woodbridge Shufflers RC	0	0	0	0	0	497	498	0	0	995	995
8	Anika BALFE	Rushmere Community Runners	0	0	0	0	0	494	494	0	0	988	988
9	Emma ROWLINSON	Kesgrave Cruisers	0	0	0	0	491	0	496	0	0	987	987
10	Claire PICKARD	Woodbridge Shufflers RC	0	495	0	0	0	0	489	0	0	984	984
11	Angela SOAMES	Kesgrave Cruisers	491	0	0	0	0	487	0	0	0	978	978
12	Claire RUSH	Kesgrave Cruisers	0	0	0	0	486	0	485	0	0	971	971
13	Mandy Corbett	Newmarket Joggers	0	0	500	0	0	0	0	0	0	500	500
14	Alice HEATHER - HAYES	Ipswich Harriers	0	0	0	0	500	0	0	0	0	500	500
15	Sam LINASSI	Felixstowe RRC	0	500	0	0	0	0	0	0	0	500	500
16	Sarah MAIDMENT	Framlingham Flyers	500	0	0	0	0	0	0	0	0	500	500
17	Hannah JEWERS	Stowmarket Striders RC	499	0	0	0	0	0	0	0	0	499	499
18	Sian KINGSTON	Framlingham Flyers	0	0	0	0	499	0	0	0	0	499	499
19	Samantha LINASSI	Felixstowe RRC	0	0	0	0	0	0	0	499	0	499	499
20	Meera MAHADEVAN	Newmarket Joggers	498	0	0	0	0	0	0	0	0	498	498
21	Zoe CHASE	Waveney Valley AC	0	497	0	0	0	0	0	0	0	497	497
22	Janice Lindon	Waveney Valley AC	0	0	497	0	0	0	0	0	0	497	497
23	Clare MOODIE	Framlingham Flyers	497	0	0	0	0	0	0	0	0	497	497
24	Marie Paveley	Capel Cheetahs	0	0	0	0	0	0	497	0	0	497	497
25	Helen JERROLD	Kesgrave Cruisers	0	0	0	0	496	0	0	0	0	496	496
26	Pauline Midwinter	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	496	496
27	Amanda SMITH	Woodbridge Shufflers RC	0	0	0	0	0	496	0	0	0	496	496

28	Donna TALBOT	Saint Edmund Pacers	496	0	0	0	0	0	0	0	0	496	496
29	Sharon BOLTON	Stowmarket Striders RC	0	0	0	0	0	495	0	0	0	495	495
30	Sarah James	Waveney Valley AC	0	0	495	0	0	0	0	0	0	495	495
31	Claire Robinson	Felixstowe RRC	0	0	0	0	0	0	495	0	0	495	495
32	Helen ARIYO	Kesgrave Cruisers	0	0	0	0	494	0	0	0	0	494	494
33	Sacha ARNOLD	Sudbury Joggers	494	0	0	0	0	0	0	0	0	494	494
34	Hayley Harper	Ipswich Jaffa RC	0	0	0	0	0	0	493	0	0	493	493
35	Nicola ROBINSON	Framlingham Flyers	0	0	0	0	493	0	0	0	0	493	493
36	Claire ROOKE	Sudbury Joggers	493	0	0	0	0	0	0	0	0	493	493
37	Jodie BUDD	Sudbury Joggers	492	0	0	0	0	0	0	0	0	492	492
38	Hayley HOWARD	Rushmere Community Runners	0	0	0	0	0	492	0	0	0	492	492
39	Nicky Tyler	BLC on the Run	0	0	0	0	0	0	491	0	0	491	491
40	Tina WALKER	Rushmere Community Runners	0	0	0	0	0	491	0	0	0	491	491
41	Heidi BURROWS	Kesgrave Cruisers	0	0	0	0	0	490	0	0	0	490	490
42	Lucy DAWSON	Saint Edmund Pacers	490	0	0	0	0	0	0	0	0	490	490
43	Laura HOLLAND	Kesgrave Cruisers	0	0	0	0	490	0	0	0	0	490	490
44	Lisa Squirrel	Woodbridge Shufflers RC	0	0	0	0	0	0	490	0	0	490	490
45	Emma BYRNE	Felixstowe RRC	0	0	0	0	0	489	0	0	0	489	489
46	Angela SELFE	Stowmarket Striders RC	0	0	0	0	489	0	0	0	0	489	489
47	Emma STRUTT	Rushmere Community Runners	0	0	0	0	0	488	0	0	0	488	488
48	Carolyn Tynan	Capel Cheetahs	0	0	0	0	0	0	488	0	0	488	488
49	Natalie BROWN	Waveney Valley AC	0	0	0	0	487	0	0	0	0	487	487
50	Pauline Goffin	BLC on the Run	0	0	0	0	0	0	487	0	0	487	487
51	Haley Duffy	Ipswich Jaffa RC	0	0	0	0	0	0	486	0	0	486	486
52	Sarah Harmon	Felixstowe RRC	0	0	0	0	0	0	484	0	0	484	484
FV50													
1	Sarah VICK	The Saxons	492	0	0	500	494	498	0	497	0	2481	2481
2	Melanie Blagden	The Saxons	0	0	500	0	490	495	488	494	0	2467	2467
3	Deborah STOCKER	Kesgrave Cruisers	0	0	0	0	497	500	500	500	0	1997	1997
4	Gemma MOSS	Ipswich Jaffa RC	0	0	0	0	496	499	499	498	0	1992	1992
5	Katy WINDEATT	Kesgrave Cruisers	487	0	0	0	0	496	486	492	0	1961	1961
6	Fiona HUNT	Kesgrave Cruisers	491	0	0	0	0	0	498	499	0	1488	1488
7	Faith LEWIS	Saint Edmund Pacers	0	0	0	0	492	0	484	496	0	1472	1472
8	Rachel TERRY	Stowmarket Striders RC	500	0	0	0	499	0	0	0	0	999	999
9	Wendy KELLETT	Ipswich Jaffa RC	0	495	0	0	0	497	0	0	0	992	992
10	Vicky WOOD	Waveney Valley AC	493	0	0	499	0	0	0	0	0	992	992
11	Deb CHING	Capel Cheetahs	495	0	0	0	0	0	496	0	0	991	991
12	Nicole SMITH	Newmarket Joggers	496	0	0	0	0	0	495	0	0	991	991

13	Joanne SARGENT	Hadleigh Hares AC	489	0	0	0	0	0	0	495	0	984	984
14	Julia MOSS-ECCARDT	Stowmarket Striders RC	486	0	0	0	0	493	0	0	0	979	979
15	Jo HAYWARD	Stowmarket Striders RC	0	0	0	0	500	0	0	0	0	500	500
16	Aimee MCLACHLAN	Woodbridge Shufflers RC	0	500	0	0	0	0	0	0	0	500	500
17	Emma HARWOOD	Framlingham Flyers	499	0	0	0	0	0	0	0	0	499	499
18	Tracy PELLING	Haverhill RC	0	499	0	0	0	0	0	0	0	499	499
19	Eve Riches	Bungay Black Dog RC	0	0	499	0	0	0	0	0	0	499	499
20	Sue Cockle	Diss and District AC	0	0	498	0	0	0	0	0	0	498	498
21	Rachel DARVILL	Haverhill RC	498	0	0	0	0	0	0	0	0	498	498
22	Grainne PURVIS	Waveney Valley AC	0	498	0	0	0	0	0	0	0	498	498
23	Becky Sturgeon	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	498	498
24	Sandra WEBB	Saint Edmund Pacers	0	0	0	0	498	0	0	0	0	498	498
25	Rachel Brooke	Ipswich Jaffa RC	0	0	0	0	0	0	497	0	0	497	497
26	Helen EVANS	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	497	497
27	Fudge Farrar	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	497	497
28	Kay OXFORD	Hadleigh Hares AC	497	0	0	0	0	0	0	0	0	497	497
29	Kim Stone	Waveney Valley AC	0	0	497	0	0	0	0	0	0	497	497
30	Karen HAMILTON	Stowmarket Striders RC	0	496	0	0	0	0	0	0	0	496	496
31	Justine Wiseman	The Saxons	0	0	496	0	0	0	0	0	0	496	496
32	Victoria GALLANTREE	Framlingham Flyers	0	0	0	0	495	0	0	0	0	495	495
33	Wendy ANCILL	Newmarket Joggers	0	494	0	0	0	0	0	0	0	494	494
34	Pauline FISHER	Kesgrave Cruisers	494	0	0	0	0	0	0	0	0	494	494
35	Sharon Reeder	Ipswich Jaffa RC	0	0	0	0	0	0	494	0	0	494	494
36	Charlotte STEWART	Woodbridge Shufflers RC	0	0	0	0	0	494	0	0	0	494	494
37	Ronnie EGAN	TRISudbury	0	493	0	0	0	0	0	0	0	493	493
38	Carol Miller	Rushmere Community Runners	0	0	0	0	0	0	493	0	0	493	493
39	Nikki VINCE	Hadleigh Hares AC	0	0	0	0	0	0	0	493	0	493	493
40	Nicky WATSON	Woodbridge Shufflers RC	0	0	0	0	493	0	0	0	0	493	493
41	Rosemary NAYLOR	TRISudbury	0	492	0	0	0	0	0	0	0	492	492
42	Tracy Ratcliffe	Rushmere Community Runners	0	0	0	0	0	0	492	0	0	492	492
43	Angelique Scully	Rushmere Community Runners	0	0	0	0	0	0	491	0	0	491	491
44	Nessie THORPE	Ipswich Triathlon Club	0	0	0	0	491	0	0	0	0	491	491
45	Hayley Berkel	Kesgrave Cruisers	0	0	0	0	0	0	490	0	0	490	490
46	Anna MAYHEW	Newmarket Joggers	490	0	0	0	0	0	0	0	0	490	490
47	Joanna Blyth	Felixstowe RRC	0	0	0	0	0	0	489	0	0	489	489
48	Debra HAMMOND	Kesgrave Cruisers	0	0	0	0	489	0	0	0	0	489	489
49	Tina CHURCH	The Saxons	0	0	0	0	488	0	0	0	0	488	488
50	Francine DASSEVILLE	Newmarket Joggers	488	0	0	0	0	0	0	0	0	488	488
51	Michelle KEEBLE	Framlingham Flyers	0	0	0	0	487	0	0	0	0	487	487

52	Wendy Quantrill	Woodbridge Shufflers RC	0	0	0	0	0	0	487	0	0	487	487
53	Mandy Chinery	Kesgrave Cruisers	0	0	0	0	0	0	485	0	0	485	485
54	Nicola KING	Haverhill RC	485	0	0	0	0	0	0	0	0	485	485
FV55													
1	Mary NAREY	Stowmarket Striders RC	0	500	0	500	500	500	500	0	0	2500	2500
2	Debbie CATLING	Felixstowe RRC	0	498	0	0	499	498	499	500	0	2494	2494
3	Nathalie Hooper	Hadleigh Hares AC	0	0	500	0	498	0	494	499	0	1991	1991
4	Jenny LYNCH	Felixstowe RRC	494	0	0	0	494	494	496	0	0	1978	1978
5	Karen Flower	The Saxons	0	0	496	0	492	491	492	0	0	1971	1971
6	Samantha FULCHER	Felixstowe RRC	0	497	0	0	0	497	498	0	0	1492	1492
7	Jacqueline ALLPORT	Felixstowe RRC	0	495	0	0	0	489	493	0	0	1477	1477
8	Haley SUTTLE	Saint Edmund Pacers	498	0	0	0	0	499	0	0	0	997	997
9	Helen YELLOP	Capel Cheetahs	0	0	0	0	0	495	497	0	0	992	992
10	Ruth COWLIN	Sudbury Joggers	496	0	0	0	495	0	0	0	0	991	991
11	Sharon Warland	Stowmarket Striders RC	0	0	497	0	0	493	0	0	0	990	990
12	Beverley Poore	BLC on the Run	0	0	0	0	0	0	490	497	0	987	987
13	Jackie COLLINS	Felixstowe RRC	0	496	0	0	0	0	488	0	0	984	984
14	Mandy GODBOLD	Ipswich Harriers	0	0	0	0	493	0	489	0	0	982	982
15	Sandy THOROGOOD	Sudbury Joggers	500	0	0	0	0	0	0	0	0	500	500
16	Gianna CESARANO	Kesgrave Cruisers	0	499	0	0	0	0	0	0	0	499	499
17	Jo STEPHENSON	Stowmarket Striders RC	499	0	0	0	0	0	0	0	0	499	499
18	Joanna White	The Saxons	0	0	499	0	0	0	0	0	0	499	499
19	Karen SHELLEY	Stowmarket Striders RC	0	0	0	0	0	0	0	498	0	498	498
20	Bridget Wallwin	Newmarket Joggers	0	0	498	0	0	0	0	0	0	498	498
21	Sharon BRANDON	Saint Edmund Pacers	497	0	0	0	0	0	0	0	0	497	497
22	Helen WASS	Newmarket Joggers	0	0	0	0	497	0	0	0	0	497	497
23	Suzi CATCHPOOL	Ipswich Jaffa RC	0	0	0	0	0	496	0	0	0	496	496
24	Sarah GOLDING	Saint Edmund Pacers	0	0	0	0	496	0	0	0	0	496	496
25	Samantha TAPP	Hadleigh Hares AC	0	0	0	0	0	0	0	496	0	496	496
26	Karen CHAMBERLAIN	Ipswich Jaffa RC	495	0	0	0	0	0	0	0	0	495	495
27	Wendie HALES	Felixstowe RRC	0	0	0	0	0	0	0	495	0	495	495
28	Karen Skene	Capel Cheetahs	0	0	0	0	0	0	495	0	0	495	495
29	Angela Smith	Waveney Valley AC	0	0	495	0	0	0	0	0	0	495	495
30	Sharon Halpin	Felixstowe RRC	0	0	494	0	0	0	0	0	0	494	494
31	Sarah Watts	Diss and District AC	0	0	493	0	0	0	0	0	0	493	493
32	Sue Cole	Waveney Valley AC	0	0	492	0	0	0	0	0	0	492	492
33	Sandy PHILLIPS	Ipswich Jaffa RC	0	0	0	0	0	492	0	0	0	492	492
34	Julie HARRISON	Ipswich Jaffa RC	0	0	0	0	491	0	0	0	0	491	491

10	Sally Garnham	Felixstowe RRC	0	0	500	0	0	0	0	0	0	500	500
11	Janet ASKEW	Kesgrave Cruisers	0	0	0	0	0	0	0	499	0	499	499
12	Sylvia Robbins	Waveney Valley AC	0	0	499	0	0	0	0	0	0	499	499
13	Sally BROWN	Rushmere Community Runners	0	0	0	0	0	494	0	0	0	494	494
FV70													
1	Pam Morgan	Ipswich Triathlon Club	0	0	500	0	0	0	500	499	0	1499	1499
2	Julie Haselwood	Ipswich Jaffa RC	0	0	499	0	0	0	499	498	0	1496	1496
3	Susan GLAZER	Bungay Black Dog RC	500	0	0	0	0	0	0	0	0	500	500
4	Vivienne TAYLOR	Framlingham Flyers	0	0	0	0	0	500	0	0	0	500	500
5	Teresa TRANTER	Sudbury Joggers	0	0	0	0	0	0	0	500	0	500	500
6	Jane WALL	Saint Edmund Pacers	0	0	0	0	500	0	0	0	0	500	500
7	Cathy BEARD	TRISudbury	0	0	0	0	499	0	0	0	0	499	499
8	Joan NEVIN	Haverhill RC	499	0	0	0	0	0	0	0	0	499	499
9	Annette HUGGINS	Framlingham Flyers	498	0	0	0	0	0	0	0	0	498	498
10	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	499	495	499	500	0	2991	2496
2	Joe HUGHES	BLC on the Run	492	0	496	0	485	477	492	496	0	2938	2461
3	Neill READHEAD	The Saxons	493	0	0	497	491	483	495	0	0	2459	2459
4	Gary TAYLOR	Felixstowe RRC	496	0	0	0	494	475	496	495	0	2456	2456
5	Kyle CHURCH	The Saxons	484	0	493	0	482	482	487	489	0	2917	2435
6	Christopher FULLER	The Saxons	486	0	494	0	480	476	484	0	0	2420	2420
7	Richard Smith	Stowmarket Striders RC	0	0	487	0	457	450	472	481	0	2347	2347
8	Matt MAKIN	Felixstowe RRC	478	0	485	0	445	438	465	0	0	2311	2311
9	Tim Ballard	BLC on the Run	0	0	0	499	497	0	497	498	0	1991	1991
10	Stuart WARD	Felixstowe RRC	495	0	0	0	495	489	0	494	0	1973	1973
11	Andy ELLIS	Felixstowe RRC	491	0	0	0	486	479	488	0	0	1944	1944
12	Christopher UNDERWOOD	Newmarket Joggers	488	0	0	0	0	471	483	488	0	1930	1930
13	Harry GRIMSEY	The Saxons	483	0	492	0	473	0	480	0	0	1928	1928
14	Alex STADLER	Felixstowe RRC	477	0	0	0	0	437	464	476	0	1854	1854
15	Chris GREEN	Felixstowe RRC	0	0	0	0	490	485	0	493	0	1468	1468
16	Aidan ELMORE	Saint Edmund Pacers	0	0	0	0	481	0	491	490	0	1462	1462
17	Ben MORGAN	Stowmarket Striders RC	490	0	495	0	475	0	0	0	0	1460	1460
18	Ben Gladwell	Stowmarket Striders RC	0	0	0	495	0	465	0	487	0	1447	1447
19	George ALLEN	Saint Edmund Pacers	0	0	0	0	456	452	471	0	0	1379	1379
20	Sam Hardwick	Stowmarket Striders RC	0	0	486	0	449	442	0	0	0	1377	1377
21	Patrick COOK	Felixstowe RRC	0	0	0	0	450	446	470	0	0	1366	1366

61	Joshua WIGMORE	Haverhill RC	0	0	0	0	498	0	0	0	0	498	498
62	Paul FENN	Kesgrave Cruisers	0	497	0	0	0	0	0	0	0	497	497
63	Max FISHER	Ipswich Harriers	0	0	0	0	0	497	0	0	0	497	497
64	Morgan Moore	Stowmarket Striders RC	0	0	497	0	0	0	0	0	0	497	497
65	Jack WILKINSON	Ipswich Jaffa RC	497	0	0	0	0	0	0	0	0	497	497
66	Jamie Bretton	Bungay Black Dog RC	0	0	0	496	0	0	0	0	0	496	496
67	Tom HENSON	Saint Edmund Pacers	0	0	0	0	0	496	0	0	0	496	496
68	Alexander MCKAIL	Framlingham Flyers	0	495	0	0	0	0	0	0	0	495	495
69	Stu Faulkner	Waveney Valley AC	0	0	0	494	0	0	0	0	0	494	494
70	Will HOLLANDS	Saint Edmund Pacers	0	0	0	0	0	494	0	0	0	494	494
71	Stuart King	Saint Edmund Pacers	0	0	0	0	0	0	494	0	0	494	494
72	Stanley PEACHER	Framlingham Flyers	0	0	0	0	493	0	0	0	0	493	493
73	Paul WAIN	Ipswich Jaffa RC	0	0	0	0	0	493	0	0	0	493	493
74	Daniel GARNER	Ipswich Jaffa RC	0	492	0	0	0	0	0	0	0	492	492
75	Grant GERRARD	Saint Edmund Pacers	0	0	0	0	0	492	0	0	0	492	492
76	Harry READ	Ipswich Harriers	0	0	0	0	492	0	0	0	0	492	492
77	Michael Beard	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	491	491
78	Alexandre GRAHAM	Ipswich Jaffa RC	0	0	0	0	0	491	0	0	0	491	491
79	Matthew PECK	Ipswich Jaffa RC	0	0	0	0	0	0	0	491	0	491	491
80	Ross RANDS	Felixstowe RRC	0	491	0	0	0	0	0	0	0	491	491
81	Sultan TUSA	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	490	490
82	Maciej Zielinski	Waveney Valley AC	0	0	490	0	0	0	0	0	0	490	490
83	Ben CHURCHMAN	Diss and District AC	489	0	0	0	0	0	0	0	0	489	489
84	Ewan Harbord	Waveney Valley AC	0	0	489	0	0	0	0	0	0	489	489
85	Thomas Hayden	Framlingham Flyers	0	0	0	0	0	0	489	0	0	489	489
86	Jack CARPENTER	Felixstowe RRC	0	0	0	0	0	488	0	0	0	488	488
87	Hayden PHILLIPS	Kesgrave Cruisers	0	0	0	0	488	0	0	0	0	488	488
88	Alex STEWARD	Ipswich Jaffa RC	0	488	0	0	0	0	0	0	0	488	488
89	Patrick Wilford	The Saxons	0	0	488	0	0	0	0	0	0	488	488
90	Jack LUGO-HANKINS	Ipswich Harriers	0	0	0	0	0	487	0	0	0	487	487
91	Percy MOORE	Framlingham Flyers	0	0	0	0	487	0	0	0	0	487	487
92	Dan SUMMERGILL	Ipswich Jaffa RC	487	0	0	0	0	0	0	0	0	487	487
93	James PARR	Ipswich Jaffa RC	0	0	0	0	0	486	0	0	0	486	486
94	Harry WENDEN	BLC on the Run	0	0	0	0	0	0	0	486	0	486	486
95	Ben HOWLETT	Ipswich Harriers	0	0	0	0	0	0	0	484	0	484	484
96	Noah RAISHBROOK	Ipswich Jaffa RC	0	0	0	0	0	484	0	0	0	484	484
97	Oliver WATSON	Ipswich Jaffa RC	0	0	0	0	484	0	0	0	0	484	484
98	Archie BULLINGHAM	Framlingham Flyers	0	0	0	0	483	0	0	0	0	483	483
99	Rory Hunter	Ipswich Jaffa RC	0	0	0	0	0	0	482	0	0	482	482

100	Robert POLLARD	Newmarket Joggers	482	0	0	0	0	0	0	0	0	482	482
101	Richard DAVIES	Stowmarket Striders RC	481	0	0	0	0	0	0	0	0	481	481
102	Carl STANNARD	Rushmere Community Runners	0	0	0	0	0	481	0	0	0	481	481
103	Alex ARCHER	Ipswich Jaffa RC	0	0	0	0	0	480	0	0	0	480	480
104	Liam ELVIDGE	Newmarket Joggers	480	0	0	0	0	0	0	0	0	480	480
105	Stuart NUNN	Haverhill RC	479	0	0	0	0	0	0	0	0	479	479
106	Matthew SKENE	Capel Cheetahs	0	0	0	0	0	0	0	479	0	479	479
107	Thomas SOUTHWOOD	Saint Edmund Pacers	0	0	0	0	479	0	0	0	0	479	479
108	Ross Arnold	Haverhill RC	0	0	0	0	0	0	478	0	0	478	478
109	Thomas HARRIS	Capel Cheetahs	0	0	0	0	0	0	0	478	0	478	478
110	Thomas BEECROFT	Framlingham Flyers	0	0	0	0	477	0	0	0	0	477	477
111	Patrick Holland	Kesgrave Cruisers	0	0	0	0	0	0	476	0	0	476	476
112	George NIXON	Ipswich Jaffa RC	0	0	0	0	476	0	0	0	0	476	476
113	Scott SPARKES	Ipswich Jaffa RC	0	0	0	0	0	472	0	0	0	472	472
114	Robert STEWART	Woodbridge Shufflers RC	0	0	0	0	0	470	0	0	0	470	470
115	Tom ATTWELL	Stowmarket Striders RC	0	0	0	0	469	0	0	0	0	469	469
116	Ed Abbott	Woodbridge Shufflers RC	0	0	0	0	0	0	468	0	0	468	468
117	Tommy KIRK	Framlingham Flyers	0	0	0	0	468	0	0	0	0	468	468
118	Rob Nixon	Ipswich Jaffa RC	0	0	0	0	0	0	467	0	0	467	467
119	Carl COLLINS	Ipswich Jaffa RC	0	0	0	0	0	466	0	0	0	466	466
120	Jamie Jackson	Felixstowe RRC	0	0	0	0	0	0	466	0	0	466	466
121	Adam PLUMMER	Rushmere Community Runners	0	0	0	0	466	0	0	0	0	466	466
122	Lewis SELFE	Stowmarket Striders RC	0	0	0	0	465	0	0	0	0	465	465
123	Anthony ASHFORD	Saint Edmund Pacers	0	0	0	0	464	0	0	0	0	464	464
124	Ben RHYS-LEWIS	BLC on the Run	0	0	0	0	0	464	0	0	0	464	464
125	Niall COX	Framlingham Flyers	0	0	0	0	462	0	0	0	0	462	462
126	Sam TOY	Felixstowe RRC	0	0	0	0	461	0	0	0	0	461	461
127	Vivek VERMA	Ipswich Jaffa RC	0	0	0	0	0	461	0	0	0	461	461
128	Matthew ALEXANDER	Woodbridge Shufflers RC	0	0	0	0	0	460	0	0	0	460	460
129	Alex JACKSON	Felixstowe RRC	0	0	0	0	460	0	0	0	0	460	460
130	Thomas HUNNISETT	The Saxons	0	0	0	0	0	459	0	0	0	459	459
131	Alex ROLPH	Woodbridge Shufflers RC	0	0	0	0	459	0	0	0	0	459	459
132	Jack BIRCH	Ipswich Jaffa RC	0	0	0	0	458	0	0	0	0	458	458
133	Duncan NG	Stowmarket Striders RC	0	0	0	0	0	456	0	0	0	456	456
134	Daniel SMITH	Woodbridge Shufflers RC	0	0	0	0	0	454	0	0	0	454	454
135	Jon SUMMERS	Ipswich Jaffa RC	0	0	0	0	454	0	0	0	0	454	454
136	Mark KING	Felixstowe RRC	0	0	0	0	453	0	0	0	0	453	453
137	Benjamin NICHOLLS	Rushmere Community Runners	0	0	0	0	0	453	0	0	0	453	453
138	Stuart HUNT	Hadleigh Hares AC	0	0	0	0	452	0	0	0	0	452	452

27	Denys OLEFIR	Saint Edmund Pacers	0	500	0	0	0	0	0	0	0	500	500
28	Chris Poulding	Saint Edmund Pacers	0	0	0	0	0	0	500	0	0	500	500
29	Danny ROCK	Felixstowe RRC	0	0	0	0	0	500	0	0	0	500	500
30	Lee BARVER	Framlingham Flyers	0	0	0	0	0	499	0	0	0	499	499
31	Philip Green	Stowmarket Striders RC	0	0	499	0	0	0	0	0	0	499	499
32	Dan Johnstone	Waveney Valley AC	0	0	0	499	0	0	0	0	0	499	499
33	Ricky O'NEILL	Ipswich Jaffa RC	0	0	0	0	499	0	0	0	0	499	499
34	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	0	498	0	0	0	0	498	498
35	Martyn RUSSELL	Capel Cheetahs	0	0	0	0	0	0	0	498	0	498	498
36	Steve TAYLOR	Ipswich Jaffa RC	0	498	0	0	0	0	0	0	0	498	498
37	Stuart Lawn	Bungay Black Dog RC	0	0	0	497	0	0	0	0	0	497	497
38	Matthew Reach	Ipswich Jaffa RC	0	0	0	0	0	0	497	0	0	497	497
39	Tom Ames	Stowmarket Striders RC	0	0	0	0	0	0	496	0	0	496	496
40	Matthew AXTON	Saint Edmund Pacers	0	0	0	0	496	0	0	0	0	496	496
41	David Brewster	Felixstowe RRC	0	0	496	0	0	0	0	0	0	496	496
42	Gary PARKER	Woodbridge Shufflers RC	496	0	0	0	0	0	0	0	0	496	496
43	Mark SALISBURY	Sudbury Joggers	0	495	0	0	0	0	0	0	0	495	495
44	Antony GREEN	Saint Edmund Pacers	494	0	0	0	0	0	0	0	0	494	494
45	Jason EVANS	Ipswich Jaffa RC	0	0	0	0	0	493	0	0	0	493	493
46	Mark WATTS	Stowmarket Striders RC	493	0	0	0	0	0	0	0	0	493	493
47	Robert GRAINGER	Stowmarket Striders RC	0	0	0	0	0	492	0	0	0	492	492
48	Simon WALLIS	Haverhill RC	492	0	0	0	0	0	0	0	0	492	492
49	Oliver BOUGHTON	Saint Edmund Pacers	0	0	0	0	0	491	0	0	0	491	491
50	Kevin Clegg	Kesgrave Cruisers	0	0	0	0	0	0	490	0	0	490	490
51	Joseph DUNNING	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	490	490
52	Chris HALL	Stowmarket Striders RC	0	0	0	0	489	0	0	0	0	489	489
53	Carl HARGREAVES	Framlingham Flyers	0	489	0	0	0	0	0	0	0	489	489
54	John COUPS	Kesgrave Cruisers	0	0	0	0	488	0	0	0	0	488	488
55	Andy GAGE	Haverhill RC	0	487	0	0	0	0	0	0	0	487	487
56	Mark Bulstrode	Kesgrave Cruisers	0	0	0	0	0	0	486	0	0	486	486
57	John STEEL	Haverhill RC	0	486	0	0	0	0	0	0	0	486	486
58	Bryan WYBROW	Felixstowe RRC	0	0	0	0	0	486	0	0	0	486	486
59	Matt YEATTS	Framlingham Flyers	0	0	0	0	486	0	0	0	0	486	486
60	Steven Lane	Ipswich Jaffa RC	0	0	0	0	0	0	485	0	0	485	485
61	Martin CORNWELL	Felixstowe RRC	0	0	0	0	483	0	0	0	0	483	483
62	Craig EVANS	Ipswich Jaffa RC	0	483	0	0	0	0	0	0	0	483	483
63	Philip Leney	BLC on the Run	0	0	0	0	0	0	483	0	0	483	483
64	Richard Neal	Felixstowe RRC	0	0	0	0	0	0	482	0	0	482	482
65	Paul CLINE	Ipswich Jaffa RC	0	0	0	0	0	481	0	0	0	481	481

66	James Ellis	Stowmarket Striders RC	0	0	0	0	0	0	481	0	0	481	481
67	John ASKEW	Felixstowe RRC	0	0	0	0	0	480	0	0	0	480	480
68	David MASTERS	Felixstowe RRC	0	0	0	0	480	0	0	0	0	480	480
69	George HINDS	Felixstowe RRC	0	0	0	0	479	0	0	0	0	479	479
70	Martin JENNINGS	Ipswich Jaffa RC	0	0	0	0	0	479	0	0	0	479	479
71	Nathaniel GOULBOURNE	Felixstowe RRC	0	0	0	0	0	478	0	0	0	478	478
MV45													
1	David PERCY	Newmarket Joggers	0	495	0	500	491	492	494	0	0	2472	2472
2	Robin HARPER	Felixstowe RRC	0	492	0	0	487	491	492	497	0	2459	2459
3	Mark ROSE	Ipswich Jaffa RC	492	0	496	0	468	479	481	490	0	2906	2438
4	Andrew SOUTHWOOD	Saint Edmund Pacers	0	498	0	0	498	0	498	500	0	1994	1994
5	Alastair READ	Felixstowe RRC	499	0	498	0	493	0	0	499	0	1989	1989
6	James WRIGHT	TRISudbury	498	0	0	0	492	494	496	0	0	1980	1980
7	Simon Pryke	The Saxons	0	0	499	0	488	487	491	0	0	1965	1965
8	Dominic BAREHAM	Felixstowe RRC	495	0	0	0	0	484	489	494	0	1962	1962
9	Richard HURSTHOUSE	Stowmarket Striders RC	496	0	497	0	475	478	0	0	0	1946	1946
10	Mark SCOTT	Ipswich Jaffa RC	494	0	0	0	479	483	485	0	0	1941	1941
11	Jim LAST	Framlingham Flyers	0	0	0	0	500	499	500	0	0	1499	1499
12	Tom Alexander	Woodbridge Shufflers RC	0	0	500	0	495	496	0	0	0	1491	1491
13	Alec WRIGHT	Ipswich Jaffa RC	493	0	0	0	485	0	0	495	0	1473	1473
14	Jamie BENNETT	Ipswich Jaffa RC	0	0	0	0	478	473	0	491	0	1442	1442
15	Ian KNIGHTS	Kesgrave Kreuzers	0	0	0	0	466	471	478	0	0	1415	1415
16	James Aaron O'BRIEN	Saint Edmund Pacers	500	0	0	0	0	500	0	0	0	1000	1000
17	Mark CURTIS	Ipswich Jaffa RC	0	497	0	0	0	0	499	0	0	996	996
18	James CORNISH	Kesgrave Kreuzers	0	496	0	0	499	0	0	0	0	995	995
19	Daniel MOLL-MORGAN	Ipswich Harriers	0	0	0	0	497	498	0	0	0	995	995
20	Neal HARDWICK	Kesgrave Kreuzers	0	0	0	0	496	0	497	0	0	993	993
21	Tony HUBBARD	Ipswich Jaffa RC	0	0	0	0	0	495	495	0	0	990	990
22	Marcus CATLIN	Ipswich Jaffa RC	498	0	0	0	489	0	0	0	0	987	987
23	Philip CHAPPELS	Kesgrave Kreuzers	0	494	0	0	0	0	493	0	0	987	987
24	Paul DOCKERILL	Saint Edmund Pacers	0	493	0	0	490	0	0	0	0	983	983
25	Chris LEEK	Framlingham Flyers	0	0	0	0	486	493	0	0	0	979	979
26	Chris OSBORNE	Felixstowe RRC	0	0	0	0	0	488	490	0	0	978	978
27	Robert WALLACE	Saint Edmund Pacers	0	491	0	0	0	486	0	0	0	977	977
28	Joel Bamsey	Hadleigh Hares AC	0	0	0	499	0	475	0	0	0	974	974
29	Mark GLEEN	Kesgrave Kreuzers	0	486	0	0	0	0	483	0	0	969	969
30	James ELLUL	Felixstowe RRC	0	0	0	0	480	0	487	0	0	967	967
31	John RAINBOW	Framlingham Flyers	0	0	0	0	482	485	0	0	0	967	967

32	Steve KIRK	Framlingham Flyers	491	0	0	0	470	0	0	0	0	961	961
33	Christian HADWEN	Felixstowe RRC	0	0	0	0	469	0	480	0	0	949	949
34	Richie TAYLOR	Kesgrave Cruisers	0	0	0	0	0	470	477	0	0	947	947
35	Stuart HAYNES	Woodbridge Shufflers RC	0	500	0	0	0	0	0	0	0	500	500
36	Ross HOLLINWORTH	Saint Edmund Pacers	0	499	0	0	0	0	0	0	0	499	499
37	Graham Kemp	Bungay Black Dog RC	0	0	0	498	0	0	0	0	0	498	498
38	Chris MOWER	Saint Edmund Pacers	0	0	0	0	0	0	0	498	0	498	498
39	Michael RUSHTON	Saint Edmund Pacers	497	0	0	0	0	0	0	0	0	497	497
40	Barry WHITCOMB	Kesgrave Cruisers	0	0	0	0	0	497	0	0	0	497	497
41	Mat NORRIS	Saint Edmund Pacers	0	0	0	0	0	0	0	496	0	496	496
42	Keith RUSSELL	Woodbridge Shufflers RC	0	0	0	0	494	0	0	0	0	494	494
43	Mark BANHAM	Ipswich Jaffa RC	0	0	0	0	0	0	0	493	0	493	493
44	Marcus KWAN	Kesgrave Cruisers	0	0	0	0	0	0	0	492	0	492	492
45	Carl ASHTON	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	490	490
46	Mark ELDEN	Bungay Black Dog RC	0	490	0	0	0	0	0	0	0	490	490
47	Matt BENSON	Sudbury Joggers	0	489	0	0	0	0	0	0	0	489	489
48	Stuart WRIGHT	Felixstowe RRC	0	0	0	0	0	489	0	0	0	489	489
49	Tom Aykroyd	Felixstowe RRC	0	0	0	0	0	0	488	0	0	488	488
50	Jamie WRIGHT	Framlingham Flyers	0	488	0	0	0	0	0	0	0	488	488
51	Alan EMERY	Haverhill RC	0	487	0	0	0	0	0	0	0	487	487
52	Mark Flatman	Ipswich Triathlon Club	0	0	0	0	0	0	486	0	0	486	486
53	David MCMAHON	TRISudbury	0	485	0	0	0	0	0	0	0	485	485
54	James STUBBERFIELD	Stowmarket Striders RC	0	485	0	0	0	0	0	0	0	485	485
55	Stephen ROBERTS	Woodbridge Shufflers RC	0	484	0	0	0	0	0	0	0	484	484
56	Oliver WESTMANCOTT	Framlingham Flyers	0	0	0	0	484	0	0	0	0	484	484
57	Torben Wood	Felixstowe RRC	0	0	0	0	0	0	484	0	0	484	484
58	Femi ARIYO	Kesgrave Cruisers	0	0	0	0	483	0	0	0	0	483	483
59	Derek HOOD	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	482	482
60	Nick Moon	Ipswich Jaffa RC	0	0	0	0	0	0	482	0	0	482	482
61	Ben GLYMIN	Ipswich Jaffa RC	0	0	0	0	0	481	0	0	0	481	481
62	Matt TRILL	Ipswich Jaffa RC	0	0	0	0	481	0	0	0	0	481	481
63	Ash SADLER	Kesgrave Cruisers	0	0	0	0	0	480	0	0	0	480	480
64	Trevor Bunch	Haverhill RC	0	0	0	0	0	0	479	0	0	479	479
65	Jonathan BLOOR	Ipswich Jaffa RC	0	0	0	0	0	477	0	0	0	477	477
66	Phillip TAILBY	Stowmarket Striders RC	0	0	0	0	477	0	0	0	0	477	477
67	Andre EDWARDS	Kesgrave Cruisers	0	0	0	0	476	0	0	0	0	476	476
68	Leigh FREEMAN	BLC on the Run	0	0	0	0	0	476	0	0	0	476	476
69	Jamie Stringer	Felixstowe RRC	0	0	0	0	0	0	476	0	0	476	476
70	Richard PHILLIPS	Kesgrave Cruisers	0	0	0	0	474	0	0	0	0	474	474

71	Andrew WALKER	Kesgrave Cruisers	0	0	0	0	0	474	0	0	0	474	474
72	Neil CARTER	Woodbridge Shufflers RC	0	0	0	0	473	0	0	0	0	473	473
73	Kurt BULLOCK	BLC on the Run	0	0	0	0	0	472	0	0	0	472	472
74	Kevin PYLE	Rushmere Community Runners	0	0	0	0	472	0	0	0	0	472	472
75	Jacob COLLINS	Ipswich Jaffa RC	0	0	0	0	471	0	0	0	0	471	471
76	Andrew JUMP	Kesgrave Cruisers	0	0	0	0	0	469	0	0	0	469	469
77	Jonathan HOLDEN	Stowmarket Striders RC	0	0	0	0	0	468	0	0	0	468	468
78	Russell GANT	Felixstowe RRC	0	0	0	0	0	467	0	0	0	467	467
79	Edward MCARDLE	Woodbridge Shufflers RC	0	0	0	0	467	0	0	0	0	467	467
80	Tim SPARKES	Stowmarket Striders RC	0	0	0	0	0	466	0	0	0	466	466
MV50													
1	Piotr Bulacz	Sudbury Joggers	0	0	500	0	496	496	497	500	0	2489	2489
2	Tom STEPHENS	Felixstowe RRC	0	490	499	0	486	486	489	495	0	2945	2459
3	Kerry BUCKLEY	Felixstowe RRC	0	493	0	0	485	487	491	498	0	2454	2454
4	Neil COULSON	Felixstowe RRC	0	497	0	0	499	499	500	0	0	1995	1995
5	Simon STAFFORD	Kesgrave Cruisers	0	499	0	0	497	493	494	0	0	1983	1983
6	Christopher BOYT	Felixstowe RRC	0	498	0	0	492	489	0	499	0	1978	1978
7	David CHURCH	Felixstowe RRC	0	491	497	0	0	479	0	491	0	1958	1958
8	Karl FEAGAN	Ipswich Harriers	0	0	0	0	493	490	496	0	0	1479	1479
9	Daryl SIMPSON	Ipswich Jaffa RC	0	494	0	0	0	491	493	0	0	1478	1478
10	Peter BIRD	Saint Edmund Pacers	0	0	0	0	483	0	488	497	0	1468	1468
11	Darin GEARY	Stowmarket Striders RC	492	0	0	498	477	0	0	0	0	1467	1467
12	Justin Ostler	Felixstowe RRC	0	0	493	0	475	0	0	490	0	1458	1458
13	Richard ATTWELL	Stowmarket Striders RC	493	0	0	0	480	0	482	0	0	1455	1455
14	Mark Foulkes	Kesgrave Cruisers	0	0	496	0	478	0	469	0	0	1443	1443
15	Carl BERGDAHL	Ipswich Jaffa RC	0	492	0	0	0	474	472	0	0	1438	1438
16	Mike GREENER	Saint Edmund Pacers	500	0	0	0	0	0	498	0	0	998	998
17	Keith TILLEY	Ipswich Jaffa RC	0	0	0	0	500	497	0	0	0	997	997
18	Mark STRATTON	Saint Edmund Pacers	498	0	0	0	0	494	0	0	0	992	992
19	Mark GRIGGS	Rushmere Community Runners	0	0	0	0	0	492	495	0	0	987	987
20	Vince WEBB	Saint Edmund Pacers	0	496	0	0	491	0	0	0	0	987	987
21	Andrew CRAIG	Woodbridge Shufflers RC	0	0	0	0	494	0	492	0	0	986	986
22	Kev LINSELL	Kesgrave Cruisers	0	0	0	0	489	0	0	496	0	985	985
23	Mark LEWIS	Saint Edmund Pacers	0	0	0	0	482	0	0	494	0	976	976
24	Vincent STEENSMA	Capel Cheetahs	494	0	0	0	0	0	478	0	0	972	972
25	Carl BERRIMAN	Rushmere Community Runners	0	0	0	0	0	483	486	0	0	969	969
26	Daniel PELLING	Haverhill RC	0	489	0	0	0	0	477	0	0	966	966
27	Neil Burton	Capel Cheetahs	0	0	0	0	0	0	468	493	0	961	961

28	Greg DODDS	Woodbridge Shufflers RC	0	0	0	0	481	0	473	0	0	954	954
29	Paul DORSET	Felixstowe RRC	0	0	0	0	0	472	466	0	0	938	938
30	Shaun ALDOUS	Bungay Black Dog RC	0	0	0	0	0	500	0	0	0	500	500
31	Patrick Harbord	Waveney Valley AC	0	0	0	500	0	0	0	0	0	500	500
32	Jason TAYLOR	Felixstowe RRC	0	500	0	0	0	0	0	0	0	500	500
33	Kevin Carpenter	Hadleigh Hares AC	0	0	0	0	0	0	499	0	0	499	499
34	Andy ECCLES	Saint Edmund Pacers	499	0	0	0	0	0	0	0	0	499	499
35	Nick Goodge	Bungay Black Dog RC	0	0	0	499	0	0	0	0	0	499	499
36	Robert James	Bungay Black Dog RC	0	0	498	0	0	0	0	0	0	498	498
37	Thomas STEWART	Woodbridge Shufflers RC	0	0	0	0	0	498	0	0	0	498	498
38	John THORPE	Ipswich Jaffa RC	0	0	0	0	498	0	0	0	0	498	498
39	David Granger	Waveney Valley AC	0	0	0	497	0	0	0	0	0	497	497
40	Lee MORGAN	Felixstowe RRC	497	0	0	0	0	0	0	0	0	497	497
41	Andy LONG	Stowmarket Striders RC	496	0	0	0	0	0	0	0	0	496	496
42	Paul COOKE	Ipswich Jaffa RC	495	0	0	0	0	0	0	0	0	495	495
43	Paul COOKE	Rushmere Community Runners	0	0	0	0	0	495	0	0	0	495	495
44	Marc DRURY	Newmarket Joggers	0	495	0	0	0	0	0	0	0	495	495
45	Steve HALL	Framlingham Flyers	0	0	0	0	495	0	0	0	0	495	495
46	Steven Newman	Bungay Black Dog RC	0	0	495	0	0	0	0	0	0	495	495
47	Martyn Woodgate	Bungay Black Dog RC	0	0	494	0	0	0	0	0	0	494	494
48	Martyn BREWSTER	Felixstowe RRC	0	0	0	0	0	0	0	492	0	492	492
49	Brett Martin	Kesgrave Cruisers	0	0	492	0	0	0	0	0	0	492	492
50	Dave GRANGER	Waveney Valley AC	491	0	0	0	0	0	0	0	0	491	491
51	Jess FARTHING	Felixstowe RRC	0	0	0	0	490	0	0	0	0	490	490
52	Mark Goodwin	Felixstowe RRC	0	0	0	0	0	0	490	0	0	490	490
53	Will ALDRED	Framlingham Flyers	0	0	0	0	488	0	0	0	0	488	488
54	Andrew Jordan GARNHAM	Felixstowe RRC	0	0	0	0	0	488	0	0	0	488	488
55	Mark GEDDIE	Newmarket Joggers	0	488	0	0	0	0	0	0	0	488	488
56	Marcus Brown	Rushmere Community Runners	0	0	0	0	0	0	487	0	0	487	487
57	Mark FLATMAN	Ipswich Triathlon Club	0	0	0	0	487	0	0	0	0	487	487
58	Matt Sims	Rushmere Community Runners	0	0	0	0	0	0	485	0	0	485	485
59	Iain TAYLOR	Woodbridge Shufflers RC	0	0	0	0	0	485	0	0	0	485	485
60	Paul CHERRY	Woodbridge Shufflers RC	0	0	0	0	0	484	0	0	0	484	484
61	Scott Hard	Felixstowe RRC	0	0	0	0	0	0	484	0	0	484	484
62	Mark HOLLAND	Kesgrave Cruisers	0	0	0	0	484	0	0	0	0	484	484
63	Paul Stone	Felixstowe RRC	0	0	0	0	0	0	483	0	0	483	483
64	David ROBERTSON	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	482	482
65	James VALENTINE	Ipswich Jaffa RC	0	0	0	0	0	481	0	0	0	481	481
66	Thomas Walker	Woodbridge Shufflers RC	0	0	0	0	0	0	481	0	0	481	481

67	Andy HENDRY	Woodbridge Shufflers RC	0	0	0	0	0	480	0	0	0	480	480
68	John Scully	Rushmere Community Runners	0	0	0	0	0	0	480	0	0	480	480
69	Mark Hayden	Framlingham Flyers	0	0	0	0	0	0	479	0	0	479	479
70	Guy HAYWARD	Framlingham Flyers	0	0	0	0	479	0	0	0	0	479	479
71	Paul SCOGGINS	Woodbridge Shufflers RC	0	0	0	0	0	478	0	0	0	478	478
72	Simon FRASER	Rushmere Community Runners	0	0	0	0	0	477	0	0	0	477	477
73	Rob Alder	Woodbridge Shufflers RC	0	0	0	0	0	0	476	0	0	476	476
74	Oliver SOUTHGATE	Ipswich Jaffa RC	0	0	0	0	476	0	0	0	0	476	476
75	Glenn YELLOP	Capel Cheetahs	0	0	0	0	0	476	0	0	0	476	476
76	Lee MCGUIRE	Ipswich Jaffa RC	0	0	0	0	0	475	0	0	0	475	475
77	David Robinson	Rushmere Community Runners	0	0	0	0	0	0	475	0	0	475	475
78	Andrew Long	Stowmarket Striders RC	0	0	0	0	0	0	474	0	0	474	474
79	Craig GOODRUM	Kesgrave Cruisers	0	0	0	0	0	473	0	0	0	473	473
80	Alex Ashton	Haverhill RC	0	0	0	0	0	0	471	0	0	471	471
81	Lee STEPHENSON	Rushmere Community Runners	0	0	0	0	0	471	0	0	0	471	471
82	Nigel Harrison	Ipswich Jaffa RC	0	0	0	0	0	0	470	0	0	470	470
83	Martin Spilsted	Rushmere Community Runners	0	0	0	0	0	0	467	0	0	467	467
MV55													
1	Kevin COLEMAN	Stowmarket Striders RC	498	0	500	0	496	497	493	0	0	2484	2484
2	Colin ELLIS	Kesgrave Cruisers	495	0	0	0	492	495	494	497	0	2473	2473
3	Christopher Blagden	The Saxons	0	0	499	0	487	487	488	495	0	2456	2456
4	Tim PARNELL	Ipswich Jaffa RC	0	493	0	0	484	489	480	494	0	2440	2440
5	Steve BROOKE	Felixstowe RRC	500	0	0	0	499	0	498	500	0	1997	1997
6	Dave SOLOMON	Felixstowe RRC	0	500	0	0	498	0	499	499	0	1996	1996
7	Wilfred CAMPBELL	Ipswich Jaffa RC	499	0	0	0	497	500	492	0	0	1988	1988
8	Ian DUGGAN	Felixstowe RRC	497	0	0	0	495	498	0	498	0	1988	1988
9	Peter WARLAND	Stowmarket Striders RC	494	0	0	499	489	493	0	0	0	1975	1975
10	Stephen HATTEN	Saint Edmund Pacers	493	0	0	0	485	0	489	496	0	1963	1963
11	Garry Macdonald	Felixstowe RRC	0	0	0	497	481	484	486	0	0	1948	1948
12	Richard WHITE	The Saxons	492	0	0	498	488	0	0	0	0	1478	1478
13	Piers Morgan	Stowmarket Striders RC	0	0	497	0	0	486	0	492	0	1475	1475
14	Mark AVERY	Ipswich Jaffa RC	489	0	494	0	0	0	482	0	0	1465	1465
15	Mark ALLEN	Ipswich Jaffa RC	0	0	0	0	500	0	500	0	0	1000	1000
16	Chris SEYMOUR	Stowmarket Striders RC	0	499	0	0	493	0	0	0	0	992	992
17	Jason CATTERMOLE	Ipswich Jaffa RC	0	0	0	0	0	496	495	0	0	991	991
18	Adrian PEAKE	Ipswich Jaffa RC	0	496	0	0	0	490	0	0	0	986	986
19	Alan OLIVER	Kesgrave Cruisers	0	498	0	0	0	0	487	0	0	985	985
20	Chris SERVANT	Ipswich Jaffa RC	0	0	0	0	490	494	0	0	0	984	984

21	Dave HOWGEGO	Woodbridge Shufflers RC	0	0	0	0	0	492	491	0	0	983	983
22	Adam BOYLE	Woodbridge Shufflers RC	0	0	0	0	0	491	490	0	0	981	981
23	Christopher Durrant	Felixstowe RRC	0	0	0	496	0	483	0	0	0	979	979
24	Terry SPURGEON	Ipswich Jaffa RC	0	494	0	0	0	485	0	0	0	979	979
25	Mark DAVIES	Saint Edmund Pacers	488	0	0	0	0	488	0	0	0	976	976
26	Will Ibbotson	Capel Cheetahs	0	0	0	0	0	0	483	491	0	974	974
27	Mark GODBOLD	Ipswich Harriers	0	0	0	0	482	0	485	0	0	967	967
28	Robert REASON	Stowmarket Striders RC	486	0	0	0	0	0	477	0	0	963	963
29	Richard Higgins	Framlingham Flyers	0	0	0	500	0	0	0	0	0	500	500
30	Michael MCKINSTRY	Saint Edmund Pacers	0	0	0	0	0	499	0	0	0	499	499
31	James Mackenzie	Framlingham Flyers	0	0	498	0	0	0	0	0	0	498	498
32	M Ike Mckinstry	Saint Edmund Pacers	0	0	0	0	0	0	497	0	0	497	497
33	Chris TYE	Ipswich Triathlon Club	0	497	0	0	0	0	0	0	0	497	497
34	Andy FRYATT	Newmarket Joggers	496	0	0	0	0	0	0	0	0	496	496
35	Duane Howard	Kesgrave Cruisers	0	0	0	0	0	0	496	0	0	496	496
36	Colin Lewis	Saint Edmund Pacers	0	0	496	0	0	0	0	0	0	496	496
37	Mark Chenery	Bungay Black Dog RC	0	0	0	495	0	0	0	0	0	495	495
38	Steve Cross	Waveney Valley AC	0	0	495	0	0	0	0	0	0	495	495
39	Simon FENN	BLC on the Run	0	495	0	0	0	0	0	0	0	495	495
40	John GREENER	Saint Edmund Pacers	0	0	0	0	494	0	0	0	0	494	494
41	Henry ANDREWS	Saint Edmund Pacers	0	0	0	0	0	0	0	493	0	493	493
42	Mark Regan	Bungay Black Dog RC	0	0	493	0	0	0	0	0	0	493	493
43	John Skelly	Waveney Valley AC	0	0	492	0	0	0	0	0	0	492	492
44	Mark FORD	Felixstowe RRC	0	0	0	0	491	0	0	0	0	491	491
45	Paul Stephen HOLLEY	Newmarket Joggers	491	0	0	0	0	0	0	0	0	491	491
46	Richard Midwinter	Bungay Black Dog RC	0	0	491	0	0	0	0	0	0	491	491
47	Craig CHIDLOW	Ipswich Triathlon Club	490	0	0	0	0	0	0	0	0	490	490
48	Chris FOX	Woodbridge Shufflers RC	0	0	0	0	0	0	0	490	0	490	490
49	Duncan CHAMBERLAIN	Ipswich Jaffa RC	487	0	0	0	0	0	0	0	0	487	487
50	Kevin WHELAN	Felixstowe RRC	0	0	0	0	486	0	0	0	0	486	486
51	Darin Osborne	Rushmere Community Runners	0	0	0	0	0	0	484	0	0	484	484
52	Warren BIRCH	Ipswich Jaffa RC	0	0	0	0	483	0	0	0	0	483	483
53	Neil KING	Ipswich Jaffa RC	0	0	0	0	0	482	0	0	0	482	482
54	Gi Kwong Cheung	Ipswich Jaffa RC	0	0	0	0	0	0	481	0	0	481	481
55	David GARNHAM	Ipswich Jaffa RC	0	0	0	0	0	481	0	0	0	481	481
56	Philip BROWN	Saint Edmund Pacers	0	0	0	0	480	0	0	0	0	480	480
57	Carl FRANCIS	Stowmarket Striders RC	0	0	0	0	0	480	0	0	0	480	480
58	Chris BONE	Hadleigh Hares AC	0	0	0	0	0	479	0	0	0	479	479
59	Kevin HAYWARD	Framlingham Flyers	0	0	0	0	479	0	0	0	0	479	479

60	Gordon Pethybridge	Woodbridge Shufflers RC	0	0	0	0	0	0	479	0	0	479	479
61	Phil DAVIES	Ipswich Jaffa RC	0	0	0	0	478	0	0	0	0	478	478
62	Paul HEEKS	Stowmarket Striders RC	0	0	0	0	0	478	0	0	0	478	478
63	James Mears	Haverhill RC	0	0	0	0	0	0	478	0	0	478	478
64	Ian GOODERHAM	Saint Edmund Pacers	0	0	0	0	477	0	0	0	0	477	477
65	Mark HARRIS	Kesgrave Cruisers	0	0	0	0	0	477	0	0	0	477	477
66	Nigel JOHNS	Capel Cheetahs	0	0	0	0	476	0	0	0	0	476	476
MV60													
1	Tom HOBLYN	Saint Edmund Pacers	0	500	0	500	496	497	497	496	0	2986	2490
2	Dave COPLAND	Ipswich Triathlon Club	500	0	0	0	499	499	0	500	0	1998	1998
3	Robin BELSOM	Ipswich Jaffa RC	496	0	500	0	495	0	0	0	0	1491	1491
4	Duncan Chenery	Ipswich Jaffa RC	0	0	499	0	492	0	0	494	0	1485	1485
5	John DUNNETT	Capel Cheetahs	494	0	0	0	494	0	496	0	0	1484	1484
6	Richard ALLPORT	Felixstowe RRC	0	494	0	0	0	494	494	0	0	1482	1482
7	Andrew LAWS	Ipswich Jaffa RC	0	0	0	0	0	500	500	0	0	1000	1000
8	Clive Thomas	BLC on the Run	0	0	0	0	0	0	499	499	0	998	998
9	Todd LEWIS	Saint Edmund Pacers	499	0	0	0	0	498	0	0	0	997	997
10	Andrew Budd	Capel Cheetahs	0	0	0	0	0	0	498	497	0	995	995
11	Chris CHORLEY	Bungay Black Dog RC	0	495	0	499	0	0	0	0	0	994	994
12	Robert MORGAN	Saint Edmund Pacers	498	0	0	0	0	496	0	0	0	994	994
13	Stuart MASON	Felixstowe RRC	497	0	0	0	0	0	0	495	0	992	992
14	Derek DALY	Felixstowe RRC	493	0	0	0	0	0	495	0	0	988	988
15	David SEYMOUR	Felixstowe RRC	492	0	0	0	0	495	0	0	0	987	987
16	Howard BEASLEY	Saint Edmund Pacers	0	0	0	0	500	0	0	0	0	500	500
17	Paul SCHWER	Felixstowe RRC	0	499	0	0	0	0	0	0	0	499	499
18	Robin MACKENZIE	Framlingham Flyers	0	0	0	0	498	0	0	0	0	498	498
19	Stephen MAGNALL	Woodbridge Shufflers RC	0	498	0	0	0	0	0	0	0	498	498
20	Ian MCDERMOTT	Ipswich Jaffa RC	0	0	0	0	0	0	0	498	0	498	498
21	Ian KENNEDY	Framlingham Flyers	0	497	0	0	0	0	0	0	0	497	497
22	Mark NOVELS	Haverhill RC	0	0	0	0	497	0	0	0	0	497	497
23	Yusuf FIRAT	Haverhill RC	0	496	0	0	0	0	0	0	0	496	496
24	Andrew WEBBER	Stowmarket Striders RC	495	0	0	0	0	0	0	0	0	495	495
25	Stephen HICKS	Ipswich Harriers	0	0	0	0	493	0	0	0	0	493	493
26	Alan HILLYARD	Ipswich Triathlon Club	0	0	0	0	0	493	0	0	0	493	493
27	David Lampard	Felixstowe RRC	0	0	0	0	0	0	493	0	0	493	493
28	Andrew COCKER	Rushmere Community Runners	0	0	0	0	0	492	0	0	0	492	492
29	Adrian COLE	Stowmarket Striders RC	491	0	0	0	0	0	0	0	0	491	491
30	Lee KNIGHT	Rushmere Community Runners	0	0	0	0	0	491	0	0	0	491	491

11	Peter RUSSELL	Framlingham Flyers	498	0	0	0	0	0	0	0	0	498	498
12	Kenneth STOWE	Rushmere Community Runners	0	0	0	0	0	498	0	0	0	498	498
13	Chris AYLMER	Newmarket Joggers	0	0	0	0	0	497	0	0	0	497	497
14	Chris COOK	Saint Edmund Pacers	0	0	0	0	497	0	0	0	0	497	497
15	Graham Sampson	Bungay Black Dog RC	0	0	497	0	0	0	0	0	0	497	497
16	David COLEY	Ipswich Jaffa RC	0	0	0	0	496	0	0	0	0	496	496
17	Garrick FOX	Bungay Black Dog RC	0	0	0	0	0	496	0	0	0	496	496
18	Chris HARBORD	Bungay Black Dog RC	0	0	0	0	495	0	0	0	0	495	495