

			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	
			Tarpley 10	Tarpley 20	Sudbury Fun Run	Kirton Friday 5	Newmarket 10K	Fram 10K	Saxon 5	Hadleigh 5	Hadleigh 10	Total (Top 5 races)
Pos	Name	Club	23/2/25	23/2/25	18/4/25	23/5/25	29/6/25	07/09/25	05/10/25	23/11/25	23/11/25	
FS												
1	Daisy GLOVER	Framlingham Flyers	0	0	500	500	500	500	500	0	0	2500
2	Emma WHEELER	Ipswich Phoenix RC	499	0	498	496	499	498	499	0	0	2493
3	Holly TAYLOR	Felixstowe RRC	498	0	497	492	497	496	498	0	499	2489
4	Maria RIERA TURRO	Felixstowe RRC	497	0	0	494	498	497	0	0	500	2486
5	Anca STADLER	Felixstowe RRC	485	0	0	478	494	481	493	0	0	2431
6	Katie KING	Saint Edmund Pacers	0	0	499	497	0	499	0	0	0	1495
7	Kate HEEKS	Stowmarket Striders RC	496	0	0	491	495	0	0	0	0	1482
8	Sophie BELL	Ipswich Phoenix RC	0	0	0	486	0	491	0	0	495	1472
9	Rebecca-Ann COULSON-PARKER	Ipswich Jaffa RC	0	0	0	480	0	487	0	0	493	1460
10	Darcy GLADWELL	Ipswich Harriers	0	0	0	499	0	0	0	500	0	999
11	Natasha MICHAEL	Saint Edmund Pacers	0	499	0	495	0	0	0	0	0	994
12	Emily GOODERHAM	Saint Edmund Pacers	0	498	0	0	0	495	0	0	0	993
13	Nicole SALES	Capel Cheetahs	0	0	496	0	0	0	0	496	0	992
14	Kimberley DYE	Ipswich Jaffa RC	0	0	0	0	0	493	0	0	497	990
15	Natasha SMITH	Ipswich Jaffa RC	0	493	0	0	0	0	0	0	496	989
16	Gemma THURSTON-WRIGHT	Framlingham Flyers	0	0	0	0	0	490	496	0	0	986
17	Lisa CLARKE	Ipswich Jaffa RC	0	494	0	488	0	0	0	0	0	982
18	Emma KEEN	Felixstowe RRC	0	492	0	490	0	0	0	0	0	982
19	Ella KADING	Ipswich Harriers	0	0	0	0	0	484	0	497	0	981
20	Michelle HEWITT	Framlingham Flyers	0	0	0	485	0	0	495	0	0	980
21	Lily KEMP	Framlingham Flyers	0	0	0	0	0	485	0	495	0	980
22	Hayley WILSON	Haverhill RC	492	0	0	487	0	0	0	0	0	979
23	Kayleigh TURPIN	Felixstowe RRC	0	0	493	484	0	0	0	0	0	977
24	Hannah YELLOP	Capel Cheetahs	0	0	0	0	0	483	0	493	0	976
25	Amelia BANFIELD	Kesgrave Kruisers	491	0	0	483	0	0	0	0	0	974
26	Chloe HEEKS	Stowmarket Striders RC	490	0	0	481	0	0	0	0	0	971
27	Jodie SHARP	Stowmarket Striders RC	489	0	0	482	0	0	0	0	0	971
28	Adriana HOUCHELL	Ipswich Jaffa RC	484	0	0	477	0	0	0	0	0	961
29	Emma ATTWOOD	Stowmarket Striders RC	0	500	0	0	0	0	0	0	0	500
30	Gem CARTER	Saint Edmund Pacers	500	0	0	0	0	0	0	0	0	500
31	Alexia CARMEDY	Ipswich Harriers	0	0	0	0	0	0	0	499	0	499
32	Sara BIRD	Ipswich Jaffa RC	0	0	0	498	0	0	0	0	0	498
33	Ellie LANGRIDGE BROWN	Hadleigh Hares AC	0	0	0	0	0	0	0	498	0	498
34	Emilia OXBORROW	Kesgrave Kruisers	0	0	0	0	0	0	0	0	498	498
35	Katherine GALLAGHER	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	497
36	Rose Westall	Waveney Valley AC	0	0	0	0	0	0	497	0	0	497
37	Lilian CORBETT	Newmarket Joggers	0	0	0	0	496	0	0	0	0	496
38	Katie MARGARSON	Saint Edmund Pacers	0	496	0	0	0	0	0	0	0	496

39	Julie DALE	Saint Edmund Pacers	0	0	495	0	0	0	0	0	0	495
40	Tara DAVIS	Ipswich Jaffa RC	0	495	0	0	0	0	0	0	0	495
41	Clare DOUGLAS	Stowmarket Striders RC	495	0	0	0	0	0	0	0	0	495
42	Molly BEWSHER	Ipswich JAFFA RC	0	0	0	0	0	0	0	494	0	494
43	Kelsey Borrer	The Saxons	0	0	0	0	0	0	494	0	0	494
44	Luz CHAVEZ	Ipswich JAFFA RC	0	0	0	0	0	0	0	0	494	494
45	Rebecca FORDER	Saint Edmund Pacers	0	0	494	0	0	0	0	0	0	494
46	Kirstie GLADWELL	Framlingham Flyers	0	0	0	0	0	494	0	0	0	494
47	Isabel HOLLANDS	Saint Edmund Pacers	494	0	0	0	0	0	0	0	0	494
48	Zara HANMAN	Ipswich Jaffa RC	0	0	0	493	0	0	0	0	0	493
49	Emma ROGERS	Capel Cheetahs	493	0	0	0	0	0	0	0	0	493
50	Violet Bowman	The Saxons	0	0	0	0	0	0	492	0	0	492
51	Kimberley CLEMENTS	Saint Edmund Pacers	0	0	492	0	0	0	0	0	0	492
52	Ingrid COJOCARIU	Haverhill RC	0	0	0	0	0	0	0	0	492	492
53	Fiona MANTHORPE	Hadleigh Hares AC	0	0	0	0	0	0	0	492	0	492
54	Chloe NEALL	Woodbridge Shufflers RC	0	0	0	0	0	492	0	0	0	492
55	Amanda GARRARD	Kesgrave Kruisers	0	0	0	0	0	0	0	491	0	491
56	Hannah OHSTEN	Stowmarket Striders RC	0	491	0	0	0	0	0	0	0	491
57	Kate SUDELL	Felixstowe RRC	0	490	0	0	0	0	0	0	0	490
58	Jasmine FAIRWEATHER	Framlingham Flyers	0	0	0	0	0	489	0	0	0	489
59	Izzy HOLLANDS	Saint Edmund Pacers	0	0	0	489	0	0	0	0	0	489
60	Elizabeth WOLDSMITH	Ipswich Phoenix RC	0	489	0	0	0	0	0	0	0	489
61	Sophie COLEMAN	Ipswich Jaffa RC	0	488	0	0	0	0	0	0	0	488
62	Rebecca MORGAN	Saint Edmund Pacers	488	0	0	0	0	0	0	0	0	488
63	Aimee SPAULL	Framlingham Flyers	0	0	0	0	0	488	0	0	0	488
64	Abigail MARSON	Newmarket Joggers	487	0	0	0	0	0	0	0	0	487
65	Catriona PEARSON	Woodbridge Shufflers RC	486	0	0	0	0	0	0	0	0	486
66	Mae WASHINGTON	Stowmarket Striders RC	0	0	0	0	0	486	0	0	0	486
67	Sarah BANHAM	Felixstowe RRC	0	0	0	0	0	482	0	0	0	482
68	Liz O'LEARY	Ipswich Jaffa RC	0	0	0	0	0	480	0	0	0	480
69	Hannah PRIOR	Capel Cheetahs	0	0	0	479	0	0	0	0	0	479
70	Kirsty LAMB	Capel Cheetahs	0	0	0	476	0	0	0	0	0	476
FV40												
1	Jenni ASKEW-MARTIN	Kesgrave Kruisers	500	0	0	497	0	500	500	0	500	2497
2	Clare FITZJOHN	Haverhill RC	499	0	500	493	499	0	499	0	0	2490
3	Kirsty MARSH	Felixstowe RRC	490	0	496	484	497	496	0	0	0	2463
4	Claire BUTCHER	Felixstowe RRC	0	486	495	481	496	0	0	0	492	2450
5	Angela DRURY	Newmarket Joggers	0	487	498	0	0	0	496	0	497	1978
6	Terri GREEN	Ipswich Jaffa RC	0	494	0	487	0	499	0	0	498	1978
7	Joanne HARPER	Felixstowe RRC	0	0	499	0	0	498	498	0	0	1495
8	Anneli OSTLER	Felixstowe RRC	0	485	0	0	0	495	0	0	493	1473
9	Katie AUSTIN	Ipswich Jaffa RC	0	500	0	500	0	0	0	0	0	1000
10	Sam BAXTER	Felixstowe RRC	0	499	0	498	0	0	0	0	0	997

11	Katarzyna DABROWSKA	Capel Cheetahs	0	495	0	0	0	0	0	0	499	994
12	Amanda MORTIMER	Ipswich Jaffa RC	0	498	0	496	0	0	0	0	0	994
13	Stacey MOCKFORD	Saint Edmund Pacers	0	0	0	492	500	0	0	0	0	992
14	Louise CRACKNELL	Felixstowe RRC	0	497	0	494	0	0	0	0	0	991
15	Doranne BREWSTER	Felixstowe RRC	0	0	494	0	0	494	0	0	0	988
16	Sophie DOE	Kesgrave Kruisers	494	0	0	490	0	0	0	0	0	984
17	Claire MASKERY	Stowmarket Striders RC	495	0	0	485	0	0	0	0	0	980
18	Amy KADING	Stowmarket Striders RC	0	0	497	482	0	0	0	0	0	979
19	Jennifer WRIGHT	Ipswich Jaffa RC	0	490	0	488	0	0	0	0	0	978
20	Misty SMITH	Ipswich JAFFA RC	0	0	0	0	0	0	0	500	0	500
21	Rosie HORSFIELD	Ipswich Jaffa RC	0	0	0	499	0	0	0	0	0	499
22	Sarah Jane BENNETT	Ipswich Jaffa RC	498	0	0	0	0	0	0	0	0	498
23	Enza GAMBIN	Haverhill RC	0	0	0	0	498	0	0	0	0	498
24	Donna COOPER	Stowmarket Striders RC	497	0	0	0	0	0	0	0	0	497
25	Lucy ENGLISH	Framlingham Flyers	0	0	0	0	0	497	0	0	0	497
26	Louise Wilkins	Stowmarket Striders RC	0	0	0	0	0	0	497	0	0	497
27	Marion BENNETT	Ipswich Jaffa RC	496	0	0	0	0	0	0	0	0	496
28	Charlotte DURRANT	Stowmarket Striders RC	0	496	0	0	0	0	0	0	0	496
29	Geraldine SUCKLING	Hadleigh Hares AC	0	0	0	0	0	0	0	0	496	496
30	Becky ELLUL	Felixstowe RRC	0	0	0	0	0	0	0	0	495	495
31	Karen FARTHING	Haverhill RC	0	0	0	495	0	0	0	0	0	495
32	Joanne Goodwin	The Saxons	0	0	0	0	0	0	495	0	0	495
33	Laura BOWDLER	BLC on the run	0	0	0	0	0	0	0	0	494	494
34	Moe Hurst	Waveney Valley AC	0	0	0	0	0	0	494	0	0	494
35	Natalie COMPTON	Framlingham Flyers	0	0	0	0	0	493	0	0	0	493
36	Sarah SEVERWRIGHT	Kesgrave Kruisers	0	493	0	0	0	0	0	0	0	493
37	Jodie Thomas	Rushmere CR	0	0	0	0	0	0	493	0	0	493
38	Lorna WEBBER	Capel Cheetahs	493	0	0	0	0	0	0	0	0	493
39	Liza PUTWAIN	Stowmarket Striders RC	492	0	0	0	0	0	0	0	0	492
40	Sheree REILLY	Haverhill RC	0	492	0	0	0	0	0	0	0	492
41	Helen BARBER	Framlingham Flyers	0	0	0	491	0	0	0	0	0	491
42	Teresa CLARK	Saint Edmund Pacers	0	491	0	0	0	0	0	0	0	491
43	Helen HERBERT	Capel Cheetahs	491	0	0	0	0	0	0	0	0	491
44	Laura BROWN	Stowmarket Striders RC	0	489	0	0	0	0	0	0	0	489
45	Annabel SHIROI-THOMAS	Framlingham Flyers	0	0	0	489	0	0	0	0	0	489
46	Teresa BROWN	Rushmere CR	0	488	0	0	0	0	0	0	0	488
47	Kyra WILSON	Framlingham Flyers	0	0	0	486	0	0	0	0	0	486
48	Kimberley KERRY	Framlingham Flyers	0	0	0	483	0	0	0	0	0	483
49	Katherine AYKROYD	Felixstowe RRC	0	0	0	480	0	0	0	0	0	480
50	Pippa SARGENT	Stowmarket Striders RC	0	0	0	479	0	0	0	0	0	479
FV45												
1	Sandy PAGE	Kesgrave Kruisers	500	0	0	499	500	499	500	500	0	2499
2	Helen FINDLEY	Kesgrave Kruisers	0	498	0	497	0	496	499	0	499	2489

3	Helen ARIYO	Kesgrave Kruisers	0	497	0	498	0	495	498	0	497	2485
4	Kate HUTSON	Ipswich Jaffa RC	497	0	500	493	499	0	0	0	492	2481
5	Sian KINGSTON	Framlingham Flyers	0	0	0	500	0	500	0	0	0	1000
6	Sam LINASSI	Felixstowe RRC	0	499	0	494	0	0	0	0	0	993
7	Agnieszka ANDRZEJAK	Stowmarket Striders RC	0	0	499	488	0	0	0	0	0	987
8	Kaye STONE	Felixstowe RRC	0	0	0	0	0	493	0	0	493	986
9	Laura CROSSLEY	Capel Cheetahs	495	0	0	489	0	0	0	0	0	984
10	Jayne CHAPPELS	Kesgrave Kruisers	0	500	0	0	0	0	0	0	0	500
11	Valerie GLADWELL	Hadleigh Hares AC	0	0	0	0	0	0	0	0	500	500
12	Haley DUFFY	Ipswich JAFFA RC	0	0	0	0	0	0	0	499	0	499
13	Hannah JEWERS	Stowmarket Striders RC	499	0	0	0	0	0	0	0	0	499
14	Anna BROWN	TRISudbury	0	0	498	0	0	0	0	0	0	498
15	Natalie HAY	Saint Edmund Pacers	0	0	0	0	0	0	0	0	498	498
16	Helen JERROLD	Kesgrave Kruisers	0	0	0	0	0	498	0	0	0	498
17	Donna TALBOT	Saint Edmund Pacers	498	0	0	0	0	0	0	0	0	498
18	Sarah MAIDMENT	Framlingham Flyers	0	0	0	0	0	497	0	0	0	497
19	Clare Moodie	Framlingham Flyers	0	0	0	0	0	0	497	0	0	497
20	Kristina Bright	Haverhill RC	0	0	0	0	0	0	496	0	0	496
21	Vicki NEVE	BLC on the run	0	0	0	0	0	0	0	0	496	496
22	Kristina SELLECK	Haverhill RC	496	0	0	0	0	0	0	0	0	496
23	Amanda SMITH	Woodbridge Shufflers RC	0	0	0	496	0	0	0	0	0	496
24	Corrina Giles	The Saxons	0	0	0	0	0	0	495	0	0	495
25	Jane HUTCHINSON	Woodbridge Shufflers RC	0	0	0	495	0	0	0	0	0	495
26	Marie PAVELEY	Capel Cheetahs	0	0	0	0	0	0	0	0	495	495
27	Michelle MARTIN	Kesgrave Kruisers	494	0	0	0	0	0	0	0	0	494
28	Sarah PENNOCK	Sudbury Joggers	0	0	0	0	0	0	0	0	494	494
29	Nicola ROBINSON	Framlingham Flyers	0	0	0	0	0	494	0	0	0	494
30	Anika BALFE	Rushmere CR	0	0	0	0	0	492	0	0	0	492
31	Cath ORRIN	Kesgrave Kruisers	0	0	0	492	0	0	0	0	0	492
32	Lucy JONES	Felixstowe RRC	0	0	0	491	0	0	0	0	0	491
33	Nicky TYLER	BLC on the run	0	0	0	0	0	0	0	0	491	491
34	Pauline GOFFIN	BLC on the run	0	0	0	0	0	0	0	0	490	490
35	Angela SELFE	Stowmarket Striders RC	0	0	0	490	0	0	0	0	0	490
36	Claire RUSH	Kesgrave Kruisers	0	0	0	487	0	0	0	0	0	487
37	Jodie BUDD	Sudbury Joggers	0	0	0	486	0	0	0	0	0	486
FV50												
1	Carol CARTER	Newmarket Joggers	0	500	499	0	500	0	500	500	0	2499
2	Mary Ann TULI	Haverhill RC	499	0	495	496	497	0	0	0	500	2487
3	Deb CHING	Capel Cheetahs	497	0	496	497	498	496	498	0	0	2486
4	Fiona HUNT	Kesgrave Kruisers	496	0	494	495	0	0	496	0	499	2480
5	Karen OFFORD	Stowmarket Striders RC	0	498	498	0	499	500	0	0	0	1995
6	Anita WARD	Saint Edmund Pacers	0	496	0	494	0	494	0	0	0	1484
7	Gemma MOSS	Ipswich Jaffa RC	0	493	0	491	0	497	0	0	0	1481

8	Joanne SARGENT	Hadleigh Hares AC	0	0	490	483	496	0	0	0	0	1469
9	Mandy CHINERY	Kesgrave Kruisers	493	0	0	475	0	0	493	0	0	1461
10	Juliet GARNHAM	Stowmarket Striders RC	0	499	0	500	0	0	0	0	0	999
11	Rachel TERRY	Stowmarket Striders RC	500	0	0	499	0	0	0	0	0	999
12	Helen HILARIO	Newmarket Joggers	0	0	497	0	0	0	499	0	0	996
13	Sandra WEBB	Saint Edmund Pacers	0	0	0	498	0	498	0	0	0	996
14	Rachel BROOKE	Ipswich Jaffa RC	0	0	0	492	0	0	0	0	498	990
15	Janice LINDON	Waveney Valley AC	0	0	0	0	0	493	0	497	0	990
16	Victoria ORFORD	Framlingham Flyers	0	0	0	493	0	495	0	0	0	988
17	Helen EVANS	Ipswich Jaffa RC	0	495	0	489	0	0	0	0	0	984
18	Ronnie EGAN	TRISudbury	0	0	491	488	0	0	0	0	0	979
19	Faith LEWIS	Saint Edmund Pacers	0	0	489	477	0	0	0	0	0	966
20	Odette ROBSON	Saint Edmund Pacers	0	0	500	0	0	0	0	0	0	500
21	Amber CALVER	BLC on the run	0	0	0	0	0	0	0	499	0	499
22	Victoria GALLANTREE	Framlingham Flyers	0	0	0	0	0	499	0	0	0	499
23	Alison GOODWIN	Haverhill RC	498	0	0	0	0	0	0	0	0	498
24	Wendy KELLETT	Ipswich JAFFA RC	0	0	0	0	0	0	0	498	0	498
25	Felicity EDWARDS	BLC on the run	0	0	0	0	0	0	0	0	497	497
26	Emma Harwood	Framlingham Flyers	0	0	0	0	0	0	497	0	0	497
27	Michelle MURPHY	Felixstowe RRC	0	497	0	0	0	0	0	0	0	497
28	Karen BAKSH	BLC on the run	0	0	0	0	0	0	0	0	496	496
29	Pauline Fisher	Kesgrave Kruisers	0	0	0	0	0	0	495	0	0	495
30	Vanessa THORPE	Ipswich Triathlon Club	0	0	0	0	0	0	0	0	495	495
31	Katy WINDEATT	Kesgrave Kruisers	495	0	0	0	0	0	0	0	0	495
32	Clare EVERITT	Haverhill RC	494	0	0	0	0	0	0	0	0	494
33	Nicky Roper	Framlingham Flyers	0	0	0	0	0	0	494	0	0	494
34	Deborah STOCKER	Kesgrave Kruisers	0	494	0	0	0	0	0	0	0	494
35	Alex SMITH	Stowmarket Striders RC	0	0	493	0	0	0	0	0	0	493
36	Meera MAHADEVAN	Newmarket Joggers	0	492	0	0	0	0	0	0	0	492
37	Rosemary NAYLOR	TRISudbury	0	0	492	0	0	0	0	0	0	492
38	Sarah FROST	Woodbridge Shufflers RC	0	0	0	490	0	0	0	0	0	490
39	Helen DAVIES	Framlingham Flyers	0	0	0	487	0	0	0	0	0	487
40	Hayley BERKEL	Kesgrave Kruisers	0	0	0	486	0	0	0	0	0	486
41	Helen FORREST	Woodbridge Shufflers RC	0	0	0	485	0	0	0	0	0	485
42	Jayne ATTWELL	Stowmarket Striders RC	0	0	0	484	0	0	0	0	0	484
43	Rachael WILLIAMS	Felixstowe RRC	0	0	0	482	0	0	0	0	0	482
44	Lois MICKLEBURGH	Kesgrave Kruisers	0	0	0	481	0	0	0	0	0	481
45	Claire ROOKE	Sudbury Joggers	0	0	0	480	0	0	0	0	0	480
46	Susan SMALE	Felixstowe RRC	0	0	0	479	0	0	0	0	0	479
47	Tina CHURCH	The Saxons	0	0	0	478	0	0	0	0	0	478
48	Rebecca OLIVER	Kesgrave Kruisers	0	0	0	476	0	0	0	0	0	476
FV55												
1	Debbie CATLING	Felixstowe RRC	0	500	500	500	0	498	500	0	498	2498

2	Nathalie HOOPER	Hadleigh Hares AC	498	0	499	499	0	493	497	500	0	2493
3	Sarah VICK	The Saxons	497	0	498	495	499	495	0	0	0	2484
4	Jacqueline ALLPORT	Felixstowe RRC	0	497	495	0	0	491	496	0	493	2472
5	Mary NAREY	Stowmarket Striders RC	500	0	0	0	500	500	0	0	0	1500
6	Samantha FULCHER	Felixstowe RRC	0	499	0	0	0	497	0	0	497	1493
7	Suzi CATCHPOOL	Ipswich Jaffa RC	0	0	0	497	0	496	0	0	495	1488
8	Karen FLOWER	The Saxons	0	0	496	493	498	0	0	0	0	1487
9	Geraldine Clarke	Framlingham Flyers	0	0	0	0	0	0	499	0	496	995
10	Sonia Dunnett	Capel Cheetahs	0	0	0	0	0	0	495	499	0	994
11	Melonie EVANS	Felixstowe RRC	0	0	493	0	497	0	0	0	0	990
12	Jo STEPHENSON	Stowmarket Striders RC	0	0	0	0	0	0	0	0	500	500
13	Gianna CESARANO	Kesgrave Kruisers	0	0	0	0	0	499	0	0	0	499
14	Kay OXFORD	Hadleigh Hares AC	499	0	0	0	0	0	0	0	0	499
15	Helen WING	Stowmarket Striders RC	0	0	0	0	0	0	0	0	499	499
16	Catherine Beresford	Rushmere CR	0	0	0	0	0	0	498	0	0	498
17	Karen HAMILTON	Stowmarket Striders RC	0	498	0	0	0	0	0	0	0	498
18	Beryl LANSDOWN	Ipswich Jaffa RC	0	0	0	498	0	0	0	0	0	498
19	Sil CLAY	Haverhill RC	0	0	497	0	0	0	0	0	0	497
20	Joanne ROSENWOLD	Haverhill RC	496	0	0	0	0	0	0	0	0	496
21	Nicky WATSON	Woodbridge Shufflers RC	0	0	0	496	0	0	0	0	0	496
22	Amanda PRIOR	Capel Cheetahs	495	0	0	0	0	0	0	0	0	495
23	Stacey CASTLE	Haverhill RC	494	0	0	0	0	0	0	0	0	494
24	Rosie Clements	Rushmere CR	0	0	0	0	0	0	494	0	0	494
25	Adele FIELD	Felixstowe RRC	0	0	0	494	0	0	0	0	0	494
26	Sharon HALPIN	Felixstowe RRC	0	0	494	0	0	0	0	0	0	494
27	Helen YELLOP	Capel Cheetahs	0	0	0	0	0	494	0	0	0	494
28	H YELLOP	Capel Cheetahs	0	0	0	0	0	0	0	0	494	494
29	Marion PARKS	Felixstowe RRC	493	0	0	0	0	0	0	0	0	493
30	Karen AUSTIN	Sudbury Joggers	0	0	0	492	0	0	0	0	0	492
31	Eloise BIRD	Saint Edmund Pacers	0	0	0	0	0	492	0	0	0	492
FV60												
1	Grace JUDGE	Haverhill RC	0	0	500	495	500	499	500	499	0	2498
2	Jenny CHURCH	Felixstowe RRC	496	0	0	496	499	497	0	0	500	2488
3	Ruth COWLIN	Sudbury Joggers	498	0	0	499	0	0	0	500	0	1497
4	Hilary COOK	Felixstowe RRC	0	0	0	0	498	496	498	0	0	1492
5	Sarah GOLDING	Saint Edmund Pacers	497	0	0	497	0	498	0	0	0	1492
6	Jackie COLLINS	Felixstowe RRC	0	499	0	490	0	494	0	0	0	1483
7	Val JENNINGS	Ipswich Jaffa RC	0	500	0	500	0	0	0	0	0	1000
8	Jane MOON	Felixstowe RRC	0	0	0	493	0	493	0	0	0	986
9	Sue PEARSON	The Saxons	0	0	0	489	0	492	0	0	0	981
10	Gillian MCKAY	Framlingham Flyers	0	0	0	0	0	500	0	0	0	500
11	Sandy THOROGOOD	Sudbury Joggers	500	0	0	0	0	0	0	0	0	500
12	Trina Bickers	The Saxons	0	0	0	0	0	0	499	0	0	499

[illegible]

MS												
1	Owen REES	Ipswich Phoenix RC	0	0	500	500	500	499	500	500	0	2500
2	James WILSON	The Saxons	498	0	499	499	499	498	0	0	0	2493
3	Haydn WADE	Felixstowe RRC	499	0	497	0	497	0	499	0	499	2491
4	Ryan DAVIDSON	Felixstowe RRC	0	497	487	485	494	492	0	0	496	2466
5	Aidan ELMORE	Saint Edmund Pacers	495	0	489	488	0	491	498	0	0	2461
6	Luca KADING	Stowmarket Striders RC	0	0	480	475	0	481	494	497	0	2427
7	Alex STADLER	Felixstowe RRC	478	0	0	460	486	465	491	0	0	2380
8	Neill READHEAD	The Saxons	496	0	492	489	0	493	0	0	0	1970
9	Benjamin WHITING	Ipswich Phoenix RC	0	491	477	480	488	0	0	0	0	1936
10	Aaron SPALDING	Capel Cheetahs	0	0	478	470	490	483	0	0	0	1921
11	Andrew GEDNY	Haverhill RC	479	0	474	464	487	0	0	0	0	1904
12	Scott MANNING	Framlingham Flyers	0	0	496	0	498	495	0	0	0	1489
13	Ethan BOLTON	Haverhill RC	489	0	485	0	0	0	0	0	490	1464
14	Duncan NG	Stowmarket Striders RC	487	0	0	481	495	0	0	0	0	1463
15	Tom ATTWELL	Stowmarket Striders RC	0	0	486	477	0	0	496	0	0	1459
16	Brandon BARBER	Ipswich Harriers	0	0	0	0	0	500	0	0	500	1000
17	Oliver DAYKIN	Newmarket Joggers	0	0	0	0	496	496	0	0	0	992
18	Kevin LONG	Hadleigh Hares AC	0	0	0	492	0	0	0	499	0	991
19	Josh HARVEY	Framlingham Flyers	0	494	0	494	0	0	0	0	0	988
20	Luke GAVIN	Ipswich Harriers	0	0	490	497	0	0	0	0	0	987
21	Chris GREEN	Felixstowe RRC	0	0	0	493	0	0	0	0	494	987
22	Oliver SCHOFIELD	Saint Edmund Pacers	0	0	491	491	0	0	0	0	0	982
23	Thomas SOUTHWOOD	Saint Edmund Pacers	0	0	488	487	0	0	0	0	0	975
24	Robert BARKER	Felixstowe RRC	0	490	484	0	0	0	0	0	0	974
25	Thomas BEECROFT	Framlingham Flyers	0	495	0	479	0	0	0	0	0	974
26	Christopher FULLER	The Saxons	0	0	483	0	0	0	0	0	491	974
27	Harry NOBLE	Sudbury Joggers	0	492	482	0	0	0	0	0	0	974
28	Jack QUIN	Capel Cheetahs	482	0	0	0	0	0	0	0	488	970
29	Paul CONNICK	Framlingham Flyers	0	0	0	0	0	471	492	0	0	963
30	Ben ROPER	Hadleigh Hares AC	0	0	475	0	0	0	0	0	483	958
31	Chuck LAYZELL	Ipswich Phoenix RC	0	0	0	0	0	473	0	0	484	957
32	William TAYLOR	Framlingham Flyers	0	0	0	471	0	486	0	0	0	957
33	Ross ARNOLD	Haverhill RC	477	0	476	0	0	0	0	0	0	953
34	Adam PLUMMER	Rushmere CR	0	0	0	468	0	474	0	0	0	942
35	Aden BELL	Hadleigh Hares AC	0	500	0	0	0	0	0	0	0	500
36	Jack NIXON	Saint Edmund Pacers	500	0	0	0	0	0	0	0	0	500
37	James MALLET	Kesgrave Cruisers	0	499	0	0	0	0	0	0	0	499
38	Osman ADAM	Ipswich JAFFA RC	0	0	0	0	0	0	0	0	498	498
39	Thomas COE	Rushmere CR	0	0	0	0	0	0	0	498	0	498
40	Oliver MANNING	Kesgrave Cruisers	0	0	498	0	0	0	0	0	0	498
41	Josh SCARLETT	Saint Edmund Pacers	0	498	0	0	0	0	0	0	0	498
42	Joshua WIGMORE	Saint Edmund Pacers	0	0	0	498	0	0	0	0	0	498

43	James EVANS	Saint Edmund Pacers	497	0	0	0	0	0	0	0	0	497
44	Henry MOORE	Framlingham Flyers	0	0	0	0	0	497	0	0	0	497
45	Freddie Turner	Framlingham Flyers	0	0	0	0	0	0	497	0	0	497
46	Jack WILKINSON	Ipswich JAFFA RC	0	0	0	0	0	0	0	0	497	497
47	Andy ELLIS	Felixstowe RRC	0	496	0	0	0	0	0	0	0	496
48	Ethan WADE	Ipswich Jaffa RC	0	0	0	496	0	0	0	0	0	496
49	Michael Beard	Bungay Black Dog RC	0	0	0	0	0	0	495	0	0	495
50	Robert SMAILES	Saint Edmund Pacers	0	0	0	495	0	0	0	0	0	495
51	Thomas SMITH	Saint Edmund Pacers	0	0	495	0	0	0	0	0	0	495
52	Will WHITE	Felixstowe RRC	0	0	0	0	0	0	0	0	495	495
53	Stanley PEACHER	Framlingham Flyers	0	0	0	0	0	494	0	0	0	494
54	Nathan SIMS	Haverhill RC	494	0	0	0	0	0	0	0	0	494
55	James WITHAMS	Haverhill RC	0	0	494	0	0	0	0	0	0	494
56	Rory HANLEY	Hadleigh Hares AC	493	0	0	0	0	0	0	0	0	493
57	Jack Harwood	Framlingham Flyers	0	0	0	0	0	0	493	0	0	493
58	Trevor HASTINGS	Haverhill RC	0	0	0	0	493	0	0	0	0	493
59	Joe ROBSON	Saint Edmund Pacers	0	0	493	0	0	0	0	0	0	493
60	Geraint WHITE	Felixstowe RRC	0	0	0	0	0	0	0	0	493	493
61	Joe WINTER	Haverhill RC	0	493	0	0	0	0	0	0	0	493
62	Joe HUGHES	BLC on the Run	492	0	0	0	0	0	0	0	0	492
63	Brendon MAYERS	Hadleigh Hares AC	0	0	0	0	0	0	0	0	492	492
64	James THOMSON	Newmarket Joggers	0	0	0	0	492	0	0	0	0	492
65	Tom CODLING	TRISudbury	491	0	0	0	0	0	0	0	0	491
66	Harry MINNETTE	Haverhill RC	0	0	0	0	491	0	0	0	0	491
67	Harry CULLIMORE	Ipswich Jaffa RC	0	0	0	0	0	490	0	0	0	490
68	Kieran HOLLAND	Kesgrave Kruisers	490	0	0	0	0	0	0	0	0	490
69	Matthew PECK	Ipswich Jaffa RC	0	0	0	490	0	0	0	0	0	490
70	Terence MADDISON	BLC on the run	0	0	0	0	0	0	0	0	489	489
71	Alex MCGREGOR	Framlingham Flyers	0	0	0	0	0	489	0	0	0	489
72	Michael MOORE	Stowmarket Striders RC	0	489	0	0	0	0	0	0	0	489
73	Matthew WISBEY	Newmarket Joggers	0	0	0	0	489	0	0	0	0	489
74	James AMBROSE	Framlingham Flyers	0	0	0	0	0	488	0	0	0	488
75	Dane BIRD	Kesgrave Kruisers	0	488	0	0	0	0	0	0	0	488
76	Nicolas BOSC	Haverhill RC	488	0	0	0	0	0	0	0	0	488
77	Shane FLACK	Kesgrave Kruisers	0	0	0	0	0	0	0	0	487	487
78	George GRIEVESON	Saint Edmund Pacers	0	0	0	0	0	487	0	0	0	487
79	James MORRELL	Haverhill RC	0	487	0	0	0	0	0	0	0	487
80	Chris HODGES	Kesgrave Kruisers	0	0	0	0	0	0	0	0	486	486
81	Alex JACKSON	Felixstowe RRC	0	486	0	0	0	0	0	0	0	486
82	Hayden PHILLIPS	Kesgrave Kruisers	0	0	0	486	0	0	0	0	0	486
83	Jack William TAPPIN	Haverhill RC	486	0	0	0	0	0	0	0	0	486
84	Peter CLEAVES	Stowmarket Striders RC	0	485	0	0	0	0	0	0	0	485
85	Nathan MORLEY	Stowmarket Striders RC	0	0	0	0	0	0	0	0	485	485
86	Seb PINCHIN	Framlingham Flyers	0	0	0	0	0	485	0	0	0	485

87	Ryan STEVENS	Newmarket Joggers	485	0	0	0	0	0	0	0	0	485
88	Matthew BISHOP	Saint Edmund Pacers	0	0	0	0	0	484	0	0	0	484
89	Jed LAWRENCE	Ipswich Jaffa RC	0	0	0	484	0	0	0	0	0	484
90	Charles OSHTEN	Stowmarket Striders RC	484	0	0	0	0	0	0	0	0	484
91	Daniel SMITH	Felixstowe RRC	0	484	0	0	0	0	0	0	0	484
92	Gavin HORREX	Ipswich Phoenix RC	0	483	0	0	0	0	0	0	0	483
93	Tommy KIRK	Framlingham Flyers	0	0	0	483	0	0	0	0	0	483
94	Daniel STOCKS	Saint Edmund Pacers	483	0	0	0	0	0	0	0	0	483
95	Ed ABBOTT	Woodbridge Shufflers RC	0	482	0	0	0	0	0	0	0	482
96	Michael BURROWS	BLC on the run	0	0	0	0	0	0	0	0	482	482
97	Kyle CHURCH	The Saxons	0	0	0	482	0	0	0	0	0	482
98	Christopher THOMSON	Framlingham Flyers	0	0	0	0	0	482	0	0	0	482
99	Sean ELSOM	Haverhill RC	0	0	481	0	0	0	0	0	0	481
100	Liam ELVIDGE	Newmarket Joggers	481	0	0	0	0	0	0	0	0	481
101	Harley SAGE	Haverhill RC	0	0	0	0	0	0	0	0	481	481
102	Robert POLLARD	Newmarket Joggers	480	0	0	0	0	0	0	0	0	480
103	Max SHELDRAKE	Framlingham Flyers	0	0	0	0	0	480	0	0	0	480
104	George BELLEFONTAINE	Framlingham Flyers	0	0	0	0	0	479	0	0	0	479
105	Rob JAGGER	Hadleigh Hares AC	0	0	479	0	0	0	0	0	0	479
106	Danny EUSTACE	Framlingham Flyers	0	0	0	0	0	478	0	0	0	478
107	Craig STARLING	Ipswich Jaffa RC	0	0	0	478	0	0	0	0	0	478
108	Chris HARMAN	Saint Edmund Pacers	0	0	0	0	0	477	0	0	0	477
109	David JOHNSON	Framlingham Flyers	0	0	0	476	0	0	0	0	0	476
110	Patrick WILFORD	The Saxons	0	0	0	0	0	476	0	0	0	476
111	John ALDRED	Framlingham Flyers	0	0	0	0	0	475	0	0	0	475
112	Alfie SEAMONS	The Saxons	0	0	0	474	0	0	0	0	0	474
113	Alex SMITH	Felixstowe RRC	0	0	0	473	0	0	0	0	0	473
114	Hayden FORDER	Saint Edmund Pacers	0	0	0	472	0	0	0	0	0	472
115	Kieren MARSH	Framlingham Flyers	0	0	0	0	0	472	0	0	0	472
116	Alex KNIGHT	Kesgrave Kruisers	0	0	0	0	0	470	0	0	0	470
117	Joshua ALLUM	Framlingham Flyers	0	0	0	0	0	469	0	0	0	469
118	Bradley WHEELER	Ipswich Phoenix RC	0	0	0	469	0	0	0	0	0	469
119	Josh KING	Framlingham Flyers	0	0	0	0	0	468	0	0	0	468
120	Jeremy ASHDOWN	Framlingham Flyers	0	0	0	467	0	0	0	0	0	467
121	Daniel SNOWDEN	Framlingham Flyers	0	0	0	0	0	467	0	0	0	467
122	Matt MAKIN	Felixstowe RRC	0	0	0	0	0	466	0	0	0	466
123	John WINTER	Felixstowe RRC	0	0	0	466	0	0	0	0	0	466
124	Luke STAFFORD	Kesgrave Kruisers	0	0	0	465	0	0	0	0	0	465
125	Adam CHAPPELL	Ipswich Jaffa RC	0	0	0	463	0	0	0	0	0	463
126	Sam HARDWICK	Stowmarket Striders RC	0	0	0	462	0	0	0	0	0	462
127	Thomas RUSSELL	Felixstowe RRC	0	0	0	461	0	0	0	0	0	461
MV40												
1	Tim BALLARD	BLC on the Run	0	498	500	0	499	499	500	500	0	2498

2	Jason KING	Felixstowe RRC	0	490	497	492	498	497	498	0	498	2488
3	Simon WALLIS	Haverhill RC	494	0	496	490	495	0	497	0	0	2472
4	Keelan SMITH	The Saxons	490	0	0	472	490	493	0	0	495	2440
5	Gary TAYLOR	Felixstowe RRC	497	0	0	498	0	498	0	0	499	1992
6	David BREWSTER	Felixstowe RRC	492	0	490	473	0	491	0	0	0	1946
7	Tony GAVIN	Felixstowe RRC	0	499	499	500	0	0	0	0	0	1498
8	Ashley SMY	Felixstowe RRC	0	494	0	491	497	0	0	0	0	1482
9	Peter WOODS	Felixstowe RRC	0	488	489	0	0	0	0	0	494	1471
10	Mark HAYWARD	Newmarket Joggers	500	0	0	0	500	0	0	0	0	1000
11	Stuart PRICE	Hadleigh Hares AC	0	0	0	499	0	0	0	0	500	999
12	Matthew AXTON	Saint Edmund Pacers	498	0	0	497	0	0	0	0	0	995
13	Jason EVANS	Ipswich Jaffa RC	0	496	0	495	0	0	0	0	0	991
14	Neil SMITH	Framlingham Flyers	0	495	0	496	0	0	0	0	0	991
15	Melvyn MAYCOCK	Ipswich Jaffa RC	496	0	0	494	0	0	0	0	0	990
16	Ben SMITH	Haverhill RC	495	0	495	0	0	0	0	0	0	990
17	Stephen MUNNINGS	Felixstowe RRC	0	493	0	493	0	0	0	0	0	986
18	John STEEL	Haverhill RC	491	0	492	0	0	0	0	0	0	983
19	Jon-Paul BROUGHTON	Sudbury Joggers	0	0	488	0	0	0	0	0	493	981
20	Ben GLADWELL	Stowmarket Striders RC	0	0	0	488	492	0	0	0	0	980
21	Mark SADLER	Felixstowe RRC	493	0	0	482	0	0	0	0	0	975
22	Neil DENNIS	Stowmarket Striders RC	0	489	0	481	0	0	0	0	0	970
23	Christopher BING	Ipswich Jaffa RC	0	486	0	474	0	0	0	0	0	960
24	Lee BARBER	Framlingham Flyers	0	0	0	0	0	500	0	0	0	500
25	Danny ROCK	Felixstowe RRC	0	500	0	0	0	0	0	0	0	500
26	Joey BENDALL	Newmarket Joggers	499	0	0	0	0	0	0	0	0	499
27	Neil Dinwiddie	Ipswich Jaffa RC	0	0	0	0	0	0	499	0	0	499
28	Adam SELF	Kesgrave Kruisers	0	0	0	0	0	0	0	499	0	499
29	Andrew TURNER	Hadleigh Hares AC	0	0	498	0	0	0	0	0	0	498
30	Ricky ONEILL	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	497
31	Ian THOROUGHGOOD	Capel Cheetahs	0	0	0	0	0	0	0	0	497	497
32	Darryn BOWDLER	BLC on the run	0	0	0	0	0	0	0	0	496	496
33	Christopher CONNETT	Newmarket Joggers	0	0	0	0	496	0	0	0	0	496
34	David Dinage	Framlingham Flyers	0	0	0	0	0	0	496	0	0	496
35	Connal GRIFFITHS	Ipswich Jaffa RC	0	0	0	0	0	496	0	0	0	496
36	Matt YEATTS	Framlingham Flyers	0	0	0	0	0	495	0	0	0	495
37	Antony GREEN	Saint Edmund Pacers	0	0	0	0	494	0	0	0	0	494
38	Julian JOHNSON	Saint Edmund Pacers	0	0	0	0	0	494	0	0	0	494
39	Mark SMITH	TRISudbury	0	0	494	0	0	0	0	0	0	494
40	Samuel BLOWS	Woodbridge Shufflers RC	0	0	493	0	0	0	0	0	0	493
41	Matt ROE	Saint Edmund Pacers	0	0	0	0	493	0	0	0	0	493
42	Dale FOWLER	Ipswich Jaffa RC	0	492	0	0	0	0	0	0	0	492
43	Mike HILL	Waveney Valley AC	0	0	0	0	0	492	0	0	0	492
44	Pete BRISBOURNE	Newmarket Joggers	0	0	0	0	491	0	0	0	0	491
45	Ryan MCNEILL	Saint Edmund Pacers	0	0	491	0	0	0	0	0	0	491

46	Mark WATTS	Stowmarket Striders RC	0	491	0	0	0	0	0	0	0	491
47	Nathaniel GOULBOURNE	Felixstowe RRC	489	0	0	0	0	0	0	0	0	489
48	Chris HALL	Stowmarket Striders RC	0	0	0	489	0	0	0	0	0	489
49	Christy FENELON	Rushmere CR	0	487	0	0	0	0	0	0	0	487
50	Barry HAWTIN	Felixstowe RRC	0	0	0	487	0	0	0	0	0	487
51	Jamie FITTOCK	Saint Edmund Pacers	0	0	0	486	0	0	0	0	0	486
52	Cameron BROWN	Woodbridge Shufflers RC	0	485	0	0	0	0	0	0	0	485
53	Bryan WYBROW	Felixstowe RRC	0	0	0	485	0	0	0	0	0	485
54	Peter SQUIRRELL	Ipswich Jaffa RC	0	0	0	484	0	0	0	0	0	484
55	David DINNAGE	Framlingham Flyers	0	0	0	483	0	0	0	0	0	483
56	Martin CORNWELL	Felixstowe RRC	0	0	0	480	0	0	0	0	0	480
57	Keith ANDREWS	Kesgrave Kruisers	0	0	0	479	0	0	0	0	0	479
58	David WENYON	Woodbridge Shufflers RC	0	0	0	478	0	0	0	0	0	478
59	David MASTERS	Felixstowe RRC	0	0	0	477	0	0	0	0	0	477
60	James WATSON	Hadleigh Hares AC	0	0	0	476	0	0	0	0	0	476
61	Mike GREEN	Felixstowe RRC	0	0	0	475	0	0	0	0	0	475
MV45												
1	Andrew SOUTHWOOD	Saint Edmund Pacers	0	500	0	498	500	499	499	0	500	2498
2	Alastair READ	Felixstowe RRC	499	0	498	496	499	0	498	0	0	2490
3	Marcus CATLIN	Ipswich Jaffa RC	0	493	0	490	497	0	496	0	498	2474
4	Andrew CHATFIELD	Capel Cheetahs	497	0	491	486	493	494	0	0	499	2474
5	Robin HARPER	Felixstowe RRC	0	487	494	489	496	493	495	0	496	2474
6	Dominic BAREHAM	Felixstowe RRC	0	490	495	483	0	492	0	0	497	2457
7	Craig WRIGHT	Ipswich Phoenix RC	0	0	0	479	495	489	494	0	0	1957
8	Richard HURSTHOUSE	Stowmarket Striders RC	495	0	0	475	492	488	0	0	0	1950
9	Chris MOWER	Saint Edmund Pacers	0	0	499	497	0	500	0	0	0	1496
10	Brett DEAKIN	Felixstowe RRC	0	0	490	0	491	0	0	499	0	1480
11	Mark GLEEN	Kesgrave Kruisers	0	494	492	482	0	0	0	0	0	1468
12	Matt SAUNDERS	Felixstowe RRC	0	485	0	474	0	0	0	500	0	1459
13	Jim LAST	Framlingham Flyers	0	0	0	499	0	0	500	0	0	999
14	James SMITH	Newmarket Joggers	0	499	500	0	0	0	0	0	0	999
15	Robert KINGSTON	Framlingham Flyers	0	0	0	0	0	496	497	0	0	993
16	Paul DOCKERILL	Saint Edmund Pacers	0	0	0	494	0	498	0	0	0	992
17	Roger KERR	Stowmarket Striders RC	0	0	496	491	0	0	0	0	0	987
18	Andy JUMP	Kesgrave Kruisers	0	0	0	0	0	487	0	498	0	985
19	Steven LANE	Ipswich Jaffa RC	498	0	0	485	0	0	0	0	0	983
20	Mike ROWE	The Saxons	0	0	0	488	0	495	0	0	0	983
21	Ash SADLER	Kesgrave Kruisers	0	0	0	0	0	490	493	0	0	983
22	Phillip TAILBY	Stowmarket Striders RC	0	489	0	0	0	0	0	0	494	983
23	Robert WALLACE	Saint Edmund Pacers	0	492	489	0	0	0	0	0	0	981
24	Alec WRIGHT	Ipswich Jaffa RC	492	0	0	480	0	0	0	0	0	972
25	David BEIGHTON	Saint Edmund Pacers	0	0	0	478	490	0	0	0	0	968
26	James HYMAS	Haverhill RC	494	0	0	472	0	0	0	0	0	966

27	Rob DOBSON	Newmarket Joggers	500	0	0	0	0	0	0	0	0	500
28	Stuart HAYNES	Woodbridge Shufflers RC	0	0	0	500	0	0	0	0	0	500
29	Ross HOLLINWORTH	Saint Edmund Pacers	0	498	0	0	0	0	0	0	0	498
30	Barley WOODCOCK	Newmarket Joggers	0	0	0	0	498	0	0	0	0	498
31	Mark CURTIS	Ipswich Jaffa RC	0	497	0	0	0	0	0	0	0	497
32	Tom GLADSTONE	Saint Edmund Pacers	0	0	497	0	0	0	0	0	0	497
33	Chris LEEK	Framlingham Flyers	0	0	0	0	0	497	0	0	0	497
34	Philip CHAPPELS	Kesgrave Kruisers	0	496	0	0	0	0	0	0	0	496
35	David MCMAHON	TRISudbury	496	0	0	0	0	0	0	0	0	496
36	James CORNISH	Kesgrave Kruisers	0	495	0	0	0	0	0	0	0	495
37	James ELLUL	Felixstowe RRC	0	0	0	0	0	0	0	0	495	495
38	Neal HARDWICK	Kesgrave Kruisers	0	0	0	495	0	0	0	0	0	495
39	James HILTON	Newmarket Joggers	0	0	0	0	494	0	0	0	0	494
40	Daniel EVERITT	Haverhill RC	493	0	0	0	0	0	0	0	0	493
41	Mat NORRIS	Saint Edmund Pacers	0	0	493	0	0	0	0	0	0	493
42	Simon WILLIAMS	Framlingham Flyers	0	0	0	493	0	0	0	0	0	493
43	Mark Rose	Ipswich Jaffa RC	0	0	0	0	0	0	492	0	0	492
44	Ant WALKER	Saint Edmund Pacers	0	0	0	492	0	0	0	0	0	492
45	Richard Barnes	Framlingham Flyers	0	0	0	0	0	0	491	0	0	491
46	Matt BENSON	Sudbury Joggers	0	491	0	0	0	0	0	0	0	491
47	Russell GANT	Felixstowe RRC	491	0	0	0	0	0	0	0	0	491
48	Jonathan HARKER	The Saxons	0	0	0	0	0	491	0	0	0	491
49	Alan EMERY	Haverhill RC	0	488	0	0	0	0	0	0	0	488
50	Thomas LEVETT	TRISudbury	0	0	488	0	0	0	0	0	0	488
51	Mike HOWARD	Kesgrave Kruisers	0	0	0	487	0	0	0	0	0	487
52	Andrew GAGE	Haverhill RC	0	486	0	0	0	0	0	0	0	486
53	Joel BAMSEY	Hadleigh Hares AC	0	484	0	0	0	0	0	0	0	484
54	Alli MACLEAN	Hadleigh Hares AC	0	0	0	484	0	0	0	0	0	484
55	Christian HADWEN	Felixstowe RRC	0	0	0	481	0	0	0	0	0	481
56	Chris LOCK	Kesgrave Kruisers	0	0	0	477	0	0	0	0	0	477
57	Carl NEWELL	Felixstowe RRC	0	0	0	476	0	0	0	0	0	476
58	Mark FARROW	Felixstowe RRC	0	0	0	473	0	0	0	0	0	473
59	Matthew BYARD	Kesgrave Kruisers	0	0	0	471	0	0	0	0	0	471
MV50												
1	Piotr BULACZ	Sudbury Joggers	499	0	499	495	500	0	0	500	0	2493
2	Christopher BOYT	Felixstowe RRC	0	498	495	494	499	0	496	0	498	2486
3	Richard DEFRIES	Newmarket Joggers	496	0	494	0	498	0	499	499	0	2486
4	Kevin LINSELL	Kesgrave Kruisers	0	489	0	485	0	497	495	0	495	2461
5	David CHURCH	Felixstowe RRC	488	0	0	470	491	491	0	0	490	2430
6	Marc DRURY	Newmarket Joggers	0	495	496	0	0	0	498	0	499	1988
7	Jan KADING	Stowmarket Striders RC	0	0	487	0	0	486	497	497	0	1967
8	Karl FEAGAN	Ipswich Harriers	500	0	500	499	0	0	0	0	0	1499
9	Iain TAYLOR	Woodbridge Shufflers RC	0	493	0	488	0	0	0	0	497	1478

10	Mark LEWIS	Saint Edmund Pacers	0	490	492	0	0	0	489	0	0	1471
11	Vincent STEENSMA	Capel Cheetahs	0	488	491	0	0	0	0	0	492	1471
12	Andy METCALFE	Felixstowe RRC	487	0	490	0	0	492	0	0	0	1469
13	Marcus KWAN	Kesgrave Cruisers	489	0	0	0	0	488	488	0	0	1465
14	Robert SELLECK	Haverhill RC	485	0	488	0	492	0	0	0	0	1465
15	Richard ATTWELL	Stowmarket Striders RC	0	0	489	478	0	0	490	0	0	1457
16	Steve HALL	Framlingham Flyers	0	0	0	496	0	500	0	0	0	996
17	Steven OFFORD	Stowmarket Striders RC	0	0	0	0	497	499	0	0	0	996
18	Adrian FROST	Saint Edmund Pacers	0	496	497	0	0	0	0	0	0	993
19	Neil COULSON	Felixstowe RRC	0	492	0	498	0	0	0	0	0	990
20	Paul LACEY	Hadleigh Hares AC	0	0	0	0	0	496	493	0	0	989
21	Daryl SIMPSON	Ipswich Jaffa RC	0	497	0	491	0	0	0	0	0	988
22	Ray MOONEY	Haverhill RC	493	0	0	0	494	0	0	0	0	987
23	Simon STAFFORD	Kesgrave Cruisers	0	494	0	493	0	0	0	0	0	987
24	Stuart WRIGHT	Felixstowe RRC	0	0	0	489	0	498	0	0	0	987
25	Alex CREASY	Haverhill RC	492	0	0	0	493	0	0	0	0	985
26	Vernon LINDON	Waveney Valley AC	0	0	0	0	0	487	0	498	0	985
27	Matt TRILL	Ipswich Jaffa RC	495	0	0	487	0	0	0	0	0	982
28	Allan CARD	Framlingham Flyers	0	0	0	0	0	490	491	0	0	981
29	Mark HOLLAND	Kesgrave Cruisers	0	0	0	484	0	0	494	0	0	978
30	Paul STONE	Felixstowe RRC	0	0	0	480	0	495	0	0	0	975
31	Daniel SELFE	Stowmarket Striders RC	494	0	0	479	0	0	0	0	0	973
32	Mark FOULKES	Kesgrave Cruisers	0	0	0	476	0	0	0	0	494	970
33	Kieron PERRY	Ipswich Jaffa RC	0	0	0	475	0	0	487	0	0	962
34	Justin OSTLER	Felixstowe RRC	483	0	0	467	0	0	0	0	0	950
35	Mike GREENER	Saint Edmund Pacers	0	500	0	0	0	0	0	0	0	500
36	Mark Hayden	Framlingham Flyers	0	0	0	0	0	0	500	0	0	500
37	Jem SMITH	Sudbury Joggers	0	0	0	0	0	0	0	0	500	500
38	Tom STEWART	Woodbridge Shufflers RC	0	0	0	500	0	0	0	0	0	500
39	Carlos CAMPON-ALONSO	Newmarket Joggers	0	499	0	0	0	0	0	0	0	499
40	Paul GAME	Haverhill RC	498	0	0	0	0	0	0	0	0	498
41	David PERCY	Newmarket Joggers	0	0	498	0	0	0	0	0	0	498
42	Mark GRIGGS	Rushmere CR	497	0	0	0	0	0	0	0	0	497
43	Kevin PEIRCE	Ipswich Harriers	0	0	0	497	0	0	0	0	0	497
44	Mark FLATMAN	Ipswich Triathlon Club	0	0	0	0	0	0	0	0	496	496
45	Jason TAYLOR	Felixstowe RRC	0	0	0	0	496	0	0	0	0	496
46	Matthew M WAYLETT	Hadleigh Hares AC	0	0	0	0	0	0	0	496	0	496
47	James MINNETTE	Haverhill RC	0	0	0	0	495	0	0	0	0	495
48	Guy HAYWARD	Framlingham Flyers	0	0	0	0	0	494	0	0	0	494
49	Greg DODDS	Woodbridge Shufflers RC	0	0	0	0	0	493	0	0	0	493
50	Darren ELSOM	Haverhill RC	0	0	493	0	0	0	0	0	0	493
51	Nick MOON	Ipswich JAFFA RC	0	0	0	0	0	0	0	0	493	493
52	Tim HANMAN	Ipswich Jaffa RC	0	0	0	492	0	0	0	0	0	492
53	Michael Tink	Kesgrave Cruisers	0	0	0	0	0	0	492	0	0	492

54	Graham BRUMPTON	Ipswich Phoenix RC	491	0	0	0	0	0	0	0	0	491
55	Scott HARD	Felixstowe RRC	0	491	0	0	0	0	0	0	0	491
56	Sergi JARQUES	BLC on the run	0	0	0	0	0	0	0	0	491	491
57	Darin GEARY	Stowmarket Striders RC	490	0	0	0	0	0	0	0	0	490
58	Mark WHITE	Haverhill RC	0	0	0	490	0	0	0	0	0	490
59	Daniel COOPER	The Saxons	0	0	0	0	0	489	0	0	0	489
60	Marcus BROWN	Rushmere CR	0	487	0	0	0	0	0	0	0	487
61	Paul GOLDRING	Ipswich Jaffa RC	0	486	0	0	0	0	0	0	0	486
62	Craig GOODRUM	Kesgrave Cruisers	0	0	486	0	0	0	0	0	0	486
63	Mark GOODWIN	Felixstowe RRC	0	0	0	486	0	0	0	0	0	486
64	Brett MARTIN	Kesgrave Cruisers	486	0	0	0	0	0	0	0	0	486
65	Glenn YELLOP	Capel Cheetahs	0	0	485	0	0	0	0	0	0	485
66	Phillip GOFFIN	Bungay Black Dog RC	484	0	0	0	0	0	0	0	0	484
67	David ROBERTSON	Ipswich Jaffa RC	0	0	0	483	0	0	0	0	0	483
68	Peter BIRD	Saint Edmund Pacers	0	0	0	482	0	0	0	0	0	482
69	Derek HOOD	Ipswich Jaffa RC	0	0	0	481	0	0	0	0	0	481
70	Andre EDWARDS	Kesgrave Cruisers	0	0	0	477	0	0	0	0	0	477
71	Jason ABLETT	Stowmarket Striders RC	0	0	0	474	0	0	0	0	0	474
72	Oliver SOUTHGATE	Ipswich Jaffa RC	0	0	0	473	0	0	0	0	0	473
73	Paul MATHIAS	Kesgrave Cruisers	0	0	0	472	0	0	0	0	0	472
74	David CRANE	Kesgrave Cruisers	0	0	0	471	0	0	0	0	0	471
75	Stefan GREGSON	Kesgrave Cruisers	0	0	0	469	0	0	0	0	0	469
76	Paul DORSET	Felixstowe RRC	0	0	0	468	0	0	0	0	0	468
MV55												
1	Steve BROOKE	Felixstowe RRC	500	0	500	500	0	498	500	0	500	2500
2	Dave SOLOMON	Felixstowe RRC	0	499	499	0	499	499	0	0	498	2494
3	Kerry BUCKLEY	Felixstowe RRC	0	496	495	496	497	495	498	0	493	2482
4	Tom STEPHENS	Felixstowe RRC	490	0	492	0	494	491	497	500	0	2474
5	Paul MITCHELL	Haverhill RC	496	0	0	494	496	492	0	0	495	2473
6	Martyn BREWSTER	Felixstowe RRC	0	493	489	0	493	485	0	0	0	1960
7	Mark ALLEN	Ipswich Jaffa RC	0	500	0	0	500	500	0	0	0	1500
8	Steve FOSTER	Haverhill RC	0	0	497	0	498	0	0	0	499	1494
9	Colin ELLIS	Kesgrave Cruisers	498	0	494	497	0	0	0	0	0	1489
10	Chris SERVANT	Ipswich Jaffa RC	0	0	493	491	0	0	0	0	494	1478
11	Philip BROWN	Saint Edmund Pacers	494	0	490	490	0	0	0	0	0	1474
12	Mark FORD	Felixstowe RRC	0	0	498	499	0	0	0	0	0	997
13	Jim MACKENZIE	Framlingham Flyers	0	0	0	0	0	496	499	0	0	995
14	Vince WEBB	Saint Edmund Pacers	0	0	0	498	0	497	0	0	0	995
15	Alan OLIVER	Kesgrave Cruisers	0	497	0	0	0	0	0	0	497	994
16	Richard GRIMSDELL	Saint Edmund Pacers	0	0	491	493	0	0	0	0	0	984
17	Andrew WARD	Saint Edmund Pacers	0	0	0	492	0	489	0	0	0	981
18	Tim PARNELL	Kesgrave Cruisers	0	0	488	0	0	0	0	0	492	980
19	Piers MORGAN	Stowmarket Striders RC	488	0	0	489	0	0	0	0	0	977

20	Andy FRYATT	Newmarket Joggers	499	0	0	0	0	0	0	0	0	499
21	Peter LANG	Waveney Valley AC	0	0	0	0	0	0	0	499	0	499
22	Carl BERRIMAN	Rushmere CR	0	498	0	0	0	0	0	0	0	498
23	James MACKENZIE	Framlingham Flyers	497	0	0	0	0	0	0	0	0	497
24	James BOOL	Bungay Black Dog RC	0	0	496	0	0	0	0	0	0	496
25	Adrian PEAKE	Ipswich JAFFA RC	0	0	0	0	0	0	0	0	496	496
26	Adam BOYLE	Woodbridge Shufflers RC	0	495	0	0	0	0	0	0	0	495
27	Dave HOWGEGO	Woodbridge Shufflers RC	0	0	0	495	0	0	0	0	0	495
28	Andrew LONG	Stowmarket Striders RC	495	0	0	0	0	0	0	0	0	495
29	Jonathan OLLINGTON	Newmarket Joggers	0	0	0	0	495	0	0	0	0	495
30	Warren BIRCH	Ipswich Triathlon Club	0	0	0	0	0	494	0	0	0	494
31	Mark DAVIES	Saint Edmund Pacers	0	494	0	0	0	0	0	0	0	494
32	Will ALDRED	Framlingham Flyers	0	0	0	0	0	493	0	0	0	493
33	Richard WHITE	The Saxons	493	0	0	0	0	0	0	0	0	493
34	Richard SMITH	Saint Edmund Pacers	492	0	0	0	0	0	0	0	0	492
35	Benjamin SOLWAY	Woodbridge Shufflers RC	0	492	0	0	0	0	0	0	0	492
36	Howard ALLEN	Ipswich Jaffa RC	0	491	0	0	0	0	0	0	0	491
37	Carl BERGDAHL	Ipswich Jaffa RC	491	0	0	0	0	0	0	0	0	491
38	Phil DAVIES	Ipswich JAFFA RC	0	0	0	0	0	0	0	0	491	491
39	Darin OSBORNE	Rushmere CR	0	0	0	0	0	490	0	0	0	490
40	Stephen HATTEN	Saint Edmund Pacers	489	0	0	0	0	0	0	0	0	489
41	Rob ALDER	Woodbridge Shufflers RC	0	0	0	0	0	488	0	0	0	488
42	Graham ROOKE	Felixstowe RRC	0	0	0	488	0	0	0	0	0	488
43	Chris FOX	Woodbridge Shufflers RC	0	0	0	487	0	0	0	0	0	487
44	Paul HEEKS	Stowmarket Striders RC	487	0	0	0	0	0	0	0	0	487
45	Kenneth TOVELL	Framlingham Flyers	0	0	0	0	0	487	0	0	0	487
46	Ian DUGGAN	Felixstowe RRC	0	0	0	486	0	0	0	0	0	486
47	Robert THOMSON	Framlingham Flyers	0	0	0	0	0	486	0	0	0	486
48	Simon HOYLE	Kesgrave Kruisers	0	0	0	485	0	0	0	0	0	485
49	Kevin HAYWARD	Framlingham Flyers	0	0	0	0	0	484	0	0	0	484
50	Glen MURES	Felixstowe RRC	0	0	0	484	0	0	0	0	0	484
51	Stuart COMPTON	Framlingham Flyers	0	0	0	0	0	483	0	0	0	483
MV60												
1	Robin BELSOM	Ipswich Jaffa RC	498	0	495	494	500	496	496	497	0	2487
2	John DUNNETT	Capel Cheetahs	495	0	496	496	0	495	495	495	0	2477
3	Dave COPLAND	Ipswich Triathlon Club	500	0	500	499	0	0	500	0	0	1999
4	Tim HIGGINS	Ipswich Jaffa RC	0	0	0	495	0	494	497	0	498	1984
5	Chris CHORLEY	Bungay Black Dog RC	0	0	497	497	498	0	0	0	0	1492
6	Andrew WEBBER	Stowmarket Striders RC	499	0	494	0	0	0	0	0	496	1489
7	Robert WALKER	Felixstowe RRC	0	0	0	489	0	493	0	0	494	1476
8	Robert REASON	Stowmarket Striders RC	492	0	492	0	0	0	0	0	491	1475
9	Stuart SHEPHERD	Saint Edmund Pacers	0	0	491	486	496	0	0	0	0	1473
10	Nigel JOHNS	Capel Cheetahs	0	0	0	483	0	492	492	0	0	1467

11	Wilfred CAMPBELL	Ipswich Jaffa RC	0	0	0	500	0	500	0	0	0	1000
12	Stephen EDWARDS	Newmarket Joggers	0	0	499	0	0	0	499	0	0	998
13	Gary GODFREY	Sudbury Joggers	0	499	0	0	0	0	0	0	497	996
14	Nigel SCHOFIELD	Saint Edmund Pacers	0	0	498	498	0	0	0	0	0	996
15	Paul SCHWER	Felixstowe RRC	0	498	0	0	0	0	0	0	493	991
16	Richard ALLPORT	Felixstowe RRC	0	497	0	0	0	0	493	0	0	990
17	Tim Cherrett	Framlingham Flyers	0	0	0	0	0	0	494	0	495	989
18	Craig CHIDLOW	Ipswich Triathlon Club	497	0	0	492	0	0	0	0	0	989
19	Stuart MASON	Felixstowe RRC	0	0	0	493	0	0	0	496	0	989
20	David FIELD	Stowmarket Striders RC	493	0	0	0	0	0	0	0	492	985
21	David LAMPARD	Felixstowe RRC	0	0	0	484	0	0	0	494	0	978
22	Chris COOKE	Saint Edmund Pacers	0	0	0	0	0	0	0	500	0	500
23	Steven COX	Hadleigh Hares AC	0	0	0	0	0	0	0	0	500	500
24	Mark NOVELS	Haverhill RC	0	500	0	0	0	0	0	0	0	500
25	Daren ALLEN	Ipswich Triathlon Club	0	0	0	0	0	0	0	0	499	499
26	Paul BRIMSON	The Saxons	0	0	0	0	0	499	0	0	0	499
27	Paul COREY	Haverhill RC	0	0	0	0	499	0	0	0	0	499
28	Ian MCDERMOTT	Ipswich JAFFA RC	0	0	0	0	0	0	0	499	0	499
29	David GARNHAM	Ipswich JAFFA RC	0	0	0	0	0	0	0	498	0	498
30	Rob Mackenzie	Framlingham Flyers	0	0	0	0	0	0	498	0	0	498
31	Andrew WARNE	Kesgrave Kruisers	0	0	0	0	0	498	0	0	0	498
32	Timothy LONG	Ipswich Jaffa RC	0	0	0	0	497	0	0	0	0	497
33	Donald STEWART	Framlingham Flyers	0	0	0	0	0	497	0	0	0	497
34	James MEARS	Haverhill RC	496	0	0	0	0	0	0	0	0	496
35	Christopher CLOW	Felixstowe RRC	494	0	0	0	0	0	0	0	0	494
36	Adrian GOODE	Felixstowe RRC	0	0	493	0	0	0	0	0	0	493
37	Mark WARD	Capel Cheetahs	0	0	0	0	0	0	0	493	0	493
38	Richard HIGGINS	Framlingham Flyers	0	0	0	491	0	0	0	0	0	491
39	Chris HOWLAND	Felixstowe RRC	0	0	0	0	0	0	0	0	490	490
40	Neil WINTON	Felixstowe RRC	0	0	0	490	0	0	0	0	0	490
41	Brian MUNNS	Newmarket Joggers	0	0	0	488	0	0	0	0	0	488
42	Eric BROWN	The Saxons	0	0	0	487	0	0	0	0	0	487
43	Lee KNIGHT	Rushmere CR	0	0	0	485	0	0	0	0	0	485
MV65												
1	Andrew BUDD	Capel Cheetahs	499	0	499	500	499	0	499	0	499	2496
2	Graham WIGLEY	Framlingham Flyers	496	0	498	498	500	500	498	500	0	2496
3	Gary LOWE	The Saxons	498	0	497	497	0	498	0	499	0	2489
4	Stephen PRETTY	Saint Edmund Pacers	494	0	494	493	498	0	496	0	0	2475
5	Robert MORGAN	Saint Edmund Pacers	497	0	496	499	0	499	0	0	0	1991
6	Richard WOLD	Felixstowe RRC	0	500	0	0	0	0	500	0	500	1500
7	Chris BAREHAM	Haverhill RC	495	0	495	0	0	0	0	498	0	1488
8	Duncan CHENERY	Ipswich Jaffa RC	0	0	0	494	0	495	497	0	0	1486
9	Martin GARROD	Ipswich Phoenix RC	0	0	0	489	0	494	0	0	497	1480

[illegible]