

			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Total Top 5 Races
			Stowmarket HM	Stephen Williams 10K	Sudbury Friday 5	Kesgrave 10K	Brantham 5	Capel 5	Scenic 7	
Position	Name	Club	15/3/26	10/5/26	5/6/26	28/6/26	10/7/26	11/10/26	8/11/26	
FS										
1	Holly TAYLOR	Felixstowe RRC	499	496	495	498	497	0	0	2485
2	Emma WHEELER	Ipswich Phoenix RC	0	498	500	500	499	0	0	1997
3	Maria RIERA TURRO	Felixstowe RRC	0	497	498	499	498	0	0	1992
4	Kate HEEKS	Stowmarket Striders RC	497	494	0	0	494	0	0	1485
5	Chloe HEEKS	Stowmarket Striders RC	0	488	489	0	493	0	0	1470
6	Jodie SHARP	Stowmarket Striders RC	0	486	486	0	492	0	0	1464
7	Katie KING	Saint Edmund Pacers	0	499	0	0	500	0	0	999
8	Darcy BOWEN	Ipswich Jaffa RC	0	0	497	496	0	0	0	993
9	Katie MARGARSON	Saint Edmund Pacers	495	0	0	0	496	0	0	991
10	Lisa CLARKE	Ipswich Jaffa RC	0	0	491	495	0	0	0	986
11	Rosie OVEL	Ipswich Phoenix RC	0	492	485	0	0	0	0	977
12	Rebecca COULSON-PARKER	Kesgrave Kruisers	0	491	484	0	0	0	0	975
13	Imogen HONEY	Stowmarket Striders RC	0	490	483	0	0	0	0	973
14	Daisy GLOVER	Framlingham Flyers	0	500	0	0	0	0	0	500
15	Emma ATTWOOD	Stowmarket Striders RC	0	0	499	0	0	0	0	499
16	Meg REA	Woodbridge Shufflers RC	498	0	0	0	0	0	0	498
17	Lucy Beales	Woodbridge Shufflers RC	0	0	0	497	0	0	0	497
18	Isabel HOLLANDS	Saint Edmund Pacers	0	0	496	0	0	0	0	496
19	Tilly WOOLDRIDGE	Saint Edmund Pacers	496	0	0	0	0	0	0	496
20	Olivia CARTER	Newmarket Joggers AC	0	495	0	0	0	0	0	495
21	Goldie ORMAN	Ipswich Jaffa RC	0	0	0	0	495	0	0	495
22	Gemma Cannon	Woodbridge Shufflers RC	0	0	0	494	0	0	0	494
23	Emily GOODERHAM	Saint Edmund Pacers	494	0	0	0	0	0	0	494
24	Natasha SMITH	Ipswich Jaffa RC	0	0	494	0	0	0	0	494
25	Emily BUTLER	Haverhill RC	0	493	0	0	0	0	0	493
26	Emily O'NEILL	Ipswich Jaffa RC	493	0	0	0	0	0	0	493
27	Olivia WILLIAMS	Ipswich Jaffa RC	0	0	493	0	0	0	0	493

28	Mollie Wright	Ipswich Jaffa RC	0	0	0	493	0	0	0	493
29	Tara DAVIS	Ipswich Jaffa RC	492	0	0	0	0	0	0	492
30	Manon Kinchin	The Saxons	0	0	0	492	0	0	0	492
31	Tabitha KNEE	The Saxons	0	0	492	0	0	0	0	492
32	Elizabeth BOJUNGS	Stowmarket Striders RC	491	0	0	0	0	0	0	491
33	Imogen Elliott	The Saxons	0	0	0	491	0	0	0	491
34	Natasha MACGREGOR	Stowmarket Striders RC	0	0	0	0	491	0	0	491
35	Bethany BEDINGFIELD	Capel Cheetahs	0	0	0	0	490	0	0	490
36	Nikki ELLIOTT	Felixstowe RRC	490	0	0	0	0	0	0	490
37	Sophie LEEDER	Saint Edmund Pacers	0	0	490	0	0	0	0	490
38	Nicole Sales	Capel Cheetahs	0	0	0	490	0	0	0	490
39	Ruth COURT	Stowmarket Striders RC	0	489	0	0	0	0	0	489
40	Alison Severy	Ipswich Jaffa RC	0	0	0	489	0	0	0	489
41	Anca STADLER	Felixstowe RRC	0	0	0	0	489	0	0	489
42	Michelle HEWITT	Framlingham Flyers	0	0	488	0	0	0	0	488
43	Kirsty Thorndyke-Jones	Ipswich Harriers	0	0	0	488	0	0	0	488
44	Sophie BELL	Ipswich Phoenix RC	0	0	487	0	0	0	0	487
45	Isabella PAUL	Newmarket Joggers AC	0	487	0	0	0	0	0	487
46	Katie Peake	Ipswich Jaffa RC	0	0	0	487	0	0	0	487
47	Louise Hodder	Rushmere Community Runners	0	0	0	486	0	0	0	486
48	Adriana Houchell	Ipswich Jaffa RC	0	0	0	485	0	0	0	485
49	Tyla VANE	Saint Edmund Pacers	0	485	0	0	0	0	0	485
50	Rebecca Hepplewhite	Kesgrave Kruisers	0	0	0	484	0	0	0	484
51	Lara POCOCK	Saint Edmund Pacers	0	484	0	0	0	0	0	484
52	Fran COLE	Saint Edmund Pacers	0	483	0	0	0	0	0	483
53	Shannon Read	Rushmere Community Runners	0	0	0	483	0	0	0	483
54	Olivia BEER	Stowmarket Striders RC	0	482	0	0	0	0	0	482
55	Hannah PRIOR	Capel Cheetahs	0	0	482	0	0	0	0	482
FV40										
1	Jenni ASKEW-MARTIN	Kesgrave Kruisers	498	499	500	0	0	0	0	1497
2	Anneli OSTLER	Felixstowe RRC	492	0	491	0	499	0	0	1482
3	Jennifer STEEDMAN	Saint Edmund Pacers	500	500	0	0	0	0	0	1000
4	Terri GREEN	Ipswich Jaffa RC	0	0	497	499	0	0	0	996
5	Jenny HURLEY	Felixstowe RRC	495	0	495	0	0	0	0	990
6	Amy KADING	Stowmarket Striders RC	0	495	493	0	0	0	0	988
7	Lydia SIMMONS	Saint Edmund Pacers	0	494	494	0	0	0	0	988
8	Joanne HARPER	Felixstowe RRC	0	0	0	0	500	0	0	500
9	Rose Nicholson	Waveney Valley AC	0	0	0	500	0	0	0	500
10	Stacey MOCKFORD	Saint Edmund Pacers	0	0	499	0	0	0	0	499
11	Lindi WALLACE	Ipswich Jaffa RC	499	0	0	0	0	0	0	499

12	Lydia KINDRED	Framlingham Flyers	0	0	498	0	0	0	0	498
13	Sam Spencer	Ipswich Jaffa RC	0	0	0	498	0	0	0	498
14	Hayley WILSON	Haverhill RC	0	498	0	0	0	0	0	498
15	Sofia BROWN	Haverhill RC	0	497	0	0	0	0	0	497
16	Luz CHAVEZ	Ipswich Jaffa RC	497	0	0	0	0	0	0	497
17	Lorna Webber	Ipswich Jaffa RC	0	0	0	497	0	0	0	497
18	Laura BROWN	Stowmarket Striders RC	0	496	0	0	0	0	0	496
19	Hannah BUCKLE	Saint Edmund Pacers	496	0	0	0	0	0	0	496
20	Denise Clarke-East	Ipswich Jaffa RC	0	0	0	496	0	0	0	496
21	Katarzyna DABROWSKA	Capel Cheetahs	0	0	496	0	0	0	0	496
22	Jodie Phillips	Ipswich Jaffa RC	0	0	0	495	0	0	0	495
23	Lindsay Welton	Capel Cheetahs	0	0	0	494	0	0	0	494
24	Louise WILKINS	Stowmarket Striders RC	494	0	0	0	0	0	0	494
25	Becky ELLUL	Felixstowe RRC	493	0	0	0	0	0	0	493
26	Jess Fotheringham	Kesgrave Kruisers	0	0	0	493	0	0	0	493
27	Pippa SARGENT	Stowmarket Striders RC	0	0	492	0	0	0	0	492
28	Hollie SUTHERLAND	Felixstowe RRC	491	0	0	0	0	0	0	491
FV45										
1	Karen FARTHING	Haverhill RC	499	500	499	0	0	0	0	1498
2	Kate HUTSON	Ipswich Jaffa RC	0	0	494	497	499	0	0	1490
3	Kaye STONE	Felixstowe RRC	0	0	495	0	498	0	0	993
4	Laura Crossley	Capel Cheetahs	0	0	0	495	496	0	0	991
5	Sue Russell	Capel Cheetahs	0	0	0	493	497	0	0	990
6	Doranne Brewster	Felixstowe RRC	0	0	0	492	494	0	0	986
7	Helen BERRY	Ipswich Jaffa RC	0	0	0	0	500	0	0	500
8	Rachel Hartley	Felixstowe RRC	0	0	0	500	0	0	0	500
9	Sam LINASSI	Felixstowe RRC	500	0	0	0	0	0	0	500
10	Amanda MORTIMER	Ipswich Jaffa RC	0	0	500	0	0	0	0	500
11	Anika Balfe	Rushmere Community Runners	0	0	0	499	0	0	0	499
12	Eleanor BITHELL	Newmarket Joggers AC	0	499	0	0	0	0	0	499
13	Agnieszka ANDRZEJAK	Stowmarket Striders RC	0	498	0	0	0	0	0	498
14	Felicity BURDEN	Felixstowe RRC	498	0	0	0	0	0	0	498
15	Haley Duffy	Ipswich Jaffa RC	0	0	0	498	0	0	0	498
16	Vicky DE SOUZA	Kesgrave Kruisers	0	0	498	0	0	0	0	498
17	Anna SLATER	Saint Edmund Pacers	0	0	497	0	0	0	0	497
18	Claire TROTT	Stowmarket Striders RC	497	0	0	0	0	0	0	497
19	Helen ARIYO	Kesgrave Kruisers	0	0	496	0	0	0	0	496
20	Sarah MAIDMENT	Framlingham Flyers	496	0	0	0	0	0	0	496
21	Claire Rowbotham	Felixstowe RRC	0	0	0	496	0	0	0	496
22	Claire BUTCHER	Felixstowe RRC	0	0	0	0	495	0	0	495

23	Hannah JEWERS	Stowmarket Striders RC	495	0	0	0	0	0	0	495
24	Clare FITZJOHN	Haverhill RC	494	0	0	0	0	0	0	494
25	Whitaker Jenny	Rushmere Community Runners	0	0	0	494	0	0	0	494
FV50										
1	Deb CHING	Capel Cheetahs	499	497	500	500	499	0	0	2495
2	Karen OFFORD	Stowmarket Striders RC	500	498	499	0	498	0	0	1995
3	Helen EVANS	Ipswich Jaffa RC	0	495	498	0	496	0	0	1489
4	Juliet GARNHAM	Stowmarket Striders RC	0	500	0	0	500	0	0	1000
5	Fiona HUNT	Kesgrave Cruisers	498	0	0	0	497	0	0	995
6	Alex SMITH	Stowmarket Striders RC	497	0	496	0	0	0	0	993
7	Tracy PELLING	Haverhill RC	496	494	0	0	0	0	0	990
8	Joanne Sargent	Hadleigh Hares AC	0	0	0	495	494	0	0	989
9	Helen HILARIO	Newmarket Joggers AC	0	499	0	0	0	0	0	499
10	Gemma Moss	Ipswich Jaffa RC	0	0	0	499	0	0	0	499
11	Carol Miller	Rushmere Community Runners	0	0	0	498	0	0	0	498
12	Wendy KELLETT	Ipswich Jaffa RC	0	0	497	0	0	0	0	497
13	Nikki Vince	Hadleigh Hares AC	0	0	0	497	0	0	0	497
14	Catherine BRAGG	Newmarket Joggers AC	0	496	0	0	0	0	0	496
15	Sharon Hayfield	Rushmere Community Runners	0	0	0	496	0	0	0	496
16	Emma CALVER	Hadleigh Hares AC	0	0	0	0	495	0	0	495
17	Kate HAYWARD-BRACKENBURY	Woodbridge Shufflers RC	495	0	0	0	0	0	0	495
18	Samantha INGRAM	Kesgrave Cruisers	494	0	0	0	0	0	0	494
19	Angelique Scully	Rushmere Community Runners	0	0	0	494	0	0	0	494
20	Melanie Blagden	The Saxons	0	0	0	493	0	0	0	493
21	Francine DASSEVILLE	Newmarket Joggers AC	0	493	0	0	0	0	0	493
22	Nessie THORPE	Ipswich Triathlon Club	493	0	0	0	0	0	0	493
23	Jayne ATTWELL	Stowmarket Striders RC	0	492	0	0	0	0	0	492
24	Sacha WHITLEY	Sudbury Joggers	492	0	0	0	0	0	0	492
25	Claire ROOKE	Sudbury Joggers	491	0	0	0	0	0	0	491
FV55										
1	Carol CARTER	Newmarket Joggers AC	0	500	500	500	500	0	0	2000
2	Anita WARD	Saint Edmund Pacers	500	499	498	0	499	0	0	1996
3	Debbie CATLING	Felixstowe RRC	498	498	497	499	0	0	0	1992
4	Mary-Ann TULI	Haverhill RC	497	497	494	0	498	0	0	1986
5	Nathalie HOOPER	Hadleigh Hares AC	496	0	495	497	497	0	0	1985
6	Janice MITCHELL	Haverhill RC	0	494	491	0	496	0	0	1481
7	Mary NAREY	Stowmarket Striders RC	0	496	496	0	0	0	0	992
8	Eloise BIRD	Saint Edmund Pacers	0	0	489	0	495	0	0	984
9	Lisa Bond	Ipswich Phoenix RC	0	0	0	490	494	0	0	984

[illegible]

1	Jane MOON	Felixstowe RRC	499	0	497	0	500	0	0	1496
2	Sandra ROBERTS	Ipswich Jaffa RC	0	500	0	499	0	0	0	999
3	Bobbie SAUERZAPF	Bungay Black Dog RC	0	499	498	0	0	0	0	997
4	Julia BILOTTA	Hadleigh Hares AC	0	0	495	496	0	0	0	991
5	Fiona CUNNINGTON	Saint Edmund Pacers	0	0	500	0	0	0	0	500
6	Sue Lockhart	Ipswich Jaffa RC	0	0	0	500	0	0	0	500
7	Nicola STEVENSON	Felixstowe RRC	500	0	0	0	0	0	0	500
8	Belinda GODBOLD	Hadleigh Hares AC	0	0	499	0	0	0	0	499
9	Sally GARNHAM	Felixstowe RRC	0	498	0	0	0	0	0	498
10	Rebecca Hewson	Felixstowe RRC	0	0	0	498	0	0	0	498
11	Pearl FAY	Newmarket Joggers AC	0	497	0	0	0	0	0	497
12	Jo Whelan	Felixstowe RRC	0	0	0	497	0	0	0	497
13	Janet ASKEW	Kesgrave Cruisers	0	0	496	0	0	0	0	496
FV70										
1	Jenny MORGAN	Saint Edmund Pacers	500	0	500	500	0	0	0	1500
2	Pam MORGAN	Ipswich Triathlon Club	499	500	0	0	0	0	0	999
3	Liz PAXTON	Haverhill RC	0	0	499	0	0	0	0	499
MS										
1	Ryan DAVIDSON	Felixstowe RRC	492	495	494	499	499	0	0	2479
2	Duncan NG	Stowmarket Striders RC	491	491	485	491	491	0	0	2449
3	Owen REES	Ipswich Phoenix RC	500	499	500	0	500	0	0	1999
4	James WILSON	The Saxons	0	496	498	497	498	0	0	1989
5	Aidan ELMORE	Saint Edmund Pacers	497	0	492	495	495	0	0	1979
6	Christopher FULLER	The Saxons	493	493	0	486	490	0	0	1962
7	Oliver SCHOFIELD	Saint Edmund Pacers	489	490	487	0	492	0	0	1958
8	Peter CLEAVES	Stowmarket Striders RC	0	478	470	473	487	0	0	1908
9	Chris GREEN	Felixstowe RRC	0	0	493	496	496	0	0	1485
10	Oliver BINGHAM	Saint Edmund Pacers	495	0	0	488	493	0	0	1476
11	Chris GWATKIN	Stowmarket Striders RC	483	489	482	0	0	0	0	1454
12	Connor DIPLOCK	The Saxons	0	480	474	0	488	0	0	1442
13	George ALLEN	Saint Edmund Pacers	0	479	477	482	0	0	0	1438
14	Bradley WHEELER	Ipswich Phoenix RC	0	0	468	467	484	0	0	1419
15	Sultan TUSA	Ipswich Jaffa RC	0	498	0	0	497	0	0	995
16	Hayden PHILLIPS	Kesgrave Cruisers	0	0	490	492	0	0	0	982
17	William RIDGARD	The Saxons	488	0	0	484	0	0	0	972
18	Luca KADING	Stowmarket Striders RC	0	486	484	0	0	0	0	970
19	Thomas BEECROFT	Framlingham Flyers	0	0	483	485	0	0	0	968
20	Wayne MANN	Ipswich Jaffa RC	0	0	481	487	0	0	0	968
21	Bradley ROBB	Rushmere Community Runners	485	0	0	481	0	0	0	966

22	Josh CARR	Saint Edmund Pacers	0	483	478	0	0	0	0	961
23	Tom ATTWELL	Stowmarket Striders RC	0	487	473	0	0	0	0	960
24	Chris Hodges	Kesgrave Kruisers	0	0	0	475	485	0	0	960
25	Thomas HUNNISETT	The Saxons	487	0	0	471	0	0	0	958
26	Paul CONNICK	Framlingham Flyers	0	0	475	480	0	0	0	955
27	Connor Peck	Ipswich Jaffa RC	0	0	0	500	0	0	0	500
28	Matthew SNOWDON	Ipswich Harriers	0	500	0	0	0	0	0	500
29	Osman ADAM	Ipswich Jaffa RC	499	0	0	0	0	0	0	499
30	Archie BULLINGHAM	Framlingham Flyers	0	0	499	0	0	0	0	499
31	Stanley PEACHER	Framlingham Flyers	498	0	0	0	0	0	0	498
32	Haydn Wade	Felixstowe RRC	0	0	0	498	0	0	0	498
33	Luke SENIOR	Saint Edmund Pacers	0	497	0	0	0	0	0	497
34	James WOODLEY	Hadleigh Hares AC	0	0	497	0	0	0	0	497
35	William HOLLANDS	Saint Edmund Pacers	0	0	496	0	0	0	0	496
36	Stuart WARD	Felixstowe RRC	496	0	0	0	0	0	0	496
37	Ed SEELEY	Ipswich Harriers	0	0	495	0	0	0	0	495
38	Jack Harwood	Framlingham Flyers	0	0	0	494	0	0	0	494
39	Jake HAYWARD	Stowmarket Striders RC	0	0	0	0	494	0	0	494
40	Simon LEGGETT	Ipswich Jaffa RC	494	0	0	0	0	0	0	494
41	Thomas SMITH	Saint Edmund Pacers	0	494	0	0	0	0	0	494
42	Matthew Peck	Ipswich Jaffa RC	0	0	0	493	0	0	0	493
43	Ethan THOMPSON	Saint Edmund Pacers	0	492	0	0	0	0	0	492
44	Freddie EVANS	The Saxons	0	0	491	0	0	0	0	491
45	Barney Wilkins	Ipswich Harriers	0	0	0	490	0	0	0	490
46	Sam WILKINSON	Stowmarket Striders RC	490	0	0	0	0	0	0	490
47	Rob Anderson	Ipswich Jaffa RC	0	0	0	489	0	0	0	489
48	Alex ARCHER	Ipswich Jaffa RC	0	0	489	0	0	0	0	489
49	George WRIGHT	Stowmarket Striders RC	0	0	0	0	489	0	0	489
50	Tom COWLEY	Hadleigh Hares AC	0	0	488	0	0	0	0	488
51	Seb MACFARLANE	Saint Edmund Pacers	0	488	0	0	0	0	0	488
52	Andrew PACZY-SMITH	Saint Edmund Pacers	486	0	0	0	0	0	0	486
53	Jeremie PETERS	Kesgrave Kruisers	0	0	0	0	486	0	0	486
54	Paul WAIN	Ipswich Jaffa RC	0	0	486	0	0	0	0	486
55	Blake HALL	Saint Edmund Pacers	0	485	0	0	0	0	0	485
56	Ryan BURROWS	Saint Edmund Pacers	0	484	0	0	0	0	0	484
57	Justin FARRIS	Woodbridge Shufflers RC	484	0	0	0	0	0	0	484
58	Billy Holland	Kesgrave Kruisers	0	0	0	483	0	0	0	483
59	Cristian STADLER	Felixstowe RRC	0	0	0	0	483	0	0	483
60	Harry BENNINGTON	Stowmarket Striders RC	0	482	0	0	0	0	0	482
61	Stuart DURHAM	Felixstowe RRC	482	0	0	0	0	0	0	482
62	Liam GUEST-HAWKINS	Saint Edmund Pacers	0	481	0	0	0	0	0	481

63	Freddy NICHOLLS	Framlingham Flyers	0	0	480	0	0	0	0	480
64	Shane Flack	Kesgrave Kruisers	0	0	0	479	0	0	0	479
65	Jed LAWRENCE	Ipswich Jaffa RC	0	0	479	0	0	0	0	479
66	Gavin Horrex	Ipswich Phoenix RC	0	0	0	478	0	0	0	478
67	Ben Jackson	Felixstowe RRC	0	0	0	477	0	0	0	477
68	Matthew BISHOP	Saint Edmund Pacers	0	0	476	0	0	0	0	476
69	Ben Gallington	Kesgrave Kruisers	0	0	0	476	0	0	0	476
70	Kyle Harris	Kesgrave Kruisers	0	0	0	474	0	0	0	474
71	Alex Smith	Felixstowe RRC	0	0	0	472	0	0	0	472
72	Christopher THOMSON	Framlingham Flyers	0	0	472	0	0	0	0	472
73	James MORRELL	Haverhill RC	0	0	471	0	0	0	0	471
74	Carl Collins	Ipswich Jaffa RC	0	0	0	470	0	0	0	470
75	Marcus Payne	Kesgrave Kruisers	0	0	0	469	0	0	0	469
76	Adam PLUMMER	Rushmere Community Runners	0	0	469	0	0	0	0	469
77	Daniel Slattery	Kesgrave Kruisers	0	0	0	468	0	0	0	468
78	Stuart MATHIESON	Sudbury Joggers	0	0	467	0	0	0	0	467
79	Charles Layzell	Ipswich Phoenix RC	0	0	0	466	0	0	0	466
80	Connor MARTIN	Kesgrave Kruisers	0	0	466	0	0	0	0	466
81	Sam HARDWICK	Stowmarket Striders RC	0	0	465	0	0	0	0	465
82	Jon Summers	Ipswich Jaffa RC	0	0	0	465	0	0	0	465
83	Liam Godbold	Ipswich Jaffa RC	0	0	0	464	0	0	0	464
84	Gary Ingram	Ipswich Jaffa RC	0	0	0	463	0	0	0	463
85	Finin Anderson-Hurst	Kesgrave Kruisers	0	0	0	462	0	0	0	462
86	Josh Godbold	Ipswich Jaffa RC	0	0	0	461	0	0	0	461
87	Luke Stafford	Kesgrave Kruisers	0	0	0	460	0	0	0	460
88	Thomas Russell	Felixstowe RRC	0	0	0	459	0	0	0	459
89	Alfie Dorset	Kesgrave Kruisers	0	0	0	458	0	0	0	458
90	Jack Davey	Ipswich Phoenix RC	0	0	0	457	0	0	0	457
MV40										
1	Gary TAYLOR	Felixstowe RRC	497	499	498	498	499	0	0	2491
2	Paul FENN	Kesgrave Kruisers	499	500	500	500	0	0	0	1999
3	Jason KING	Felixstowe RRC	496	496	495	493	0	0	0	1980
4	Ian OLD	Ipswich Jaffa RC	498	0	496	496	0	0	0	1490
5	Neil DENNIS	Stowmarket Striders RC	0	494	0	485	496	0	0	1475
6	Peter WOODS	Felixstowe RRC	494	0	485	0	495	0	0	1474
7	Stuart PRICE	Hadleigh Hares AC	0	0	499	0	500	0	0	999
8	Alex DE-MOORE	Saint Edmund Pacers	0	0	492	495	0	0	0	987
9	Paul ASTLE	Saint Edmund Pacers	0	0	489	0	497	0	0	986
10	Neil GILLINGHAM	Ipswich Harriers	0	495	490	0	0	0	0	985
11	Ashley SMY	Felixstowe RRC	0	0	493	491	0	0	0	984

12	Keelan SMITH	The Saxons	0	493	0	481	0	0	0	974
13	Matt MAKIN	Felixstowe RRC	0	0	484	482	0	0	0	966
14	Jack WILKINSON	Ipswich Jaffa RC	500	0	0	0	0	0	0	500
15	Benjamin Turley	Ipswich Jaffa RC	0	0	0	499	0	0	0	499
16	Mark HAYWARD	Newmarket Joggers AC	0	498	0	0	0	0	0	498
17	Matt ROE	Saint Edmund Pacers	0	0	0	0	498	0	0	498
18	Tom Ames	Stowmarket Striders RC	0	0	0	497	0	0	0	497
19	Aaron COOPER	Saint Edmund Pacers	0	497	0	0	0	0	0	497
20	Kevin LONG	Hadleigh Hares AC	0	0	497	0	0	0	0	497
21	Andrew ELLIS	Felixstowe RRC	495	0	0	0	0	0	0	495
22	Neil Dinwiddie	Ipswich Jaffa RC	0	0	0	494	0	0	0	494
23	Alli MACLEAN	Hadleigh Hares AC	0	0	494	0	0	0	0	494
24	Adam Self	Kesgrave Kruisers	0	0	0	492	0	0	0	492
25	Tom PENROSE	Saint Edmund Pacers	0	0	491	0	0	0	0	491
26	Connal Griffiths	Ipswich Jaffa RC	0	0	0	490	0	0	0	490
27	Carl Stannard	Rushmere Community Runners	0	0	0	489	0	0	0	489
28	Ross ARNOLD	Haverhill RC	0	0	488	0	0	0	0	488
29	Peter Squirrel	Ipswich Jaffa RC	0	0	0	488	0	0	0	488
30	Mark ASHWOOD	Haverhill RC	0	0	487	0	0	0	0	487
31	Mark Sadler	Felixstowe RRC	0	0	0	487	0	0	0	487
32	Barry Hawtin	Felixstowe RRC	0	0	0	486	0	0	0	486
33	James WATSON	Hadleigh Hares AC	0	0	486	0	0	0	0	486
34	Bryan Wybrow	Felixstowe RRC	0	0	0	484	0	0	0	484
35	Andrew Anderson-Hurst	Kesgrave Kruisers	0	0	0	483	0	0	0	483
MV45										
1	Andrew CHATFIELD	Capel Cheetahs	497	499	495	496	497	0	0	2484
2	John ADAMS	Ipswich Jaffa RC	491	496	488	491	491	0	0	2457
3	Craig WRIGHT	Ipswich Phoenix RC	0	497	491	492	495	0	0	1975
4	Andrew SOUTHWOOD	Saint Edmund Pacers	0	500	500	0	500	0	0	1500
5	Dominic BAREHAM	Felixstowe RRC	0	0	492	495	496	0	0	1483
6	Jim LAST	Framlingham Flyers	0	0	499	0	499	0	0	998
7	Robert WALLACE	Saint Edmund Pacers	498	498	0	0	0	0	0	996
8	James WRIGHT	TRISudbury	0	0	498	498	0	0	0	996
9	Joseph DUNNING	Ipswich Jaffa RC	0	0	489	0	492	0	0	981
10	Neal Hardwick	Kesgrave Kruisers	0	0	0	500	0	0	0	500
11	James SMITH	Newmarket Joggers AC	500	0	0	0	0	0	0	500
12	Mark CURTIS	Ipswich Jaffa RC	499	0	0	0	0	0	0	499
13	Gavin Davies	Ipswich Jaffa RC	0	0	0	499	0	0	0	499
14	Ross HOLLINWORTH	Saint Edmund Pacers	0	0	0	0	498	0	0	498
15	Alastair READ	Felixstowe RRC	0	0	497	0	0	0	0	497

16	Rob Taylor	Hadleigh Hares AC	0	0	0	497	0	0	0	497
17	Paul DOCKERILL	Saint Edmund Pacers	0	0	496	0	0	0	0	496
18	Simon WALLIS	Haverhill RC	496	0	0	0	0	0	0	496
19	Sergio PELADO	Newmarket Joggers AC	495	0	0	0	0	0	0	495
20	Rob KINGSTON	Framlingham Flyers	0	0	494	0	0	0	0	494
21	Ash SADLER	Kesgrave Cruisers	0	0	0	0	494	0	0	494
22	Oliver WESTMANCOTT	Framlingham Flyers	494	0	0	0	0	0	0	494
23	Daniel Wildon	Kesgrave Cruisers	0	0	0	494	0	0	0	494
24	Jamie BENNETT	Ipswich Jaffa RC	0	0	0	0	493	0	0	493
25	Jonathan Harker	The Saxons	0	0	0	493	0	0	0	493
26	Roger KERR	Stowmarket Striders RC	0	0	493	0	0	0	0	493
27	Ashley SADLER	Kesgrave Cruisers	493	0	0	0	0	0	0	493
28	Allen COPEMAN	Stowmarket Striders RC	492	0	0	0	0	0	0	492
29	Keith ANDREWS	Kesgrave Cruisers	0	0	490	0	0	0	0	490
30	Kevin Pyle	Rushmere Community Runners	0	0	0	490	0	0	0	490
31	Adam Issett	Woodbridge Shufflers RC	0	0	0	489	0	0	0	489
32	Martyn Russell	Capel Cheetahs	0	0	0	488	0	0	0	488
MV50										
1	Simon STAFFORD	Kesgrave Cruisers	499	499	499	500	498	0	0	2495
2	Christopher BOYT	Felixstowe RRC	498	498	496	499	497	0	0	2488
3	Robin HARPER	Felixstowe RRC	490	493	489	495	491	0	0	2458
4	Richard DEFRIES	Newmarket Joggers AC	0	495	492	498	494	0	0	1979
5	Steven OFFORD	Stowmarket Striders RC	495	494	490	0	493	0	0	1972
6	Kevin LINSELL	Kesgrave Cruisers	491	491	487	0	490	0	0	1959
7	Mark GLEEN	Kesgrave Cruisers	492	490	486	0	489	0	0	1957
8	Chris MOWER	Saint Edmund Pacers	0	500	500	0	499	0	0	1499
9	Marcus KWAN	Kesgrave Cruisers	0	488	0	489	484	0	0	1461
10	Kieron PERRY	Ipswich Jaffa RC	485	485	0	0	487	0	0	1457
11	Alan HART	Stowmarket Striders RC	0	0	498	0	500	0	0	998
12	David PERCY	Newmarket Joggers AC	500	497	0	0	0	0	0	997
13	Jason DIGHTON	Ipswich Phoenix RC	497	0	0	497	0	0	0	994
14	Neil COULSON	Felixstowe RRC	0	0	495	0	496	0	0	991
15	Stuart WRIGHT	Felixstowe RRC	496	0	0	0	492	0	0	988
16	Tom GLADSTONE	Saint Edmund Pacers	0	0	491	0	495	0	0	986
17	Mark WHITE	Haverhill RC	494	492	0	0	0	0	0	986
18	Allan CARD	Framlingham Flyers	493	0	488	0	0	0	0	981
19	Marcus BROWN	Rushmere Community Runners	0	0	485	491	0	0	0	976
20	Richard Hursthouse	Stowmarket Striders RC	0	0	0	487	486	0	0	973
21	Paul STONE	Felixstowe RRC	488	0	0	0	485	0	0	973
22	Richard ATTWELL	Stowmarket Striders RC	0	489	483	0	0	0	0	972

23	Brett MARTIN	Kesgrave Kruisers	0	0	482	488	0	0	0	970
24	Daniel PELLING	Haverhill RC	484	486	0	0	0	0	0	970
25	Mark STRATTON	Saint Edmund Pacers	0	0	497	0	0	0	0	497
26	Marc DRURY	Newmarket Joggers AC	0	496	0	0	0	0	0	496
27	Mark Hayden	Framlingham Flyers	0	0	0	496	0	0	0	496
28	Paul COOKE	Ipswich Jaffa RC	0	0	494	0	0	0	0	494
29	Matt Trill	Ipswich Jaffa RC	0	0	0	494	0	0	0	494
30	Andrew Craig	Woodbridge Shufflers RC	0	0	0	493	0	0	0	493
31	Richard LEEDER	Stowmarket Striders RC	0	0	493	0	0	0	0	493
32	Chris Lock	Kesgrave Kruisers	0	0	0	492	0	0	0	492
33	Mark Rose	Ipswich Jaffa RC	0	0	0	490	0	0	0	490
34	Mark FLATMAN	Ipswich Triathlon Club	489	0	0	0	0	0	0	489
35	Marcus CATLIN	Ipswich Jaffa RC	0	0	0	0	488	0	0	488
36	Hung HOANG	Felixstowe RRC	487	0	0	0	0	0	0	487
37	Matthew RAWLINGS	Saint Edmund Pacers	0	487	0	0	0	0	0	487
38	Mark BENNETT	Stowmarket Striders RC	486	0	0	0	0	0	0	486
39	Lee Stephenson	Rushmere Community Runners	0	0	0	486	0	0	0	486
40	Steven Webber	Ipswich Jaffa RC	0	0	0	485	0	0	0	485
41	Darin GEARY	Stowmarket Striders RC	0	484	0	0	0	0	0	484
42	Stefan GREGSON	Kesgrave Kruisers	0	0	484	0	0	0	0	484
43	Glenn Yellop	Capel Cheetahs	0	0	0	484	0	0	0	484
44	Rob SELLECK	Haverhill RC	483	0	0	0	0	0	0	483
45	Andrew CLAYTON	Saint Edmund Pacers	482	0	0	0	0	0	0	482
46	Kevin BITTER	Woodbridge Shufflers RC	0	0	481	0	0	0	0	481
47	Neil WILLIAMSON	Newmarket Joggers AC	0	0	480	0	0	0	0	480
MV55										
1	Piotr BULACZ	Sudbury Joggers	498	497	499	500	500	0	0	2494
2	Kerry BUCKLEY	Felixstowe RRC	495	492	495	495	498	0	0	2475
3	Tom STEPHENS	Felixstowe RRC	491	490	491	490	496	0	0	2458
4	Dave SOLOMON	Felixstowe RRC	500	494	0	496	499	0	0	1989
5	Steve BROOKE	Felixstowe RRC	499	498	0	497	0	0	0	1494
6	John REYNOLDS	Ipswich Jaffa RC	494	493	493	0	0	0	0	1480
7	Paul MITCHELL	Haverhill RC	0	491	492	0	493	0	0	1476
8	Steve RITSON	Stowmarket Striders RC	490	0	489	0	495	0	0	1474
9	Andrew WARD	Saint Edmund Pacers	492	487	490	0	0	0	0	1469
10	David CHURCH	Felixstowe RRC	489	0	0	487	489	0	0	1465
11	Tim PARNELL	Kesgrave Kruisers	0	486	487	0	491	0	0	1464
12	Mark ALLEN	Ipswich Jaffa RC	0	499	500	0	0	0	0	999
13	Iain Taylor	Woodbridge Shufflers RC	0	0	0	493	497	0	0	990
14	Piers MORGAN	Stowmarket Striders RC	0	0	488	0	494	0	0	982

15	Mark DAVIES	Saint Edmund Pacers	0	489	0	491	0	0	0	980
16	Martyn Brewster	Felixstowe RRC	0	0	0	484	488	0	0	972
17	Mike GREENER	Saint Edmund Pacers	0	500	0	0	0	0	0	500
18	Adrian Frost	Saint Edmund Pacers	0	0	0	499	0	0	0	499
19	Michael MCKINSTRY	Saint Edmund Pacers	0	0	498	0	0	0	0	498
20	John Thorpe	Ipswich Jaffa RC	0	0	0	498	0	0	0	498
21	Steve FOSTER	Haverhill RC	497	0	0	0	0	0	0	497
22	Tim HANMAN	Ipswich Jaffa RC	0	0	497	0	0	0	0	497
23	Mark FORD	Felixstowe RRC	0	0	496	0	0	0	0	496
24	Jan-Willem VERKAIK	Woodbridge Shufflers RC	0	496	0	0	0	0	0	496
25	Vince WEBB	Saint Edmund Pacers	496	0	0	0	0	0	0	496
26	Matt KING	Saint Edmund Pacers	0	495	0	0	0	0	0	495
27	Colin Ellis	Kesgrave Kruisers	0	0	0	494	0	0	0	494
28	Robert SOMMERVILLE	Stowmarket Striders RC	0	0	494	0	0	0	0	494
29	Adam BOYLE	Woodbridge Shufflers RC	493	0	0	0	0	0	0	493
30	Matt Sims	Rushmere Community Runners	0	0	0	492	0	0	0	492
31	Andy WARD	Saint Edmund Pacers	0	0	0	0	492	0	0	492
32	Nick WALKER	Stowmarket Striders RC	0	0	0	0	490	0	0	490
33	Simon Butler	Kesgrave Kruisers	0	0	0	489	0	0	0	489
34	Alex ASHTON	Haverhill RC	0	488	0	0	0	0	0	488
35	Vincent Steensma	Capel Cheetahs	0	0	0	488	0	0	0	488
36	Simon Hoyle	Kesgrave Kruisers	0	0	0	486	0	0	0	486
37	Steven NEAL	Brandon Fern Hoppers	0	0	486	0	0	0	0	486
38	Carl Bergdahl	Ipswich Jaffa RC	0	0	0	485	0	0	0	485
39	Robert THOMSON	Framlingham Flyers	0	0	485	0	0	0	0	485
40	Jamie RANDALL	Haverhill RC	0	0	484	0	0	0	0	484
41	Graham WAUDBY	Rushmere Community Runners	0	0	483	0	0	0	0	483
MV60										
1	Duane HOWARD	Kesgrave Kruisers	500	500	500	500	500	0	0	2500
2	Ian DUGGAN	Felixstowe RRC	0	498	498	498	499	0	0	1993
3	Tim HIGGINS	Ipswich Jaffa RC	497	497	496	497	0	0	0	1987
4	Jim MACKENZIE	Framlingham Flyers	0	499	499	499	0	0	0	1497
5	Eamonn COVENEY	Saint Edmund Pacers	498	495	495	0	0	0	0	1488
6	Kevin COLEMAN	Stowmarket Striders RC	495	494	491	0	0	0	0	1480
7	Nigel SCHOFIELD	Saint Edmund Pacers	0	0	497	0	498	0	0	995
8	Chris SERVANT	Ipswich Jaffa RC	0	0	492	496	0	0	0	988
9	Stephen HATTEN	Saint Edmund Pacers	492	0	490	0	0	0	0	982
10	Tom HOBLYN	Saint Edmund Pacers	493	0	487	0	0	0	0	980
11	Steve ADAMS	Felixstowe RRC	0	0	483	0	496	0	0	979
12	Phil DAVIES	Ipswich Jaffa RC	490	0	485	0	0	0	0	975

13	Mark NOVELS	Haverhill RC	499	0	0	0	0	0	0	499
14	Christopher SERVANT	Ipswich Jaffa RC	0	0	0	0	497	0	0	497
15	Stephen EDWARDS	Newmarket Joggers AC	0	496	0	0	0	0	0	496
16	Ian MCDERMOTT	Ipswich Jaffa RC	496	0	0	0	0	0	0	496
17	Stuart Mason	Felixstowe RRC	0	0	0	495	0	0	0	495
18	Christopher Blagden	The Saxons	0	0	0	494	0	0	0	494
19	Todd LEWIS	Saint Edmund Pacers	0	0	494	0	0	0	0	494
20	Richard WHITE	The Saxons	494	0	0	0	0	0	0	494
21	Ian CUNNINGTON	Saint Edmund Pacers	0	0	493	0	0	0	0	493
22	Robert DRURY	Haverhill RC	0	493	0	0	0	0	0	493
23	Lee Knight	Rushmere Community Runners	0	0	0	493	0	0	0	493
24	Richard Allport	Felixstowe RRC	0	0	0	492	0	0	0	492
25	Malcolm MACFARLANE	Saint Edmund Pacers	0	492	0	0	0	0	0	492
26	Tim LONG	Ipswich Jaffa RC	491	0	0	0	0	0	0	491
27	Robert REASON	Stowmarket Striders RC	0	491	0	0	0	0	0	491
28	Robert WALKER	Felixstowe RRC	0	0	489	0	0	0	0	489
29	Rob DRURY	Haverhill RC	0	0	488	0	0	0	0	488
30	Neil WINTON	Felixstowe RRC	0	0	486	0	0	0	0	486
31	Eric BROWN	The Saxons	0	0	484	0	0	0	0	484
MV65										
1	Andrew BUDD	Capel Cheetahs	497	499	496	498	498	0	0	2488
2	Richard WOLD	Ipswich Phoenix RC	499	0	499	500	500	0	0	1998
3	Tim EDMONDS	Ipswich Phoenix RC	498	500	498	0	499	0	0	1995
4	Robert MORGAN	Saint Edmund Pacers	495	0	495	499	497	0	0	1986
5	John DUNNETT	Capel Cheetahs	493	497	494	497	0	0	0	1981
6	Stephen PRETTY	Saint Edmund Pacers	489	0	492	496	496	0	0	1973
7	Chris BAREHAM	Haverhill RC	490	496	490	0	0	0	0	1476
8	Robin BELSOM	Ipswich Jaffa RC	496	498	0	0	0	0	0	994
9	Chris GLADWELL	Stowmarket Striders RC	0	495	0	0	495	0	0	990
10	Paul GILSON	Ipswich Jaffa RC	491	494	0	0	0	0	0	985
11	Howard BEASLEY	Saint Edmund Pacers	500	0	0	0	0	0	0	500
12	Richard HARVEY	Framlingham Flyers	0	0	500	0	0	0	0	500
13	Alan JACKSON	Ipswich Jaffa RC	0	0	497	0	0	0	0	497
14	Stephen Hicks	Ipswich Harriers	0	0	0	495	0	0	0	495
15	Mon Boon Lee	Ipswich Jaffa RC	0	0	0	494	0	0	0	494
16	Graham WIGLEY	Framlingham Flyers	494	0	0	0	0	0	0	494
17	Andrew CROSS	Hadleigh Hares AC	0	0	493	0	0	0	0	493
18	Paul Maycock	Capel Cheetahs	0	0	0	493	0	0	0	493
19	David SEYMOUR	Felixstowe RRC	0	493	0	0	0	0	0	493
20	Andrew JAMES	Stowmarket Striders RC	0	492	0	0	0	0	0	492

21	Paul SCHWER	Felixstowe RRC	492	0	0	0	0	0	0	492
22	David FIELD	Stowmarket Striders RC	0	0	491	0	0	0	0	491
23	Martin GARROD	Ipswich Phoenix RC	0	0	489	0	0	0	0	489
MV70										
1	Stephen MEAD	Saint Edmund Pacers	0	0	500	500	0	0	0	1000
2	David Gunson	Kesgrave Kruisers	0	0	0	499	499	0	0	998
3	Pat MORGAN	Ipswich Triathlon Club	500	497	0	0	0	0	0	997
4	Tim NEWTON	Ipswich Jaffa RC	499	498	0	0	0	0	0	997
5	David THORNTON	Stowmarket Striders RC	0	0	497	0	500	0	0	997
6	Neville CLARKE	Newmarket Joggers AC	0	500	0	0	0	0	0	500
7	Colin KNIGHT	Saint Edmund Pacers	0	0	499	0	0	0	0	499
8	Frank MOGGAN	Stowmarket Striders RC	0	499	0	0	0	0	0	499
9	Roger BRAND	Saint Edmund Pacers	498	0	0	0	0	0	0	498
10	Gerry MCCARTHY	Ipswich Phoenix RC	0	0	498	0	0	0	0	498
11	Roger BARCHAM	Ipswich Jaffa RC	0	0	496	0	0	0	0	496
12	Alan THORNHILL	Newmarket Joggers AC	0	496	0	0	0	0	0	496
13	Chris AYLMER	Newmarket Joggers AC	0	495	0	0	0	0	0	495
14	Jim WITHERS	Newmarket Joggers AC	0	0	495	0	0	0	0	495