

Friday 5 Series 2015 - Individual Results after 5 races

Name	Team	Friday 5 Series Category	Ipswich	Kirton	Bury	Stowmkt	Gt Bentley	Events	Total Top 4 points
JESSIE GOODERHAM	Saint Edmund Pacers	Junior Female (15-19)	100	100	100	99		4	399
LOUISE WEBB	Saint Edmund Pacers	Junior Female (15-19)	99	99	99	98	100	5	397
LOUISE HAMP SHIRE	Sudbury Joggers	Senior Womens Open	100	96	100		99	4	395
EMMA MORTIMER	Ipswich Jaffa RC	Senior Womens Open		94	97	99	97	4	387
GEMMA PORCH	Stowmarket Striders RC	Senior Womens Open	95	92	96	96	94	5	381
CHARLOTTE ACHESON	Haverhill Running Club	Senior Womens Open	94		94	95	90	4	373
LYNSEY CHENERY	Ipswich Jaffa RC	Senior Womens Open		90	93	94	92	4	369
JAYNE BURMAN	Felixstowe RRC	Senior Womens Open	91		90	92	89	4	362
CLAIRE GROVES	Great Bentley Running Club	Senior Womens Open	92	89	86	91		4	358
CLAIRE REACH	Stowmarket Striders RC	Senior Womens Open		87	88	90	83	4	348
JOANNE HARPER	Felixstowe RRC	Senior Womens Open	90		89	84	85	4	348
REBECCA GUY		Senior Womens Open	88	86	87		84	4	345
CARLA WIGGINS	Felixstowe RRC	Senior Womens Open	85	85	80	71		4	321
AMY SMITH		Senior Womens Open	82	82	72	72	73	5	309
ZOE ASHE		FV35	100		99	100	97	4	396
MEL SHERMAN	Ipswich Jaffa RC	FV35	98	98	97	98	95	5	391
NATALIE CHU	Ipswich Jaffa RC	FV35	97	97	96	96	93	5	386
RUTH PALMER	Saint Edmund Pacers	FV35	95	96		97	92	4	380
KATRINA RIGBY	Hadleigh Hares AC	FV35	96	95	94	94	91	5	379
SARAH PENNOCK	Sudbury Joggers	FV35	94	94	90	89	85	5	367
CLAIR FIDDERMAN		FV35		86	84	84	84	4	338
ODETTE ROBSON	Saint Edmund Pacers	FV40	100	100	100	100	100	5	400
MELODY-ANNE NEVILLE	Stowmarket Striders RC	FV40	98	97	95	97	96	5	388
LOUISE GODDARD	Stowmarket Striders RC	FV40	99	98	96	94		4	387
SANDRA BUMPHREY	Capel Cheetahs	FV40	97		97	95	95	4	384
ANNA SMITH	Stowmarket Striders RC	FV40	95	95	94	93	93	5	377
CAROLYNN ANDERSON	Newmarket Joggers	FV40	96	92	91	92		4	371
LORRAINE MILLS		FV40	93	91	92		92	4	368
AMANDA DUNN	Hadleigh Hares AC	FV40	94		84	91	91	4	360
JACQUELYN COBBOLD	Hadleigh Hares AC	FV40	87	84	83		87	4	341
JULIE RICHARDSON	Ipswich Jaffa RC	FV40		86	87	79	88	4	340
MARIANNE HEDGE	Felixstowe RRC	FV40		81	86	87	85	4	339
SHARON BREWARD	Sudbury Joggers	FV40	85	79	80	81	83	5	329
AMANDA MARTIN	Saint Edmund Pacers	FV45	99	99		100	100	4	398
SARAH VICK	Saxmundham Sports Running & F	FV45	96	93	97	96		4	382
MANDY GOBOLD	Ipswich Harriers	FV45	95	91	96	95	94	5	380
ALISON J TAYLOR		FV45	92	90	94	93		4	369
LESLEY COOPER	Felixstowe RRC	FV45	97	94	84		93	4	368
ELOISE BIRD	Saint Edmund Pacers	FV45	90	88	92		90	4	360
TERESA BAILEY	Framlingham Flyers	FV45		87	93	91	88	4	359
LINDSAY HOB DEN	Sudbury Joggers	FV45	81	84	81	90	91	5	346
KAREN CHAMBERLAIN	Ipswich Jaffa RC	FV45	88	85	88	84	80	5	345
MELONIE EVANS	Sudbury Joggers	FV45	83	83	86	75	81	5	333
JO DICKINSON	Felixstowe RRC	FV45		79	79	77	78	4	313
KATRINA COPPING		FV45	79	78	78		73	4	308
VAL JENNINGS	Ipswich Jaffa RC	FV50		100	100	100	100	4	400
MARION PARKER	Felixstowe RRC	FV50	97	95	98	97	98	5	390
JENNY SHEAHAN		FV50	95	93	97	96	96	5	384
DEE ST LEDGER	Sudbury Joggers	FV50	98	94		95	91	4	378
SARAH JOBBINS		FV50	94		95	94	94	4	377
ARABELLA LEWENDON	Ipswich Jaffa RC	FV50	92	91		91	93	4	367
ANGELA WHITING	Stowmarket Striders RC	FV50	90	90	92	87	90	5	362
JENNY LYNCH	Felixstowe RRC	FV50	91	89	88	85	88	5	356
JACKIE COLLINS		FV50	88	88	89	84	89	5	354
BOBBIE SAUERZAPF	Bungay Black Dog RC	FV55+	100	96	99	97	92	5	392
KAREN HATTON	Saint Edmund Pacers	FV55+	98	97	98		96	4	389
FIONA CUNNINGTON		FV55+	99	95	96	98	93	5	388
MAUREEN WRIGHT	Ipswich Jaffa RC	FV55+	97	92	95	94	89	5	378
VIVIENNE TAYLOR	Framlingham Flyers	FV55+	96	89	94	91		4	370
SUSAN WILSHAW	Capel Cheetahs	FV55+	93	87	92	90	85	5	362
JANE BAILEY	Felixstowe RRC	FV55+	91	84	91	89	84	5	355
JEAN COX	Woodbridge Shufflers RC	FV55+		82	89	86	83	4	340
THOMAS ADAMS	Ipswich Harriers	Juniors Male (15-19)	98	100		100	99	4	397
JAKE CHURCH	Saxmundham Sports Running & F	Juniors Male (15-19)	95	97	98	97	97	5	389
ELLIOT BURDETT	Stowmarket Striders RC	Juniors Male (15-19)	96	96	97	96		4	385
BEN HAMMOND	Stowmarket Striders RC	Juniors Male (15-19)		94	96	94	95	4	379
GEORGE LANKESTER	Ipswich Jaffa RC	Juniors Male (15-19)	94	95	95	93	94	5	378
TIM DAVIES	Ipswich Jaffa RC	Juniors Male (15-19)	93	92		92	93	4	370
ANDREW ROOKE	Aldershot Farnham & District	Senior Mens Open	100	99	100	100	100	5	400
DANIEL ROCK	Ryston Runners	Senior Mens Open		94	97	96	97	4	384
THOMAS WHITE	Saint Edmund Pacers	Senior Mens Open	95	93	94	92		4	374
NICHOLAS CLARKE	Ipswich Jaffa RC	Senior Mens Open	94		91	93	92	4	370
JIM LAST	Framlingham Flyers	Senior Mens Open	93	89		90	95	4	367
THOMAS CHALLENGER	Sudbury Joggers	Senior Mens Open	92	90	92	91		4	365
BENJAMIN CUTHBERT	Sudbury Joggers	Senior Mens Open	85	85	88	88	89	5	350
ROBIN HARPER	Felixstowe RRC	Senior Mens Open	87	86	87	81	87	5	347
MICHAEL BALL		Senior Mens Open	77	79	83		81	4	320
MELVYN MAYCOCK		Senior Mens Open	73	76	77	78	83	5	314
NEIL GILLINGHAM	Ipswich Harriers	Senior Mens Open	80	62	82	79	73	5	314
ADAM CLARKE	Saint Edmund Pacers	Senior Mens Open		63	94	75	66	4	298
MATTHEW EVERETT	Saint Edmund Pacers	Senior Mens Open	69	71	80	69	76	5	296
NEIL WILLIAMSON	Newmarket Joggers	Senior Mens Open	72	73		73	72	4	290
PETER WOODS	Felixstowe RRC	Senior Mens Open	71	54	75	77	62	5	285
ASHLEY SMY	Ipswich Jaffa RC	Senior Mens Open	65	67	74		69	4	275

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MARCUS BOON	Ipswich Jaffa RC	Senior Mens Open	59	57	68	70	65	5	262
SAM DISTON		Senior Mens Open	44	50	61	67		4	222
CHRIS BRIGHT		Senior Mens Open	50	45	60	57	48	5	215
KYLE PIERCE		Senior Mens Open		48	59	55	47	4	209
ALEX JACOBS	Felixstowe RRC	Senior Mens Open	55		57	47	43	4	202
MICHAEL SHELDRAKE	Ipswich Jaffa RC	Senior Mens Open		43	52	54	49	4	198
PHIL SPENCER		Senior Mens Open	47	40	55	56		4	198
KEELAN SMITH	Saxmundham Sports Running & F	Senior Mens Open	46	36	49		41	4	172
WILL SCHWER	Felixstowe RRC	Senior Mens Open	41	27	47	37	36	5	161
TOM NAUGHTON	Stowmarket Striders RC	Senior Mens Open		30	45	46	38	4	159
LUKE GROVES	Great Bentley Running Club	Senior Mens Open	39	35	44	39		4	157
ADAM HOWLETT	Framlingham Flyers	MV40	100	100	100	100	98	5	400
TREVOR BUNCH	Haverhill Running Club	MV40	99	93	98	99	96	5	392
DARREN COOK	Felixstowe RRC	MV40	96	92	96	98	87	5	382
NICK HAMMOND	Stowmarket Striders RC	MV40	97	97	95		91	4	380
IAN ELDEN	Haverhill Running Club	MV40	93		91	93	88	4	365
TIM HANMAN		MV40		87	93	96	89	4	365
ADRIAN FROST	Sudbury Joggers	MV40	94	84	92	72	86	5	356
CLIVE DAVEY	Sudbury Joggers	MV40	90	80	86	88	75	5	344
PETER BIRD	Saint Edmund Pacers	MV40	91	83	89		78	4	341
LEE CRISP	Felixstowe RRC	MV40	84	71	84	87		4	326
SIMON WIGGINS	Felixstowe RRC	MV40	85	68	80	86	70	5	321
MARK GOODWIN	Felixstowe RRC	MV40	88	75	82		71	4	316
KEVIN HARPER	Witham RC	MV40		77	68	89	81	4	315
JEREMY BELL		MV40	81	76	83		67	4	307
MARTIN JARVIS		MV40	79		79	81	66	4	305
ANDRE NEVILLE	Stowmarket Striders RC	MV40	83	74	76		68	4	301
PAUL LACEY	Hadleigh Hares AC	MV40		63	72	82	63	4	280
SIMON GOLDSMITH		MV40	78	64	74		62	4	278
PETE BATTLE		MV40	76	53		70	55	4	254
ROGER ALDIS		MV45	99	99		100	99	4	397
MARK FORD	Felixstowe RRC	MV45	96	96	100	98		4	390
JOHN GREENER		MV45	92	95	99	97	93	5	384
WILL ALDRED	Framlingham Flyers	MV45	89	92	98		88	4	367
DARREN LEE	Stowmarket Striders RC	MV45	85	89	94	92	86	5	361
VINCE WEBB	Saint Edmund Pacers	MV45	83	87	90		84	4	344
RICHARD GRIMSDELL	Saint Edmund Pacers	MV45	86	84	88		78	4	336
CHRIS FOX		MV45	82	83		85	79	4	329
IAN GOODERHAM	Saint Edmund Pacers	MV45	80	82		87	76	4	325
PHIL DAVIES	Ipswich Jaffa RC	MV45	78	78	84	83	70	5	323
ADAM HOCKEN	Witham RC	MV45	79	76	85		74	4	314
MARK GODBOLD		MV45	75	71	83	81	68	5	310
DAVID LING	Woodbridge Shufflers RC	MV45	74	75		80	72	4	301
PAUL MCALLISTER	Capel Cheetahs	MV45	72	68	77	77	65	5	294
DEAN HEARN	Stowmarket Striders RC	MV45	69	70	81	74		4	294
JIMMY RUSSELL		MV45	71	67	74	73	71	5	289
DARREN BOND	Ipswich Jaffa RC	MV45		66	78	75	63	4	282
GRAHAM CHAPPELL		MV45	68	62	72	72		4	274
DAVID TILLET		MV45	66	59	68	67		4	260
RICHARD SORE	Ipswich Jaffa RC	MV45		57	71	68	55	4	251
PAUL NICKELLS	Woodbridge Shufflers RC	MV50		99	100	100	98	4	397
MARTIN ARCHER	Stowmarket Striders RC	MV50	97	96		97	96	4	386
STEPHEN CURRAN	Woodbridge Shufflers RC	MV50	96		97	95	93	4	381
IAN CUNNINGTON		MV50	92	93	95	91	86	5	371
STEPHEN DIXON	Ipswich Jaffa RC	MV50	94	92	92		91	4	369
CHRIS CHORLEY	Bungay Black Dog RC	MV50	91	88	94	90	90	5	365
GARY GARNHAM	Ipswich Jaffa RC	MV50	93	91	91		85	4	360
NIGEL SCHOFIELD	Saint Edmund Pacers	MV50	90	87	89	89	84	5	355
BRIAN MUNNS	Newmarket Joggers	MV50	88	86	87	88	83	5	349
ADRIAN GOODE	Felixstowe RRC	MV50	79		78	93	92	4	342
TOM HOBLYN	Saint Edmund Pacers	MV50	85	83	84	85	80	5	337
NICK POTTER		MV50	89		83	84	78	4	334
PETER FINCH	Ipswich Jaffa RC	MV50	81	78	80	83		4	322
DUNCAN CHAMBERLAIN	Ipswich Jaffa RC	MV50	82	76	81	79	74	5	318
DAVID CHAPMAN	Sudbury Joggers	MV50	78	73	79	82	76	5	315
SIMON BUTLER		MV50	76		73	78	72	4	299
STEVE BRIGHT		MV50	77	72	76		73	4	298
ADRIAN COLE		MV50	73	71	74	77	71	5	295
JEREMY SORE		MV50	70	63	70	74	69	5	283
HARRY SMITH	Stowmarket Striders RC	MV50	72	67	71		70	4	280
GRAHAME WALKINGSHAW		MV50	68	62	66	70	67	5	271
TIM FINEGAN	Felixstowe RRC	MV50	67	61	65	71	66	5	269
MALCOLM PENN	Sudbury Joggers	MV55	98	98	97	98	97	5	391
ALAN JACKSON	Ipswich Jaffa RC	MV55	97	94	96	95	96	5	384
STEPHEN PRETTY	Stowmarket Striders RC	MV55	96	93	95	91	93	5	377
CHRIS JOHNS		MV55	94	89	94		90	4	367
DAVID SHEAHAN		MV55	93	87	92	92	88	5	365
PHIL MARSDEN	Ipswich Jaffa RC	MV55	92	86	91	89		4	358
RICHARD SMITH	Felixstowe RRC	MV55	90	81	84	88	78	5	343
MON LEE	Ipswich Jaffa RC	MV55		83	85	86	83	4	337
IAIN HUNTER	Stowmarket Striders RC	MV55	87	78	83	85	79	5	334
MEL CHITTOCK		MV55	85	75	80	82		4	322
ARTHUR WHISTON	Colchester Harriers AC	MV60+	100	99	100	100	100	5	400
RON MCCULLOUGH	Ipswich Jaffa RC	MV60+	99	97	99		99	4	394

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DAVID VAUGHAN	Saint Edmund Pacers	MV60+	96	96	98	99	98	5	391
NEVILLE CLARKE	Newmarket Joggers	MV60+	98	98	96	98	93	5	390
MALCOLM SAVAGE	Springfield Striders RC	MV60+	97		97	96	97	4	387
MICK TAYLOR		MV60+	93	92	91	92	92	5	369
JONATHAN PRICE	Sudbury Joggers	MV60+	94		93	89	91	4	367
DAVID TAYLOR	Framlingham Flyers	MV60+	91	89	89	88		4	357
JIM WITHERS	Newmarket Joggers	MV60+	90	91	87	85	88	5	356
JOHN CULLUM	Saint Edmund Pacers	MV60+	86	84	83	83	84	5	337
KEITH BORRETT		MV60+	87	81	84	81	85	5	337
PHILIP NUTLEY	Saint Edmund Pacers	MV60+	84	80	80	75		4	319