

Suffolk County Athletic Association
Grand Prix Series 2015 - Individual Results

SUFFOLK COUNTY ATHLETIC ASSOCIATION
GRAND PRIX 2015
Individual, Mens and Ladies Results

Best 5 results will score towards the series. No minimum to qualify

Individual	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurflow 5 Mile 18/10/2015	Race 8 Thurflow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
Female Senior												
1	Sian-Marie Lucas	Haverhill Running Club	97	0	98	100	99	100	100	0	99	498
2	Charlotte Acheson	Haverhill Running Club	0	94	89	92	95	95	99	0	95	478
3	Gemma Porch	Stowmarket Striders RC	0	0	87	95	98	96	0	0	94	470
4	Hayley Brodric	Haverhill Running Club	86	0	83	86	94	88	0	99	0	453
5	Lucy Sheehan	Felixstowe Road Runners	0	98	0	97	0	0	0	0	96	291
6	Emily Gooderham	Saint Edmund Pacers	96	0	93	99	0	0	0	0	0	288
7	Jessie Gooderham	Saint Edmund Pacers	0	97	0	94	97	0	0	0	0	288
8	Laura Hicks	Stowmarket Striders	95	0	96	0	0	0	0	0	97	288
9	Jayne Burman	Felixstowe Road Runners	91	0	85	89	0	0	0	0	0	265
10	Anneli Ostler	Felixstowe Road Runners	0	93	0	82	0	84	0	0	0	259
11	Pippa Cresdee	Ipswich JAFFA	89	0	84	85	0	0	0	0	0	258
12	Rose Nicholson	Waveney Valley AC	0	0	0	0	100	0	0	0	100	200
13	Nicky Chapman	Newmarket Joggers	0	100	0	0	0	98	0	0	0	198
14	Isobel Renn	Ipswich JAFFA	98	0	100	0	0	0	0	0	0	198
15	Sarah Miller	Haverhill Running Club	0	0	0	0	0	94	0	100	0	194
16	Kirsty Morgan	Ipswich JAFFA	0	0	94	0	0	97	0	0	0	191
17	Kirsty Millard	Haverhill Running Club	94	0	0	96	0	0	0	0	0	190
18	Emma Mortimer	Ipswich JAFFA RC	0	0	91	98	0	0	0	0	0	189
19	Lynsey Chenery	Ipswich JAFFA RC	0	0	0	91	96	0	0	0	0	187
20	Bridget Shaw	Bungay Black Dog RC	0	96	0	0	0	0	0	0	91	187
21	Georgia Garvin	Ipswich JAFFA	0	0	97	0	0	86	0	0	0	183
22	Alice Kirk	Bungay Black Dog RC	92	0	0	0	0	0	0	0	90	182
23	Michelle Hewitt	Framlingham Flyers	0	0	0	87	93	0	0	0	0	180
24	Melanie Catten	Haverhill Running Club	0	0	86	0	0	91	0	0	0	177
25	Michaela Kadanikova	Ipswich JAFFA RC	0	0	0	84	0	0	0	0	87	171
26	Carla Wiggins	Felixstowe RRC	0	0	0	76	0	0	0	0	88	164
27	Jordan Barfield	Haverhill Running Club	85	0	0	77	0	0	0	0	0	162
28	Sarah Severwright	Felixstowe Road Runners	0	0	81	81	0	0	0	0	0	162
29	Nicole Bailey	Haverhill Running Club	0	0	82	79	0	0	0	0	0	161
30	Laura Thomas	Ipswich JAFFA	100	0	0	0	0	0	0	0	0	100
31	Elisa Bostock	Hadleigh Hares AC	0	0	99	0	0	0	0	0	0	99
32	Grainne Brennan	Newmarket Joggers	0	0	0	0	0	99	0	0	0	99
33	Michelle Gordon	Felixstowe Road Runners	0	99	0	0	0	0	0	0	0	99
34	Victoria Kenny	Hadleigh Hares AC	99	0	0	0	0	0	0	0	0	99
35	Louise Cousins	Haverhill Running Club	0	0	0	0	0	0	98	0	0	98
36	Gemma Irvine	Newmarket Cycling & Triathlon	0	0	0	0	0	0	98	0	0	98
37	Sophie Newman	Stowmarket Striders RC	0	0	0	0	0	0	0	0	98	98
38	Charlotte Stanley	Haverhill Running Club	0	0	0	0	0	0	97	0	0	97
39	Davina Greenwell	Hadleigh Hares AC	0	0	95	0	0	0	0	0	0	95
40	Victoria Pearson	Woodbridge Shufflers	0	95	0	0	0	0	0	0	0	95
41	Kate Adams	Newmarket Joggers	93	0	0	0	0	0	0	0	0	93
42	Sophie Bell	Bungay Black Dog RC	0	0	0	0	0	0	0	0	93	93
43	Katie Peake	Ipswich Jaffa RC	0	0	0	0	0	93	0	0	0	93
44	Louise Webb	Saint Edmund Pacers	0	0	0	93	0	0	0	0	0	93
45	Sian Abbott	Ipswich Jaffa RC	0	0	0	0	0	92	0	0	0	92
46	Siobhan Dockerill	Haverhill Running Club	0	0	92	0	0	0	0	0	0	92
47	Laura Gilbert	Bungay Black Dog RC	0	0	0	0	0	0	0	0	92	92
48	Doris Wilmont	Framlingham Flyers	0	0	0	0	92	0	0	0	0	92
49	Laura Button	Bungay Black Dog RC	0	0	0	0	91	0	0	0	0	91
50	Emma Attwood	Stowmarket Striders RC	0	0	0	90	0	0	0	0	0	90
51	Chloe Jennings	Saint Edmund Pacers	0	0	0	0	0	90	0	0	0	90
52	Karen Martin	Haverhill Running Club	0	0	90	0	0	0	0	0	0	90
53	Lena Wright	Haverhill Running Club	90	0	0	0	0	0	0	0	0	90
54	Elaine Mann	Hadleigh Hares AC	0	0	0	0	0	89	0	0	0	89
55	Larissa Smith	Bungay Black Dog RC	0	0	0	0	0	0	0	0	89	89
56	Charlie Hopkinson	Saint Edmund Pacers	88	0	0	0	0	0	0	0	0	88
57	Claire Reach	Stowmarket Striders RC	0	0	0	88	0	0	0	0	0	88
58	Kirsty Thornadyke	Ipswich Harriers	0	0	88	0	0	0	0	0	0	88
59	Bianca Burman	Sudbury Joggers AC	87	0	0	0	0	0	0	0	0	87
60	Laura Woods	Stowmarket Striders RC	0	0	0	0	0	87	0	0	0	87
61	Kelly Mann	Ipswich Jaffa RC	0	0	0	0	0	85	0	0	0	85
62	Kathryn Ross	Sudbury Joggers AC	84	0	0	0	0	0	0	0	0	84
63	Joanne Harper	Felixstowe RRC	0	0	0	83	0	0	0	0	0	83
64	Karen Hinton	Stowmarket Striders RC	0	0	0	0	0	83	0	0	0	83
65	Sarah Cousins	Woodbridge Shufflers RC	0	0	80	0	0	0	0	0	0	80
66	Jessica Thorpe	Stowmarket Striders RC	0	0	0	80	0	0	0	0	0	80
67	Kate Long	Felixstowe Road Runners	0	0	79	0	0	0	0	0	0	79
68	Kerry Elmer	Stowmarket Striders RC	0	0	0	78	0	0	0	0	0	78
69	Emily Tricker	Stowmarket Striders RC	0	0	0	75	0	0	0	0	0	75
70	Emma Bailey	Felixstowe RRC	0	0	0	74	0	0	0	0	0	74
F35												
1	Katrina Rigby	Hadleigh Hares AC	98	0	0	96	100	94	100	0	0	488
2	Janet Symonds	Haverhill Running Club	91	0	96	87	0	91	0	100	90	468
3	Dawn Dixon	Haverhill Running Club	90	0	95	86	94	90	98	0	89	467
4	Rachel Bodsworth	Hadleigh Hares AC	99	0	98	97	97	0	0	0	0	391
5	Rebecca Langford	Waveney Valley AC	0	99	0	0	99	0	0	0	96	294
6	Hayley Harper	Ipswich JAFFA	96	0	0	93	0	0	0	0	87	276
7	Tamara Jordan	Stowmarket Striders RC	100	0	0	0	0	0	0	0	100	200
8	Sabrina Norton	Bungay Black Dog RC	0	100	0	0	0	0	0	0	99	199
9	Ruth Palmer	Saint Edmund Pacers	0	0	0	99	0	0	99	0	0	198
10	Vicky McTaggart	Woodbridge Shufflers RC	0	0	100	0	0	97	0	0	0	197
11	Natalie Chu	Ipswich JAFFA RC	0	0	0	98	0	95	0	0	0	193
12	Amanda Dunn	Hadleigh Hares AC	97	0	0	94	0	0	0	0	0	191
13	Elsbeth Gilmour	Framlingham Flyers	0	0	0	91	96	0	0	0	0	187
14	Sarah Pennock	Sudbury Joggers AC	95	0	0	89	0	0	0	0	0	184

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15	Carol Kemp	Felixstowe RRC	0	0	0	90	0	93	0	0	0	183
16	Helen Davies	Ipswich JAFFA RC	0	0	0	0	0	100	0	0	0	100
17	Mel Sherman	Ipswich JAFFA RC	0	0	0	100	0	0	0	0	0	100
18	Elise Daykin-Colombel	Ipswich JAFFA RC	0	0	99	0	0	0	0	0	0	99
19	Abby Gaeta	Ipswich JAFFA RC	0	0	0	0	0	99	0	0	0	99
20	Samantha Banks	Ipswich Jaffa RC	0	0	0	0	0	98	0	0	0	98
21	Sarah Maidment	Bungay Black Dog RC	0	0	0	0	0	0	0	0	98	98
22	Jayne Wright	Framlingham Flyers	0	0	0	0	98	0	0	0	0	98
23	Cheryl Claydon	Haverhill Running Club	0	0	0	0	0	0	97	0	0	97
24	Jane Hannah	Bungay Black Dog RC	0	0	0	0	0	0	0	0	97	97
25	Samantha Linassi	Ipswich JAFFA	0	0	97	0	0	0	0	0	0	97
26	Jennifer Wright	Ipswich Jaffa RC	0	0	0	0	0	96	0	0	0	96
27	Jenny Alton	Saint Edmund Pacers	0	0	0	95	0	0	0	0	0	95
28	Vicky Archard	Waveney Valley AC	0	0	0	0	0	0	0	0	95	95
29	Annabel Leech	Woodbridge Shufflers RC	0	0	0	0	95	0	0	0	0	95
30	Clare Bailie	Stowmarket Striders RC	0	0	0	0	0	0	0	0	94	94
31	Charlotte Richardson	Ipswich JAFFA	0	0	94	0	0	0	0	0	0	94
32	Stephanie Whyte	Bungay Black Dog RC	94	0	0	0	0	0	0	0	0	94
33	Tanya Holloway	Bungay Black Dog RC	0	0	0	0	0	0	0	0	93	93
34	Cherilyn Lane	Haverhill Running Club	93	0	0	0	0	0	0	0	0	93
35	Amy Godbold	Bungay Black Dog RC	0	0	0	0	0	0	0	0	92	92
36	Jo Harris	Capel Cheetahs	0	0	0	0	0	92	0	0	0	92
37	Carol Le Roy	Haverhill Running Club	0	0	0	92	0	0	0	0	0	92
38	Donna Talbot	Saint Edmund Pacers	92	0	0	0	0	0	0	0	0	92
39	Loretta Thurston	Bungay Black Dog RC	0	0	0	0	0	0	0	0	91	91
40	Emily Barclay	Bungay Black Dog RC	89	0	0	0	0	0	0	0	0	89
41	Zoe Chapman	Haverhill Running Club	88	0	0	0	0	0	0	0	0	88
42	Jennifer Devaney	Stowmarket Striders RC	0	0	0	88	0	0	0	0	0	88
43	Clare West	Bungay Black Dog RC	0	0	0	0	0	0	0	0	88	88
44	Lucy Johnston	Bungay Black Dog RC	0	0	0	0	0	0	0	0	86	86
45	Jess Preston	Sudbury Joggers	0	0	0	0	0	0	0	0	85	85
F40												
1	Odette Robson	Saint Edmund Pacers	0	100	0	100	100	100	0	100	0	500
2	Mary-Ann Moseley	Haverhill Running Club	0	98	100	98	99	0	100	0	100	495
3	Catherine Belsom	Stowmarket Striders RC	97	0	97	0	98	97	0	0	96	485
4	Suzanne Heath	Ipswich JAFFA	99	0	98	96	0	0	0	0	0	293
5	Anna Smith	Stowmarket Striders RC	0	0	94	93	0	0	0	0	93	280
6	Liz Beighton	Stowmarket Striders RC	0	91	91	0	96	0	0	0	0	278
7	Marianne Hedge	Felixstowe Road Runners	0	0	89	90	0	91	0	0	0	270
8	Tina Church	The Saxons	0	0	86	87	94	0	0	0	0	267
9	Hannah Wood	Ipswich JAFFA	100	0	0	0	0	0	0	0	100	200
10	Becky Overy-Owen	Woodbridge Shufflers RC	0	0	99	0	0	99	0	0	0	198
11	Melody-Anne Neville	Stowmarket Striders RC	0	0	0	97	97	0	0	0	0	194
12	Sandra Bumphrey	Capel Cheetahs	0	0	0	95	0	96	0	0	0	191
13	Kate Wooldridge	Ipswich JAFFA	0	0	93	0	0	98	0	0	0	191
14	Corinna Hussey	Hadleigh Hares AC	98	0	92	0	0	0	0	0	0	190
15	Carolynn Anderson	Newmarket Joggers	96	0	0	92	0	0	0	0	0	188
16	Sue Lowther	Bungay Black Dog RC	0	0	0	0	0	93	0	0	91	184
17	Alison Leech	Stowmarket Striders RC	0	0	87	0	95	0	0	0	0	182
18	Heidi Knight	Capel Cheetahs	0	0	88	0	0	92	0	0	0	180
19	Sharon Breward	Sudbury Joggers AC	90	0	0	86	0	0	0	0	0	176
20	Jacquelyn Cobbold	Hadleigh Hares AC	0	0	0	0	0	0	0	99	0	99
21	Alison Couldry	Haverhill Running Club	0	99	0	0	0	0	0	0	0	99
22	Joanne Cox	Bungay Black Dog RC	0	0	0	0	0	0	0	0	99	99
23	Ursula Ransom	Newmarket Joggers	0	0	0	99	0	0	0	0	0	99
24	Fiona Short	Haverhill Running Club	0	0	0	0	0	0	99	0	0	99
25	Sarah Proffitt	Felixstowe RRC	0	0	0	0	0	0	0	0	98	98
26	Laura Devereux	Bungay Black Dog RC	0	0	0	0	0	0	0	0	97	97
27	Sandra Webb	Saint Edmund Pacers	0	97	0	0	0	0	0	0	0	97
28	Emma Meiring	Woodbridge Shufflers RC	0	0	96	0	0	0	0	0	0	96
29	Lisa Redman	Newmarket Cycling and Triathlon Club	0	96	0	0	0	0	0	0	0	96
30	Claire Palfrey	Ipswich JAFFA	0	0	0	0	0	95	0	0	0	95
31	Claire Parkins	Stowmarket Striders	0	95	0	0	0	0	0	0	0	95
32	Melanie Snare	Framlingham Flyers	0	0	95	0	0	0	0	0	0	95
33	Jo Walker	Bungay Black Dog RC	0	0	0	0	0	0	0	0	95	95
34	Emma Yarrow	Stowmarket Striders	95	0	0	0	0	0	0	0	0	95
35	Helen Cain	Stowmarket Striders	94	0	0	0	0	0	0	0	0	94
36	Caren Elvin	Waveney Valley AC	0	0	0	0	0	0	0	0	94	94
37	Louise Goddard	Stowmarket Striders RC	0	0	0	94	0	0	0	0	0	94
38	Melissa Rittimut-Mak	Saint Edmund Pacers	0	94	0	0	0	0	0	0	0	94
39	Sarah Watkins	Hadleigh Hares AC	0	0	0	0	0	94	0	0	0	94
40	Fiona Hunt	Ipswich JAFFA	0	93	0	0	0	0	0	0	0	93
41	Nicola Vaughan	Haverhill Running Club	93	0	0	0	0	0	0	0	0	93
42	Clare Gillibrand	Sudbury Joggers AC	92	0	0	0	0	0	0	0	0	92
43	Lisa-Jayne Joyce	Waveney Valley AC	0	92	0	0	0	0	0	0	0	92
44	Lisa Joyce	Waveney Valley AC	0	0	0	0	0	0	0	0	92	92
45	Liz Beighton	Felixstowe RRC	0	0	0	91	0	0	0	0	0	91
46	Debbie Harman	Sudbury Joggers AC	91	0	0	0	0	0	0	0	0	91
47	Belinda Dawson	Ipswich Triathlon Club	0	0	0	0	0	90	0	0	0	90
48	Jo Fisk	Waveney Valley AC	0	0	0	0	0	0	0	0	90	90
49	Alison French	Felixstowe Road Runners	0	0	90	0	0	0	0	0	0	90
50	Chrissie Baxter	Hadleigh Hares AC	89	0	0	0	0	0	0	0	0	89
51	Jo Bowman	Ipswich JAFFA RC	0	0	0	89	0	0	0	0	0	89
52	Rachel Crisp	Felixstowe RRC	0	0	0	0	0	0	0	0	89	89
53	Karen Murphy	Hadleigh Hares AC	88	0	0	0	0	0	0	0	0	88
54	Liz O'riordan	Stowmarket Striders RC	0	0	0	88	0	0	0	0	0	88
55	Sarah Sparkes	Bungay Black Dog RC	0	0	0	0	0	0	0	0	88	88
56	Julie Richardson	Ipswich JAFFA RC	0	0	0	85	0	0	0	0	0	85
57	Amanda Smith	Felixstowe Road Runners	0	0	85	0	0	0	0	0	0	85
F45												
1	Jackie Hann	Sudbury Joggers	0	0	100	99	99	100	0	100	100	499
2	Kate Beer	Stowmarket Striders	0	98	95	0	97	97	100	0	98	490
3	Jo Parden	Framlingham Flyers	0	0	96	96	0	98	0	99	99	488
4	Jo Dickinson	Felixstowe Road Runners	86	0	91	83	0	0	0	98	96	454
5	Eloise Bird	Saint Edmund Pacers	0	0	93	0	0	93	97	0	95	378
6	Helen Spooner	Haverhill Running Club	95	0	0	90	95	0	98	0	0	378

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7	Mandy Godbold	Ipswich Harriers	0	0	97	97	0	96	0	0	0	290
8	Geraldine Clarke	Framlingham Flyers	100	0	0	0	100	0	0	0	0	200
9	Amanda Martin	Saint Edmund Pacers	0	100	0	100	0	0	0	0	0	200
10	Sarah Vick	The Saxons	98	0	0	98	0	0	0	0	0	196
11	Gin Craig	Sudbury Joggers AC	0	99	0	95	0	0	0	0	0	194
12	Teresa Bailey	Framlingham Flyers	0	0	94	94	0	0	0	0	0	188
13	Lesley Gooderham	Saint Edmund Pacers	0	0	0	91	96	0	0	0	0	187
14	Lindsay Hobden	Sudbury Joggers AC	93	0	0	93	0	0	0	0	0	186
15	Sally Solomon	Felixstowe Road Runners	0	0	92	0	0	0	0	0	94	186
16	Angela Burdett	Stowmarket Striders	87	0	0	0	0	0	94	0	0	181
17	Melonie Evans	Sudbury Joggers AC	89	0	0	81	0	0	0	0	0	170
18	Kym Cromarty	Haverhill Running Club	0	0	0	0	0	0	99	0	0	99
19	Amanda Mallett	Ipswich Triathlon Club	0	0	0	0	0	99	0	0	0	99
20	Anna Sinclair	Woodbridge Shufflers RC	0	0	99	0	0	0	0	0	0	99
21	Jo Stephenson	Stowmarket Striders	99	0	0	0	0	0	0	0	0	99
22	Rebecca Clare	Woodbridge Shufflers RC	0	0	0	0	98	0	0	0	0	98
23	Lesley Cooper	Felixstowe Road Runners	0	0	98	0	0	0	0	0	0	98
24	Julia Baldwin	Stowmarket Striders	97	0	0	0	0	0	0	0	0	97
25	Joanne Rosenwold	Haverhill Running Club	0	97	0	0	0	0	0	0	0	97
26	Sharon White	Sudbury Joggers	0	0	0	0	0	0	0	0	97	97
27	Sheila Buck	Sudbury Joggers	0	0	0	0	0	0	96	0	0	96
28	Jean Newlands	Haverhill Running Club	96	0	0	0	0	0	0	0	0	96
29	Wendy Aldhouse	Haverhill Running Club	0	0	0	0	0	0	95	0	0	95
30	Helen Yellop	Capel Cheetahs	0	0	0	0	0	95	0	0	0	95
31	Rebecca Jennings	Saint Edmund Pacers	0	0	0	0	0	94	0	0	0	94
32	Tracey Rose	Stowmarket Striders	94	0	0	0	0	0	0	0	0	94
33	Tracy North	Haverhill Running Club	0	0	0	0	0	0	93	0	0	93
34	Sil Clay	Haverhill Running Club	0	0	0	0	0	0	92	0	0	92
35	Lisa Dalton	Sudbury Joggers AC	92	0	0	0	0	0	0	0	0	92
36	Lyn Goodwin	Brandon Fern Hoppers	0	0	0	92	0	0	0	0	0	92
37	Amanda Prior	Capel Cheetahs	0	0	0	0	0	92	0	0	0	92
38	Isabel Vicente	Newmarket Joggers	91	0	0	0	0	0	0	0	0	91
39	Samantha Grose	Saint Edmund Pacers	90	0	0	0	0	0	0	0	0	90
40	Karen Chamberlain	Ipswich JAFFA RC	0	0	0	89	0	0	0	0	0	89
41	Susan Bloomfield	Stowmarket Striders RC	0	0	0	88	0	0	0	0	0	88
42	Michelle Gardner	Haverhill Running Club	88	0	0	0	0	0	0	0	0	88
43	Steve Brodie	Brandon Fern Hoppers	0	0	0	87	0	0	0	0	0	87
44	Janis Taylor	Ipswich JAFFA RC	0	0	0	86	0	0	0	0	0	86
45	Kim Abson	Stowmarket Striders RC	0	0	0	85	0	0	0	0	0	85
46	Susan Whiting	Ipswich JAFFA RC	0	0	0	84	0	0	0	0	0	84
47	Alyson Limpkin-Challis	Felixstowe RRC	0	0	0	82	0	0	0	0	0	82
F50												
1	Marion Parker	Felixstowe Road Runners	0	0	100	97	100	100	0	0	0	397
2	Angela Brinkley	Stowmarket Striders RC	0	0	0	95	99	0	99	0	99	392
3	Sandra Mayhew	Stowmarket Striders RC	0	0	0	94	98	0	98	0	98	388
4	Jo Whelan	Felixstowe Road Runners	92	0	97	0	0	96	0	0	95	380
5	Jackie Collins	Felixstowe RRC	0	0	0	0	97	98	0	99	0	294
6	Haley Suttle	Stowmarket Striders RC	100	0	0	0	0	0	0	0	100	200
7	Sandy Thorogood	Sudbury Joggers	0	0	0	99	0	0	100	0	0	199
8	Claire Hoblyn	Saint Edmund Pacers	0	100	0	98	0	0	0	0	0	198
9	Teresa Franklin	Haverhill Running Club	96	0	0	0	0	0	0	100	0	196
10	Dee St Ledger	Sudbury Joggers AC	0	98	0	96	0	0	0	0	0	194
11	Karen Gedge	Bungay Black Dog RC	0	96	0	0	0	0	0	0	97	193
12	Ann Granger	The Saxons	0	0	0	0	96	97	0	0	0	193
13	Angela Whiting	Stowmarket Striders RC	95	0	0	90	0	0	0	0	0	185
14	Val Jennings	Ipswich JAFFA RC	0	0	0	100	0	0	0	0	0	100
15	Tina Belsom	Stowmarket Striders RC	0	0	0	0	0	99	0	0	0	99
16	Sarah Golding	Saint Edmund Pacers	0	99	0	0	0	0	0	0	0	99
17	Bella Lewendon	Ipswich JAFFA	0	0	99	0	0	0	0	0	0	99
18	Maire O'Brien	Saint Edmund Pacers	99	0	0	0	0	0	0	0	0	99
19	Sue Garrod	Stowmarket Striders	98	0	0	0	0	0	0	0	0	98
20	Jenny Jarrett	Felixstowe Road Runners	0	0	98	0	0	0	0	0	0	98
21	Shirley Fowler	Haverhill Running Club	0	97	0	0	0	0	0	0	0	97
22	Brigitte Heard	Haverhill Running Club	0	0	0	0	0	0	97	0	0	97
23	Sara Taylor-Balls	Hadleigh Hares AC	97	0	0	0	0	0	0	0	0	97
24	Christine Ashe	Bungay Black Dog RC	0	0	0	0	0	0	0	0	96	96
25	Jacqueline Hewitt	Haverhill Running Club	0	0	0	0	0	0	96	0	0	96
26	Jane Garvin	Ipswich Jaffa RC	0	0	0	0	0	95	0	0	0	95
27	Alison Hunt	Haverhill Running Club	0	0	0	0	0	0	95	0	0	95
28	Claire Jay	Stowmarket Striders RC	0	0	0	0	95	0	0	0	0	95
29	Aynur Karakus	Saint Edmund Pacers	0	95	0	0	0	0	0	0	0	95
30	Lindsay Matthews	Haverhill Running Club	94	0	0	0	0	0	0	0	0	94
31	Arabella Lewendon	Ipswich JAFFA RC	0	0	0	93	0	0	0	0	0	93
32	Kirsty Weavers	Saint Edmund Pacers	93	0	0	0	0	0	0	0	0	93
33	Rita Rue	Saint Edmund Pacers	0	0	0	92	0	0	0	0	0	92
34	Annabel Bennett	Felixstowe RRC	0	0	0	91	0	0	0	0	0	91
35	Claire Mortimer	Hadleigh Hares AC	91	0	0	0	0	0	0	0	0	91
36	Susannah Rosenberg	Ipswich Triathlon Club	90	0	0	0	0	0	0	0	0	90
37	Jacqueline Delf	Newmarket Joggers	89	0	0	0	0	0	0	0	0	89
38	Anne Killett	Hadleigh Hares AC	0	0	0	89	0	0	0	0	0	89
39	Sarah Jarvis	Haverhill Running Club	88	0	0	0	0	0	0	0	0	88
40	Jenny Lynch	Felixstowe RRC	0	0	0	88	0	0	0	0	0	88
F55												
1	Belinda Godbold	Ipswich JAFFA	0	0	100	100	100	100	0	0	100	500
2	Wendy Hughes	Stowmarket Striders RC	100	0	0	98	99	0	100	0	97	494
3	Bobbie Sauerzapf	Bungay Black Dog RC	0	100	0	99	0	0	0	0	99	298
4	Sandra Hiscox	Haverhill Running Club	98	0	0	0	0	0	99	0	0	197
5	Nicola Stevenson	Felixstowe RRC	0	0	0	97	0	98	0	0	0	195
6	Jane Bailey	Felixstowe RRC	0	0	0	96	0	97	0	0	0	193
7	Belinda Schofield	Newmarket Joggers	0	0	0	0	0	0	0	100	0	100
8	Alison Beech	Ipswich JAFFA	0	0	99	0	0	0	0	0	0	99
9	Karen Hatton	Saint Edmund Pacers	0	0	0	0	0	99	0	0	0	99
10	Melanie Roberts	Woodbridge Shufflers RC	0	0	0	0	0	0	0	99	0	99
11	Carina Sewell	Woodbridge Shufflers	0	99	0	0	0	0	0	0	0	99
12	Deborah Stewart	Hadleigh Hares AC	99	0	0	0	0	0	0	0	0	99
13	Louise Adamson	Waveney Valley AC	0	0	0	0	0	0	0	0	98	98

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14	Rebecca Bowen	Hadleigh Hares AC	97	0	0	0	0	0	0	0	0	97
15	Jackie Bell	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	96
F60												
1	Marion Walker	Framlingham Flyers	0	0	100	0	99	0	100	0	100	399
2	Vivienne Taylor	Framlingham Flyers	0	0	99	99	0	0	0	0	0	198
9	Susan Wilshaw	Capel Cheetahs	0	0	0	98	0	100	0	0	0	198
3	Julie Haselwood	Ipswich JAFFA RC	0	0	0	100	97	0	0	0	0	197
4	Moir Pinkney	Ipswich Triathlon Club	0	0	98	0	98	0	0	0	0	196
5	Corinne Shoolbred	Newmarket Joggers	100	0	0	0	96	0	0	0	0	196
6	Hazel Garrity	Bungay Black Dog RC	0	0	0	0	100	0	0	0	0	100
7	Mary Marsh	Newmarket Joggers	0	0	0	0	0	0	0	100	0	100
8	Cheryl Trundle	Haverhill Running Club	0	100	0	0	0	0	0	0	0	100
10	Joan Nevin	Haverhill Running Club	99	0	0	0	0	0	0	0	0	99
11	Anne Oliver	Felixstowe RRC	0	0	0	0	0	0	0	0	0	99
12	Judith Masters	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	98
13	Pat Atwood	Hadleigh Hares AC	0	0	97	0	0	0	0	0	0	97
F65+												
1	Anne Fish	Stowmarket Striders RC	0	0	0	0	100	0	0	0	100	200
2	Maureen Wright	Ipswich JAFFA RC	0	0	0	100	0	0	0	0	0	100
3	Pamela Brown	Bungay Black Dog RC	0	0	0	0	99	0	0	0	0	99
4	Jean Cox	Woodbridge Shuffler RC	0	0	0	99	0	0	0	0	0	99
Male												
1	Andrew Bell	Haverhill Running Club	0	0	0	98	100	99	100	0	99	496
2	Jim Last	Framlingham Flyers	99	0	94	92	99	0	0	0	0	482
3	Thomas Challenger	Sudbury Joggers AC	0	97	0	93	95	96	0	0	0	473
4	Samuel Burdett	Stowmarket Striders RC	95	0	93	90	89	0	98	0	0	465
5	Robin Harper	Felixstowe Road Runners	0	93	92	86	92	88	0	0	0	456
6	Marcus Catlin	Ipswich JAFFA	0	96	80	88	0	86	0	0	0	443
7	Alex Jacobs	Felixstowe Road Runners	0	82	73	64	77	65	0	0	0	438
8	Craig Sisson	Haverhill Running Club	87	0	83	87	0	84	97	0	0	438
9	Graham Dixon	Haverhill Running Club	82	0	69	72	79	68	95	0	0	409
10	Peter Woods	Felixstowe Road Runners	0	0	84	82	81	79	0	0	0	409
11	Mark Austin	Woodbridge Shufflers RC	0	0	70	71	78	0	0	98	0	396
12	James Wilson	The Saxons	93	0	90	0	93	87	0	0	0	363
13	Keelan Smith	The Saxons	75	0	63	0	74	58	0	0	0	346
14	Will Schwer	Felixstowe Road Runners	74	0	62	61	0	57	0	0	0	328
15	Sean Kennedy	Woodbridge Shufflers RC	0	0	85	0	87	83	0	0	0	255
16	Tom Wake	Ipswich JAFFA RC	0	92	81	78	0	0	0	0	0	251
17	Jake Church	The Saxons	0	0	76	85	85	0	0	0	0	246
18	Paul Wright	Woodbridge Shufflers	0	84	0	0	80	80	0	0	0	244
19	Jonathan Scott	Ipswich JAFFA	0	81	65	0	0	59	0	0	0	205
20	Robert Chenery	Ipswich JAFFA	0	98	0	0	0	98	0	0	0	196
21	Gavin Davies	Ipswich JAFFA	0	0	99	0	0	97	0	0	0	196
22	Tom Kingsnorth	Saint Edmund Pacers	98	0	0	97	0	0	0	0	0	195
23	Adam Wade	Ipswich JAFFA	0	0	97	0	98	0	0	0	0	195
24	Thomas White	Saint Edmund Pacers	97	0	0	94	0	0	0	0	0	191
25	Mark Leeks	Ipswich JAFFA	89	0	0	0	0	0	96	0	0	185
26	Ian Old	Ipswich JAFFA	0	0	91	0	0	94	0	0	0	185
27	Matthew Crane	Saint Edmund Pacers	92	0	0	0	91	0	0	0	0	183
28	Benjamin Cuthbert	Sudbury Joggers AC	0	89	0	91	0	0	0	0	0	180
29	Matthew Eveleigh	Stowmarket Striders	86	0	0	0	0	0	94	0	0	180
30	Philip Green	Stowmarket Striders RC	94	0	0	0	0	85	0	0	0	179
31	Peter Rogers	Waveney Valley AC	0	0	0	0	90	0	0	0	0	178
32	Dave Beighton	Saint Edmund Pacers	0	0	0	0	88	0	0	0	0	175
33	Shaun Button	Bungay Black Dog RC	0	86	0	0	0	0	0	0	0	171
34	Neil Gillingham	Ipswich Harriers	0	0	86	83	0	0	0	0	0	169
35	David Neeve	Bungay Black Dog RC	84	0	0	0	82	0	0	0	0	166
36	Richard Leeder	Stowmarket Striders RC	80	0	0	0	0	0	0	0	0	164
37	Neil Catley	Felixstowe Road Runners	0	87	0	0	0	76	0	0	0	163
38	Lee Markham	Woodbridge Shufflers RC	0	0	75	0	84	0	0	0	0	159
39	Benjamin Jacobs	Felixstowe Road Runners	0	0	79	0	0	77	0	0	0	156
40	Ashley Smy	Ipswich JAFFA	0	0	74	0	0	81	0	0	0	155
41	Matt Tomkins	Stowmarket Striders	85	0	0	70	0	0	0	0	0	155
42	Christopher Bing	Ipswich JAFFA	0	0	78	0	0	73	0	0	0	151
43	Richard Wilkins	Felixstowe RRC	0	0	0	0	0	71	0	0	0	149
44	Darran Sands	Framlingham Flyers	77	0	67	0	0	0	0	0	0	144
45	Tim Davies	Ipswich JAFFA RC	0	0	0	67	76	0	0	0	0	143
46	Simon Wallis	Haverhill Running Club	78	0	0	0	0	63	0	0	0	141
47	James Briggs	Haverhill Running Club	76	0	0	63	0	0	0	0	0	139
48	Jamie Payne	Framlingham Flyers	0	0	0	0	75	62	0	0	0	137
49	Michael Shel Drake	Ipswich JAFFA RC	0	0	0	68	0	66	0	0	0	134
50	Macauley Delo	West Suffolk AC	0	0	0	100	0	0	0	0	0	100
51	Joshua Entwistle	Felixstowe RRC	0	0	0	0	0	100	0	0	0	100
52	Tom Hale	Saint Edmund Pacers	100	0	0	0	0	0	0	0	0	100
53	Kieran McMorran	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	0	100
54	Denys Olefir	Newmarket Joggers	0	0	0	0	0	0	0	100	0	100
55	Theo Passmore	Ipswich Harriers	0	0	100	0	0	0	0	0	0	100
56	Martyn Taylor	Newmarket Joggers	0	100	0	0	0	0	0	0	0	100
57	Tom Fairbrother	Woodbridge Shuffler RC	0	0	0	99	0	0	0	0	0	99
58	Michael Gilbert	Haverhill Running Club	0	0	0	0	0	0	0	99	0	99
59	Gordon Irvine	Newmarket Cycling And Triathlon Club	0	0	0	0	0	0	99	0	0	99
60	Nick Smith	Saint Edmund Pacers	0	99	0	0	0	0	0	0	0	99
61	Jonathan Ling	Ipswich JAFFA	0	0	98	0	0	0	0	0	0	98
62	Alan Cooney	The Saxons	0	0	0	0	97	0	0	0	0	97
63	Will Law	Ipswich Jaffa RC	0	0	0	0	0	0	0	0	0	97
64	Carl Mynott	Haverhill Running Club	0	0	0	0	0	0	0	97	0	97
65	Thomas Adams	Ipswich Harriers	0	0	0	96	0	0	0	0	0	96
66	Joe Carr	Framlingham Flyers	0	0	0	0	96	0	0	0	0	96
67	Chris Gay	Newmarket Joggers	96	0	0	0	0	0	0	0	0	96
68	Danny Rock	Felixstowe RRC	0	0	0	0	0	0	0	0	0	96
69	Paul Wain	Ipswich Harriers	0	0	96	0	0	0	0	0	0	96
70	Nicholas Clarke	Ipswich JAFFA RC	0	0	0	95	0	0	0	0	0	95
71	Ryan Ostler	Ipswich JAFFA RC	0	0	0	0	0	95	0	0	0	95
72	Joe Sadler	Newmarket Joggers	0	95	0	0	0	0	0	0	0	95
73	Gareth Thomas	Haverhill Running Club	0	0	0	0	0	0	0	0	0	95

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74	Benjamin Turley	Ipswich JAFFA	0	0	95	0	0	0	0	0	95
75	Jon Sidebotham	Saint Edmund Pacers	0	94	0	0	0	0	0	0	94
76	Alex Tripp	Ipswich Harriers	0	0	0	0	94	0	0	0	94
77	Luke Whitwell	Felixstowe RRC	0	0	0	0	0	0	0	94	94
78	Mark Hayward	Stowmarket Striders RC	0	0	0	0	0	93	0	0	93
79	Marc Briggs	Ipswich Jaffa RC	0	0	0	0	0	92	0	0	92
80	Kevin Connolly	Newmarket Joggers	0	91	0	0	0	0	0	0	91
81	Shaun Jones	Stowmarket Striders	91	0	0	0	0	0	0	0	91
82	Christopher Witmore	Bungay Black Dog RC	0	0	0	0	0	91	0	0	91
83	Ben Churchman	Diss & District AC	0	90	0	0	0	0	0	0	90
84	George Dixon	Ipswich Jaffa RC	0	0	0	0	0	90	0	0	90
85	James Drake	Waveney Valley AC	0	0	0	0	0	0	0	90	90
86	Chris Hall	Bungay Black Dog RC	90	0	0	0	0	0	0	0	90
87	Craig Fiddaman	Ipswich Jaffa RC	0	0	0	0	0	89	0	0	89
88	James Hayward	Stowmarket Striders RC	0	0	0	0	0	0	0	0	89
89	Graham Jenvey	Bungay Black Dog RC	0	0	0	89	0	0	0	0	89
90	Henry Milldown	Ipswich Harriers	0	0	89	0	0	0	0	0	89
91	Carl Ashton	Ipswich JAFFA	0	0	88	0	0	0	0	0	88
92	Oliver Riches	Ipswich JAFFA	88	0	0	0	0	0	0	0	88
93	Stewart White	Saint Edmund Pacers	0	88	0	0	0	0	0	0	88
94	Ben Wharnsby	Ipswich Harriers	0	0	87	0	0	0	0	0	87
95	Paul Dockerill	Newmarket Joggers	0	0	0	0	0	0	0	0	86
96	Ben Jacobs	Felixstowe RRC	0	0	0	0	86	0	0	0	86
97	Peter Woods	Stowmarket Striders RC	0	85	0	0	0	0	0	0	85
98	Elliot Burdett	Stowmarket Striders RC	0	0	0	84	0	0	0	0	84
99	Jordan Beaumont	Ipswich JAFFA	83	0	0	0	0	0	0	0	83
100	Thomas Hunnisett	The Saxons	0	0	0	0	83	0	0	0	83
101	Jack Tappin	Haverhill Running Club	0	83	0	0	0	0	0	0	83
102	Chris Bradford	Waveney Valley AC	0	0	0	0	0	0	0	0	82
103	Sam Brooke	Felixstowe Road Runners	0	0	82	0	0	0	0	0	82
104	Dalton Coe	Ipswich Harriers	0	0	0	0	0	82	0	0	82
105	Andrew Collett	Stowmarket Striders	81	0	0	0	0	0	0	0	81
106	Dominic Mason	Ipswich Harriers	0	0	0	81	0	0	0	0	81
107	Ben Hammond	Stowmarket Striders RC	0	0	0	80	0	0	0	0	80
108	Robert Milner	Waveney Valley AC	0	0	0	0	0	0	0	0	80
109	Adam Clarke	Saint Edmund Pacers	0	0	0	79	0	0	0	0	79
110	Andrew Martin	Haverhill Running Club	79	0	0	0	0	0	0	0	79
111	Garry Cullum	Ipswich Jaffa RC	0	0	0	0	0	78	0	0	78
112	Ricky Peacher	Framlingham Flyers	0	0	77	0	0	0	0	0	77
113	Neil Williamson	Newmarket Joggers	0	0	0	77	0	0	0	0	77
114	George Lankester	Ipswich JAFFA RC	0	0	0	76	0	0	0	0	76
115	Marcus Boon	Ipswich JAFFA RC	0	0	0	75	0	0	0	0	75
116	Andy Hayward	Stowmarket Striders RC	0	0	0	0	0	0	0	0	75
117	Paul Osborne	Felixstowe RRC	0	0	0	0	0	75	0	0	75
118	Matthew Everett	Saint Edmund Pacers	0	0	0	74	0	0	0	0	74
119	Ben Jennings	Saint Edmund Pacers	0	0	0	0	0	74	0	0	74
120	Alex Taylor	Saint Edmund Pacers	0	0	0	73	0	0	0	0	73
121	Adam Brett	Felixstowe RRC	0	0	0	0	0	72	0	0	72
122	Rossi Copsey	Ipswich JAFFA	0	0	72	0	0	0	0	0	72
123	Thomas Alexander	Woodbridge Shufflers RC	0	0	71	0	0	0	0	0	71
124	Jason Smith	Sudbury Joggers	0	0	0	0	0	70	0	0	70
125	Peter Jenkyn	Saint Edmund Pacers	0	0	0	69	0	0	0	0	69
126	Peter Reach	Stowmarket Striders RC	0	0	0	0	0	69	0	0	69
127	James Fox	The Saxons	0	0	68	0	0	0	0	0	68
128	Terry Bennington	Stowmarket Striders RC	0	0	0	0	0	67	0	0	67
129	Stephen Collins	Ipswich JAFFA RC	0	0	66	0	0	0	0	0	66
130	Kenneth Wright	Ipswich JAFFA RC	0	0	0	66	0	0	0	0	66
131	Alan Huggins	Diss and District AC	0	0	0	65	0	0	0	0	65
132	James Smith	Woodbridge Shufflers RC	0	0	64	0	0	0	0	0	64
133	Rohit Upasani	Ipswich Triathlon Club	0	0	0	0	0	64	0	0	64
134	Shane Tilstone	Brandon Fern Hoppers	0	0	0	62	0	0	0	0	62
135	Jonathan Jenkyn	Felixstowe Road Runners	0	0	61	0	0	0	0	0	61
136	David Mayes	Felixstowe RRC	0	0	0	0	0	61	0	0	61
137	Rob Harrow	Sudbury Joggers	0	0	0	0	0	60	0	0	60
M40											
1	Adam Howlett	Framlingham Flyers	100	0	100	100	100	0	100	0	500
2	Darren Cook	Felixstowe Road Runners	0	96	97	98	0	99	0	100	98
3	Mark White	Haverhill Running Club	0	94	95	96	95	0	99	0	479
4	Darren Sheppard	Framlingham Flyers	98	0	99	0	99	0	0	0	396
5	Thomas Haslam	The Saxons	97	0	92	94	0	0	0	0	379
6	Ian Elden	Haverhill Running Club	0	89	96	95	0	0	97	0	377
7	Tim Larke	Stowmarket Striders RC	0	98	98	0	0	0	0	0	295
8	John Thorpe	Ipswich JAFFA RC	0	0	0	97	96	98	0	0	291
9	Peter Bird	Saint Edmund Pacers	0	0	94	0	0	0	98	0	282
10	Daniel Shanks	Felixstowe Road Runners	0	92	93	0	0	96	0	0	281
11	Simon Wiggins	Felixstowe Road Runners	0	0	90	91	0	0	0	0	270
12	Simon Merrick	Felixstowe Road Runners	91	0	88	0	0	0	0	0	267
13	Daniel Gould	Felixstowe Road Runners	0	87	0	86	0	0	0	0	255
14	Mark Furnace	Ipswich JAFFA	99	0	0	0	98	0	0	0	197
15	Nick Palmer	Stowmarket Striders RC	0	0	0	0	97	100	0	0	197
16	Jason Taylor	Felixstowe Road Runners	0	99	0	0	0	0	0	0	196
17	Mathew Cowell	Haverhill Running Club	0	93	0	0	0	0	0	99	192
18	Lee Crisp	Felixstowe RRC	0	0	0	92	0	97	0	0	189
19	Steve McNamara	Stowmarket Striders	92	0	0	0	91	0	0	0	183
20	Jim Comber	Sudbury Joggers AC	0	90	0	0	0	0	0	0	182
21	Guy Hayward	Framlingham Flyers	0	0	0	88	94	0	0	0	182
22	Paul Lacey	Hadleigh Hares AC	0	0	0	87	93	0	0	0	180
23	Chris Backhouse	Bungay Black Dog RC	0	0	85	0	0	94	0	0	179
24	Mark Goodwin	Felixstowe Road Runners	0	0	91	0	0	0	0	0	178
25	Jon Wiles	Bungay Black Dog RC	0	95	0	0	0	0	0	0	178
26	Adrian Frost	Sudbury Joggers	0	0	0	82	0	0	0	0	176
27	Glenn Proctor	Stowmarket Striders RC	0	0	87	85	0	0	0	0	172
28	Dominic Turner	Sudbury Joggers AC	0	85	0	84	0	0	0	0	169
29	John Scaife	Hadleigh Hares AC	0	100	0	0	0	0	0	0	100
30	Trevor Bunch	Haverhill Running Club	0	0	0	99	0	0	0	0	99
31	Darren Cornell	Haverhill Running Club	0	0	0	0	0	0	98	0	98
32	Ben Blowes	Newmarket Joggers	0	97	0	0	0	0	0	0	97

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33	Paul Game	Haverhill Running Club	96	0	0	0	0	0	0	0	0	96
34	Jason Allard	Stowmarket Striders	95	0	0	0	0	0	0	0	0	95
35	Lloyd Scriven	Waveney Valley AC	0	0	0	0	0	0	0	0	95	95
36	Matt Walls	Ipswich Jaffa RC	0	0	0	0	0	95	0	0	0	95
37	Jason Walker	Stowmarket Striders	94	0	0	0	0	0	0	0	0	94
38	Clive Davey	Sudbury Joggers	0	0	0	93	0	0	0	0	0	93
39	James Howlett	Framlingham Flyers	0	0	0	0	0	0	0	0	93	93
40	Steven King	Felixstowe RRC	0	0	0	0	0	93	0	0	0	93
41	Michael Rushton	Saint Edmund Pacers	93	0	0	0	0	0	0	0	0	93
42	Michael Carpenter	Ipswich Jaffa RC	0	0	0	0	0	92	0	0	0	92
43	Mark Rose	Ipswich Jaffa RC	0	0	0	0	92	0	0	0	0	92
44	Justin Long	Newmarket Joggers	0	91	0	0	0	0	0	0	0	91
45	Tom Pullinger	Bungay Black Dog RC	0	0	0	0	0	0	0	0	91	91
46	Nick Hammond	Stowmarket Striders RC	0	0	0	0	90	0	0	0	0	90
47	Wayne Moore	Haverhill Running Club	90	0	0	0	0	0	0	0	0	90
48	Chris Sugars	Ipswich Harriers	0	0	0	90	0	0	0	0	0	90
49	Simon Tinkler	Framlingham Flyers	0	0	89	0	0	0	0	0	0	89
50	Mark Vince	Woodbridge Shuffler RC	0	0	0	89	0	0	0	0	0	89
51	Mark Skoulding	Stowmarket Striders	0	88	0	0	0	0	0	0	0	88
52	Matt Baldry	Waveney Valley AC	0	0	0	0	0	0	0	0	86	86
53	Hugh Langley	Framlingham Flyers	0	0	86	0	0	0	0	0	0	86
54	Anthony Maclean	Framlingham Flyers	0	86	0	0	0	0	0	0	0	86
55	Stuart Spurgeon	Waveney Valley AC	0	0	0	0	0	0	0	0	85	85
56	Gary Reeve	Ipswich Triathlon Club	0	0	84	0	0	0	0	0	0	84
57	Stuart Shepherd	Haverhill Running Club	0	84	0	0	0	0	0	0	0	84
58	Simon Sparkes	Bungay Black Dog RC	0	0	0	0	0	0	0	0	84	84
59	Ian Bradford	Saint Edmund Pacers	0	0	0	83	0	0	0	0	0	83
60	Duncan Carter	Waveney Valley AC	0	0	0	0	0	0	0	0	81	81
M45												
1	Charles Hann	Sudbury Joggers	0	0	92	98	96	100	0	99	96	489
2	Will Aldred	Framlingham Flyers	98	0	93	0	98	98	0	0	96	485
3	Stephen Hatten	Saint Edmund Pacers	96	0	91	0	90	94	0	97	95	473
4	Richard Dempsey	Woodbridge Shufflers RC	89	0	81	87	88	0	0	95	88	447
5	Dave Solomon	Felixstowe Road Runners	0	100	100	0	0	0	0	100	99	299
6	Richard Clark	The Saxons	92	0	0	0	0	96	0	0	94	282
7	Jamie Randall	Haverhill Running Club	0	91	0	92	0	0	0	96	0	279
8	Rod Prime	Ipswich JAFFA RC	0	0	89	90	0	91	0	0	0	270
9	Ian Gooderham	Saint Edmund Pacers	0	0	87	91	89	0	0	0	0	267
10	Iain Catchpool	Ipswich JAFFA RC	0	0	85	88	91	0	0	0	0	264
11	Paul McAllister	Capel Cheetahs	0	0	84	86	0	90	0	0	0	260
12	Ian Stockley	Stowmarket Striders RC	0	0	80	0	87	89	0	0	0	256
13	Scott Macsephney	Ipswich JAFFA RC	0	0	99	100	0	0	0	0	0	199
14	Adam Johnson	Hadleigh Hares AC	0	0	98	0	100	0	0	0	0	198
15	Mark Ford	Felixstowe Road Runners	0	0	97	99	0	0	0	0	0	196
16	Richard Webster	Woodbridge Shufflers RC	0	0	95	0	99	0	0	0	0	194
17	Nigel Harrison	Ipswich JAFFA	0	96	0	0	0	97	0	0	0	193
18	Alan Sansom	Woodbridge Shufflers	0	98	0	0	95	0	0	0	0	193
19	Paul Brown	Framlingham Flyers	0	0	0	95	97	0	0	0	0	192
20	Andy Barber	Haverhill Running Club	93	0	0	0	0	0	0	98	0	191
21	Warren Birch	Ipswich JAFFA RC	99	0	0	0	0	0	0	0	92	191
22	Rakesh Raja	Saint Edmund Pacers	0	97	0	94	0	0	0	0	0	191
23	Martin Little	Stowmarket Striders	94	0	0	0	94	0	0	0	0	188
24	Vince Webb	Saint Edmund Pacers	97	0	90	0	0	0	0	0	0	187
25	Richard Grimsdell	Saint Edmund Pacers	0	0	88	0	92	0	0	0	0	180
26	Kevin Whelan	Felixstowe Road Runners	0	0	86	0	0	92	0	0	0	178
27	Phil Davies	Ipswich JAFFA RC	0	0	82	89	0	0	0	0	0	171
28	Jimmy Russell	Felixstowe RRC	0	0	0	83	0	0	0	0	86	169
29	Darren Bond	Ipswich JAFFA RC	0	0	79	85	0	0	0	0	0	164
30	Richard Sore	Ipswich JAFFA RC	0	0	75	81	0	0	0	0	0	156
31	John Greener	Saint Edmund Pacers	0	0	0	0	0	0	0	100	0	100
32	Steven Parry	Ipswich JAFFA RC	100	0	0	0	0	0	0	0	0	100
33	Roger Stone	Felixstowe RRC	0	0	0	0	0	0	0	0	100	100
34	Vince Calver	Felixstowe RRC	0	0	0	0	0	99	0	0	0	99
35	Paul Holley	Newmarket Joggers	0	99	0	0	0	0	0	0	0	99
36	Steven Carruthers	Waveney Valley AC	0	0	0	0	0	0	0	0	97	97
37	Chris Tye	Ipswich Tri Club	0	0	0	97	0	0	0	0	0	97
38	Steve Brooke	Felixstowe Road Runners	0	0	96	0	0	0	0	0	0	96
39	Darren Lee	Stowmarket Striders RC	0	0	0	96	0	0	0	0	0	96
40	Chris Fox	Woodbridge Shufflers RC	0	0	0	0	0	95	0	0	0	95
41	Stuart Spencer	Bungay Black Dog RC	0	95	0	0	0	0	0	0	0	95
42	Tim Watson	Stowmarket Striders	95	0	0	0	0	0	0	0	0	95
43	Stephen Atkins	Saint Edmund Pacers	0	94	0	0	0	0	0	0	0	94
44	Ian Duggan	Felixstowe Road Runners	0	0	94	0	0	0	0	0	0	94
45	Ian Bareham	Sudbury Joggers	0	0	0	0	0	93	0	0	0	93
46	Paul Grant	Waveney Valley AC	0	0	0	0	0	0	0	0	93	93
47	Mark Lankester	Ipswich JAFFA	0	93	0	0	0	0	0	0	0	93
48	Steven Neal	Brandon Fern Hoppers	0	0	0	93	0	0	0	0	0	93
49	Kenneth Tovell	Framlingham Flyers	0	0	0	0	93	0	0	0	0	93
50	Philip Brown	Saint Edmund Pacers	0	92	0	0	0	0	0	0	0	92
51	John Gibbons	The Saxons	91	0	0	0	0	0	0	0	0	91
52	Wayne Mumford	Sudbury Joggers	0	0	0	0	0	0	0	0	91	91
53	Philip Grose	Saint Edmund Pacers	90	0	0	0	0	0	0	0	0	90
54	Andrew Pottruff	Bungay Black Dog RC	0	0	0	0	0	0	0	0	90	90
55	Benjamin Solway	Woodbridge Shufflers	0	90	0	0	0	0	0	0	0	90
56	Toby Craig	Bungay Black Dog RC	0	0	0	0	0	0	0	0	89	89
57	Pete Rogers	Haverhill Running Club	0	89	0	0	0	0	0	0	0	89
58	Robert Edge	Sudbury Joggers	0	0	0	0	0	88	0	0	0	88
59	Andrew Smith	Saint Edmund Pacers	88	0	0	0	0	0	0	0	0	88
60	Peter Andrews	Waveney Valley AC	0	0	0	0	0	0	0	0	87	87
61	James Mackay	Stowmarket Striders	87	0	0	0	0	0	0	0	0	87
62	Mark Colman	Waveney Valley AC	0	0	0	0	0	0	0	0	85	85
63	Dean Hearn	Stowmarket Striders RC	0	0	0	84	0	0	0	0	0	84
64	Simon Hedge	Felixstowe Road Runners	0	0	83	0	0	0	0	0	0	83
65	David Hicks	Saint Edmund Pacers	0	0	0	82	0	0	0	0	0	82
66	Gabriel Martins	Ipswich JAFFA	0	0	78	0	0	0	0	0	0	78
67	Nick Good	Ipswich JAFFA	0	0	77	0	0	0	0	0	0	77
68	Andy Wright	Stowmarket Striders RC	0	0	76	0	0	0	0	0	0	76

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M50											
1	Paul Nickells	Woodbridge Shufflers RC	0	0	99	100	0	100	0	100	499
2	Martin Lawrence	Haverhill Running Club	0	98	100	99	99	0	100	0	496
3	Andrew Buck	Sudbury Joggers AC	0	99	0	98	97	99	0	99	494
4	Robin Belsom	Ipswich JAFFA RC	0	96	96	94	95	98	0	96	483
5	Paul Schwer	Felixstowe Road Runners	0	88	86	88	0	92	0	0	449
6	Philip Beer	Stowmarket Striders RC	0	85	81	0	85	84	0	98	443
7	Alistair Dick	Ipswich JAFFA RC	0	97	97	96	96	0	0	0	386
8	Steve Whittaker	Woodbridge Shufflers RC	0	95	95	0	94	95	0	0	379
9	Adrian Goode	Felixstowe Road Runners	99	0	90	92	0	0	0	0	281
10	Howard Revell	Framlingham Flyers	0	0	92	93	93	0	0	0	278
11	Chris Chorley	Bungay Black Dog Running Club	0	89	0	91	0	0	0	0	277
12	William Burdett	Stowmarket Striders RC	0	0	83	0	0	0	98	0	274
13	Tom Hoblyn	Saint Edmund Pacers	0	90	0	87	0	0	0	0	273
14	Ian Kennedy	Framlingham Flyers	0	0	88	0	89	91	0	0	268
15	Joe Naughton	Stowmarket Striders RC	0	86	0	84	0	90	0	0	260
16	Peter Jay	Saint Edmund Pacers	0	87	0	83	82	0	0	0	252
17	Wilfred Campbell	Ipswich JAFFA	0	100	0	0	100	0	0	0	200
18	Russel Breyer	Ipswich JAFFA	100	0	0	0	92	0	0	0	192
19	Tim Ryder	Hadleigh Hares AC	0	0	94	0	0	94	0	0	188
20	Dave Alley	Woodbridge Shufflers RC	0	94	0	0	0	93	0	0	187
21	Robin Mackenzie	Framlingham Flyers	0	0	93	0	91	0	0	0	184
22	Malcolm Pidd	Woodbridge Shufflers	0	93	91	0	0	0	0	0	184
23	Nigel Schofield	Saint Edmund Pacers	0	0	0	90	84	0	0	0	174
24	Tim Long	Ipswich JAFFA	0	0	85	0	0	88	0	0	173
25	Peter Finch	Ipswich JAFFA RC	0	0	0	86	83	0	0	0	169
26	Duncan Chamberlain	Ipswich JAFFA RC	0	0	0	82	0	85	0	0	167
27	Christopher Lucas	The Saxons	0	83	0	0	81	0	0	0	164
28	Andy Stanhope	Felixstowe RRC	0	0	0	0	80	83	0	0	163
29	Steven Hughes	Stowmarket Striders RC	0	0	0	0	0	0	99	0	99
30	Greg Davis	Newmarket Joggers	0	0	0	0	98	0	0	0	98
31	Glynn Thomas	Ipswich JAFFA	0	0	98	0	0	0	0	0	98
32	Martin Archer	Stowmarket Striders RC	0	0	0	97	0	0	0	0	97
33	Stephen Dixon	Ipswich Jaffa RC	0	0	0	0	0	97	0	0	97
34	Stephen Rulton	Sudbury Joggers AC	97	0	0	0	0	0	0	0	97
35	Steve Cox	Hadleigh Hares AC	0	0	0	0	0	96	0	0	96
36	Stephen Curran	Woodbridge Shuffler RC	0	0	0	95	0	0	0	0	95
37	Stuart Young	Bungay Black Dog RC	0	0	0	0	0	0	0	0	94
38	Yusuf Firat	Haverhill Running Club	0	92	0	0	0	0	0	0	92
39	Vladimir Laptikhovskiy	Waveney Valley AC	0	0	0	0	0	0	0	0	92
40	Mike Hankinson	Saint Edmund Pacers	0	91	0	0	0	0	0	0	91
41	Gary Garnham	Ipswich Jaffa RC	0	0	0	0	90	0	0	0	90
42	David Goosey	Waveney Valley AC	0	0	0	0	0	0	0	0	90
43	Gary Clark	Ipswich Triathlon Club	0	0	0	0	0	89	0	0	89
44	Dave Lumby	Ipswich JAFFA	0	0	89	0	0	0	0	0	89
45	Brian Munns	Newmarket Joggers	0	0	0	89	0	0	0	0	89
46	Paul Peek	Waveney Valley AC	0	0	0	0	0	0	0	0	89
47	Michael Banner	Haverhill Running Club	0	0	0	0	88	0	0	0	88
48	Sean O'Loughlin	Bungay Black Dog RC	0	0	0	0	0	0	0	0	88
49	Nick Falconer	Woodbridge Shufflers RC	0	0	87	0	0	0	0	0	87
50	Douglas Gladwin	Bungay Black Dog RC	0	0	0	0	0	0	0	0	87
51	Shaun Good	Felixstowe RRC	0	0	0	0	0	87	0	0	87
52	Richard Higgins	Framlingham Flyers	0	0	0	0	87	0	0	0	87
53	Paul Harrod	Waveney Valley AC	0	0	0	0	0	86	0	0	86
54	Glenn Smith	Diss and District AC	0	0	0	0	86	0	0	0	86
55	Dave Chapman	Sudbury Joggers	0	0	0	85	0	0	0	0	85
56	Mark Carpenter	Haverhill Running Club	0	84	0	0	0	0	0	0	84
57	Andrew Covell	Woodbridge Shufflers RC	0	0	84	0	0	0	0	0	84
58	Huw Jones	Saint Edmund Pacers	0	0	82	0	0	0	0	0	82
59	Adrian Cole	Stowmarket Striders RC	0	0	0	81	0	0	0	0	81
60	Dave Lampard	Felixstowe Road Runners	0	0	80	0	0	0	0	0	80
61	Robert Tillyard	Saint Edmund Pacers	0	0	0	79	0	0	0	0	80
62	Paul Meader	Brandon Fern Hoppers	0	0	0	80	0	0	0	0	79
63	Tim Finegan	Felixstowe RRC	0	0	0	78	0	0	0	0	78
M55											
1	Malcolm Penn	Sudbury Joggers	0	0	0	99	100	100	0	100	498
2	Roger Ackerley	Woodbridge Shufflers RC	100	0	100	0	0	98	0	99	495
3	Stephen Pretty	Stowmarket Striders RC	0	100	0	95	97	97	0	98	487
4	Richard Smith	Felixstowe Road Runners	96	0	95	92	94	0	0	0	465
5	Stephen Hicks	Ipswich Harriers	0	0	99	98	99	99	0	0	395
6	Mon Lee	Ipswich JAFFA RC	94	0	96	90	93	0	0	0	373
7	Alan Jackson	Ipswich JAFFA RC	99	0	0	97	0	0	0	0	293
8	Mark Allen	Woodbridge Shufflers RC	0	0	90	0	92	0	0	0	271
9	Stephen Pugh	Ipswich JAFFA	0	99	0	0	98	0	0	0	197
10	Clive Purbrook	Newmarket Joggers	98	0	0	0	0	0	0	97	195
11	Fred Boggis	Felixstowe Road Runners	95	0	94	0	0	0	0	0	189
12	David Seymour	Felixstowe RRC	0	0	0	0	0	95	0	0	189
13	Charlie Stannett	Ipswich Triathlon Club	0	95	92	0	0	0	0	0	187
14	John Clough	Framlingham Flyers	0	0	91	88	0	0	0	0	179
15	Terry Back	Ipswich JAFFA RC	0	0	0	100	0	0	0	0	100
16	Chris Starmer	Stowmarket Striders RC	0	0	0	0	0	0	0	0	100
17	Steven Seinet-Martin	Felixstowe Road Runners	0	0	98	0	0	0	0	0	98
18	Paul Wigens	Woodbridge Shufflers	0	98	0	0	0	0	0	0	98
19	Steve Bowen	Hadleigh Hares AC	97	0	0	0	0	0	0	0	97
20	Mik Carr	Bungay Black Dog RC	0	97	0	0	0	0	0	0	97
21	Clive Gardiner	Ipswich JAFFA	0	0	97	0	0	0	0	0	97
22	Duncan Chenery	Ipswich Jaffa RC	0	0	0	0	96	0	0	0	96
23	David Edwards	Haverhill Running Club	0	0	0	96	0	0	0	0	96
24	Steve Halls	Haverhill Running Club	0	96	0	0	0	0	0	0	96
25	Stephen Miller	Haverhill Running Club	0	0	0	0	0	96	0	0	96
26	Roland Shaw	Bungay Black Dog RC	0	0	0	0	0	0	0	0	96
27	Stuart Smith	Waveney Valley AC	0	0	0	0	0	0	0	96	96
28	Ian MacE	Woodbridge Shufflers RC	0	0	0	0	95	0	0	0	95
29	Simon Norton	Bungay Black Dog RC	0	0	0	0	0	0	0	95	95
30	Dave Gardner	Ipswich Jaffa RC	0	0	0	0	0	94	0	0	94
31	Paul Gilson	Ipswich JAFFA RC	0	0	0	94	0	0	0	0	94

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32	Phil Marsden	Ipswich JAFFA RC	0	0	0	93	0	0	0	0	0	93	
33	Tony Morley	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	93	
34	Ian Sillett	Capel Cheetahs	0	0	0	0	0	93	0	0	0	93	
35	Philip Unwin	Ipswich Triathlon Club	0	0	93	0	0	0	0	0	0	93	
36	David Chapman	Sudbury Joggers	0	0	0	0	0	0	0	0	0	91	
37	Steven Whilding	Ipswich JAFFA RC	0	0	0	91	0	0	0	0	0	91	
38	Tony Hardy	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	90	
39	Iain Hunter	Stowmarket Striders RC	0	0	0	89	0	0	0	0	0	89	
M60													
1	Bill Kingaby	Waveney Valley AC	100	0	0	98	100	0	0	0	0	99	397
2	John Nevin	Haverhill Running Club	99	0	0	0	99	100	0	0	0	98	396
3	Terry Hunter	Stowmarket Striders RC	0	0	0	0	97	0	99	0	0	92	288
4	Neville Clarke	Newmarket Joggers	0	0	0	99	0	0	0	100	0	199	0
5	Ker MacRosson	Ipswich Jaffa RC	0	0	0	0	99	0	0	0	99	0	198
6	Keith Borrett	Stowmarket Striders	0	99	98	0	0	0	0	0	0	0	197
7	Tim Newton	Ipswich JAFFA RC	0	0	0	97	0	0	0	0	0	100	197
8	Robin Ashe	Bungay Black Dog RC	0	100	0	0	0	0	0	0	0	96	196
9	Peter Brunning	Haverhill Running Club	98	0	0	0	0	0	0	0	0	94	192
10	Chris Aylmer	Newmarket Joggers	0	0	0	0	0	0	100	0	0	100	0
11	David Fordham	The Saxons	0	0	100	0	0	0	0	0	0	100	0
12	David Vaughan	Saint Edmund Pacers	0	0	0	100	0	0	0	0	0	100	0
13	David Mower	Waveney Valley AC	0	0	0	0	0	99	0	0	0	0	99
14	Mark Sargeantson	Framlingham Flyers	0	0	99	0	0	0	0	0	0	0	99
15	Miles Johnson	Newmarket Joggers	0	0	0	0	0	0	0	98	0	98	0
16	Philip Jarvis	Haverhill Running Club	97	0	0	0	0	0	0	0	0	0	97
17	Bob Paul	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	97	97
18	Stephen Williams	Saint Edmund Pacers	0	0	0	96	0	0	0	0	0	0	96
19	Steve Robinson	Stowmarket Striders RC	0	0	0	95	0	0	0	0	0	0	95
20	John Wharton	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	95	95
21	Jonathan Price	Sudbury Joggers	0	0	0	94	0	0	0	0	0	0	94
22	Nigel Gilham	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	93	93
23	Steven Rue	Saint Edmund Pacers	0	0	0	93	0	0	0	0	0	0	93
24	Jim Withers	Newmarket Joggers	0	0	0	92	0	0	0	0	0	0	92
25	Adrian Hunt	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	91	91
26	David Riedel	Saint Edmund Pacers	0	0	0	91	0	0	0	0	0	0	91
M65+													
1	Roger Hobson	Woodbridge Shufflers	99	0	0	99	98	100	0	100	0	0	496
2	Philip Nutley	Saint Edmund Pacers	0	97	0	95	94	95	0	0	0	94	475
3	John Cullum	Saint Edmund Pacers	96	0	0	98	0	0	100	0	0	0	294
4	Charles Shoolbred	Newmarket Joggers	100	0	0	0	100	0	0	0	0	0	200
5	David Taylor	Framlingham Flyers	0	0	99	100	0	0	0	99	0	0	199
6	Leslie Basham	Stowmarket Striders RC	0	0	100	0	0	98	0	0	0	0	198
7	Graham Sampson	Bungay Black Dog RC	98	0	0	0	0	0	0	0	0	100	198
8	David Coley	Ipswich JAFFA	0	0	98	0	0	0	0	0	0	99	197
9	Roger Brand	Saint Edmund Pacers	0	99	0	0	97	0	0	0	0	0	196
10	Alan Richardson	Waveney Valley AC	0	0	96	0	0	99	0	0	0	0	195
11	Mike Rosbrook	Hadleigh Hares AC	97	0	0	97	0	0	0	0	0	0	194
12	Donald Tiffin	Bungay Black Dog RC	0	98	0	0	0	0	0	0	0	95	193
13	Grayhame Fish	Stowmarket Striders RC	0	0	0	0	95	0	0	0	0	97	192
14	Terry Braverman	Haverhill Running Club	95	0	0	96	0	0	0	0	0	0	191
15	Peter Edmunds	Bungay Black Dog RC	0	100	0	0	0	0	0	0	0	0	100
16	Ron Ames	Stowmarket Striders RC	0	0	0	0	99	0	0	0	0	0	99
17	Alan Varle	Waveney Valley AC	0	0	0	0	0	0	0	0	0	98	98
18	Richard Fellingham	Stowmarket Striders RC	0	0	0	0	0	97	0	0	0	0	97
19	Chris Slemmings	Ipswich Triathlon Club	0	0	97	0	0	0	0	0	0	0	97
20	Graham Bush	Woodbridge Shufflers RC	0	0	0	0	0	96	0	0	0	0	96
21	Robin Farrar	Bungay Black Dog RC	0	0	0	0	0	0	0	0	0	96	96
22	Peter Russell	Framlingham Flyers	0	0	0	0	96	0	0	0	0	0	96