FORENAME	SURNAME	Total Points	Age Category	Alton Water 5K	Alton Water 10K	Jaffa Track 5K	Kirton 5	Bentley 5M	Twilight 10K	Pacers Track 5K	Coastal 10M	Great East Run	Lowestoft Half	Framlingham XC	Woodbridge XC	Turkey Trot	Suffolk XC Champs	Stow XC	Tarpley 10	Bury XC	Bungay XC	Haverhill XC
Senior Female																						
Kendra	Hammond	768	FS	96	0	96	97	97	92	98	97	95	0	0								
Emma	Attwood	598	FS	99	0	99	100	100	100	100	0	0	0	0								
Gemma	Porch	597	FS	100	0	100	99	99	99	0	0	100	0	0								
Laura	Brown	490	FS	0	0	0	98	98	97	99	98	0	0	0								
Kate	Heeks	474	FS	97	0	95	95	0	91	96	0	0	0	0								
Pippa	Sargent	458	FS	0	0	0	94	94	88	0	93	89	0	0								
Claire	Maskery	385	FS	0	100	0	0	0	0	95	0	93	0	97								
Scarlett	Angove	292	FS	98	0	97	0	0	0	97	0	0	0	0								
Anna	Grant	287	FS	0	0	0	0	0	93	0	0	96	0	98								
Debbie	King	282	FS	0	98	0	0	0	0	0	94	90	0	0								
Clare	Wigg	281	FS	0	99	0	0	0	90	0	0	92	0	0								
Helen	Moore	199	FS	0	0	0	0	0	0	0	100	99	0	0								
Charlotte	Durrant	194	FS	0	97	0	0	0	0	0	0	97	0	0								
Kerry	Elmer	192	FS	0	0	0	96	96	0	0	0	0	0	0								
Kate	Cooper	192	FS	0	0	98	0	0	94	0	0	0	0	0								
Jessica	Thorpe	189	FS	0	0	0	0	0	0	0	96	93	0	0								
Samantha	Meadows	189	FS	0	0	0	0	0	0	0	95	94	0	0								
Clare	Keefe	188	FS	0	0	94	0	0	0	94	0	0	0	0								
Kara	Moore-Damant	182	FS	95	0	0	0	0	0	0	0	87	0	0								
Fiona	Hearsum	177	FS	0	0	0	0	0	89	0	0	88	0	0								
Clare	Douglas	100	FS	0	0	0	0	0	0	0	0	0	0	100								
Samantha	Metcalfe	99	FS	0	0	0	0	0	0	0	99	0	0	0								
Victoria	Simmonds	99	FS	0	0	0	0	0	0	0	0	0	0	99								
Vicky	Mayhew	98	FS	0	0	0	0	0	98	0	0	0	0	0								
Kirsti	Martin	98	FS	0	0	0	0	0	0	0	0	98	0	0								
Tegan	Allard-Austin	96	FS	0	0	0	0	0	96	0	0	0	0	0								
Robyn	Rake	95	FS	0	0	0	0	95	0	0	0	0	0	0								
Kate	Miles	95	FS	0	0	0	0	0	95	0	0	0	0	0								
Emily	Vigor	91	FS	0	0	0	0	0	0	0	0	91	0	0								
Dianne	Belcher-Hackett	87	FS	0	0	0	0	0	87	0	0	0	0	0								
Female 40-44																						
Juliet	Garnham	494	F40	100	0	98	0	0	99	99	0	98	0	0								

FORENAME	SURNAME	Total Points	Age Category	Alton Water 5K	Alton Water 10K	Jaffa Track 5K	Kirton 5	Bentley 5M	Twilight 10K	Pacers Track 5K	Coastal 10M	Great East Run	Lowestoft Half	Framlingham XC	Woodbridge XC	Turkey Trot	Suffolk XC Champs	Stow XC	Tarpley 10	Bury XC	Bungay XC	Haverhill XC
Alex	Smith	497	F40	0	0	99	0	0	0	100	99	99	0	100								
Victoria	Moseley	300	F40	0	0	0	0	0	100	0	100	100	0	0								
Louise	Goddard	397	F40	0	0	100	100	0	0	0	98	0	0	99								
Chris	Alderton	195	F40	0	0	97	0	0	98	0	0	0	0	0								
Jane	Skoulding	194	F40	0	0	0	0	0	97	0	97	0	0	0								
Amanda	Brewster	193	F40	0	0	0	0	0	0	0	96	97	0	0								
Anna	Smith	100	F40	0	0	0	0	100	0	0	0	0	0	0								
Helene	Seymour	98	F40	0	0	0	0	0	0	0	0	0	0	98								
Female 45-49																						
Rebecca	Jack	398	F45	0	0	0	99	100	99	100	0	0	0	0								
Melody-Anne	Neville	393	F45	100	0	0	98	0	98	0	0	0	0	97								
Karen	Hamilton	390	F45	0	0	99	0	0	0	98	98	0	0	95								
Michelle	Holden	387	F45	0	98	0	0	0	96	0	96	97	0	0								
Catherine	Belsom	300	F45	0	0	100	0	0	0	0	100	100	0	0								
Mary	Narey	200	F45	0	0	0	100	0	0	0	0	0	0	100								
Kate	Beer	199	F45	0	0	0	0	0	100	0	0	0	0	99								
Tracey	Rose	196	F45	0	0	0	0	0	0	0	97	99	0	0								
Angela	Burdett	195	F45	0	0	98	0	0	0	97	0	0	0	0								
Sandra	Garner	195	F45	0	0	0	0	0	97	0	0	98	0	0								
Claire	Ellis	192	F45	0	99	0	0	0	0	0	0	0	0	93								
Malene	Godson	100	F45	0	100	0	0	0	0	0	0	0	0	0								
Rachel	Toogood	99	F45	0	0	0	0	0	0	0	99	0	0	0								
Joanne	Hayward	99	F45	0	0	0	0	0	0	99	0	0	0	0								
Deirdre	Owen	98	F45	0	0	0	0	0	0	0	0	0	0	98								
Wendy	Atkinson	96	F45	0	0	0	0	0	0	0	0	0	0	96								
Julia	Moss-Eccardt	94	F45	0	0	0	0	0	0	0	0	0	0	94								
Female 50-54																						
Sharon	Warland	594	F50	0	0	99	99	100	97	100	0	0	0	99								
Dianne	Hughes	399	F50	0	0	100	0	0	100	99	0	0	0	100								
Jo	Stephenson	299	F50	0	0	0	100	0	99	0	100	0	0	0								
Sandra	Mayhew	294	F50	0	0	98	98	0	98	0	0	0	0	0								
Angela	Whiting	290	F50	0	0	0	96	98	96	0	0	0	0	0								
Claire	Jay	290	F50	0	0	0	94	96	0	0	0	100	0	0								

FORENAME	SURNAME	Total Points	Age Category	Alton Water 5K	Alton Water 10K	Jaffa Track 5K	Kirton 5	Bentley 5M	Twilight 10K	Pacers Track 5K	Coastal 10M	Great East Run	Lowestoft Half	Framlingham XC	Woodbridge XC	Turkey Trot	Suffolk XC Champs	Stow XC	Tarpley 10	Bury XC	Bungay XC	Haverhill XC
Denise	Wright	287	F50	0	0	0	95	97	95	0	0	0	0	0								
Susan	Bloomfield	196	F50	0	0	0	97	99	0	0	0	0	0	0								
Arabella	Lewendon	99	F50	0	0	0	0	0	0	0	99	0	0	0								
Haley	Suttle	98	F50	0	0	0	0	0	0	98	0	0	0	0								
Ellen	Hollingworth	98	F50	0	0	0	0	0	0	0	0	0	0	98								
Sue	Garrod	97	F50	0	0	97	0	0	0	0	0	0	0	0								
Catherine	Fuell	96	F50	0	0	96	0	0	0	0	0	0	0	0								
Female 55-59																						
Wendy	Hughes	600	F55	100	0	100	0	0	100	100	100	0	0	100								
Gillian	Charlton	595	F55	0	100	99	0	0	99	99	0	99	0	99								
Debbie	McDowall	297	F55	0	0	0	0	0	98	0	99	100	0	0								
Susan	Hunter	197	F55	0	0	0	0	100	97	0	0	0	0	0								
Bridget	Goldstone	194	F55	0	0	0	0	0	96	0	0	98	0	0								
Sally	Quirk	99	F55	99	0	0	0	0	0	0	0	0	0	0								
Female 60+																						
Christine	Gay	200	F60+	0	0	0	0	100	0	0	0	0	0	100								
Senior Male																						
James	Cooper	672	MS	0	99	96	0	0	93	95	98	96	0	95								
Gavin	Boag	667	MS	98	0	95	97	95	92	94	96	0	0	0								
Andrew	Hayward	581	MS	0	0	97	99	97	0	96	99	0	0	93								
Matt	Reason	483	MS	0	98	0	98	96	0	0	97	94	0	0								
Samuel	Burdett	300	MS	0	0	100	0	0	0	100	100	0	0	0								
Morgan	Moore	296	MS	100	0	98	0	0	0	98	0	0	0	0								
Matthew	Eveleigh	292	MS	99	0	0	0	99	94	0	0	0	0	0								
Gregory	Stowe	274	MS	0	0	0	0	0	90	0	0	92	0	92								
Robert	Grainger	200	MS	0	0	0	0	0	100	0	0	100	0	0								
George	Wright	198	MS	0	0	0	100	98	0	0	0	0	0	0								
Justin	Potter	198	MS	0	0	0	0	0	99	0	0	99	0	0								
Elliot	Wells	198	MS	0	0	99	0	0	0	0	0	0	0	99								
Chris	Miles	198	MS	0	0	0	0	0	98	0	0	0	0	100								
Neil	Dennis	191	MS	0	0	0	0	0	96	0	0	95	0	0								
Harry	Tillbrook	99	MS	0	0	0	0	0	0	99	0	0	0	0								
Michael	Moore	98	MS	0	0	0	0	0	0	0	0	98	0	0								

FORENAME	SURNAME	Total Points	Age Category	Alton Water 5K	Alton Water 10K	Jaffa Track 5K	Kirton 5	Bentley 5M	Twilight 10K	Pacers Track 5K	Coastal 10M	Great East Run	Lowestoft Half	Framlingham XC	Woodbridge XC	Turkey Trot	Suffolk XC Champs	Stow XC	Tarpley 10	Bury XC	Bungay XC	Haverhill XC
Philip	Green	98	MS	0	0	0	0	0	0	0	0	0	0	98								
Andrew	Sargent	97	MS	0	97	0	0	0	0	0	0	0	0	0								
Edward	Tricker	97	MS	0	0	0	0	0	97	0	0	0	0	0								
Alfie	Larke	97	MS	0	0	0	0	0	0	97	0	0	0	0								
Wayne	Gardner	97	MS	0	0	0	0	0	0	0	0	0	0	97								
Adam	Fish	96	MS	0	0	0	0	0	0	0	0	0	0	96								
Peter	Reach	95	MS	0	0	0	0	0	95	0	0	0	0	0								
Tom	Mason	94	MS	0	0	0	0	0	0	0	0	0	0	94								
James	Doyle	93	MS	0	0	0	0	0	0	0	0	93	0	0								
Jake	Boreham	91	MS	0	0	0	0	0	91	0	0	0	0	0								
Male 40-44																						
Nick	Palmer	597	M40	0	0	100	100	100	0	99	0	98	0	100								
Tim	Larke	498	M40	0	0	99	0	0	100	100	100	99	0	0								
Jason	Allard	297	M40	0	0	98	99	0	0	0	0	100	0	0								
Richard	Leeder	294	M40	0	0	97	0	0	99	98	0	0	0	0								
Alan	Hart	292	M40	0	0	96	0	99	0	97	0	0	0	0								
Andre	Neville	198	M40	100	0	0	0	0	0	0	98	0	0	0								
Simon	Harkin	195	M40	0	0	0	0	0	0	0	97	0	0	98								
Mike	Brown	99	M40	0	0	0	0	0	0	0	99	0	0	0								
Mark	Rose	99	M40	0	0	0	0	0	0	0	0	0	0	99								
Daniel	Belcher-Hackett	98	M40	0	0	0	0	0	98	0	0	0	0	0								
Richard	Day	97	M40	0	0	0	0	0	0	0	0	97	0	0								
Male 45-49																						
Martin	Little	493	M45	99	0	98	0	0	0	100	100	0	0	96								
Ritchie	Parkins	300	M45	0	0	100	100	0	0	0	0	0	0	100								
Michael	Jones	297	M45	0	0	0	99	99	0	0	0	0	0	99								
Steve	McNamara	292	M45	98	0	0	0	0	0	99	0	0	0	95								
Stephen	Chapman	200	M45	0	0	0	0	100	0	0	0	100	0	0								
Mark	Skoulding	199	M45	0	0	0	0	0	100	0	99	0	0	0								
Lee	Goddard	195	M45	0	0	0	0	0	0	0	98	0	0	97								
Kieran	Hartigan	193	M45	0	0	0	0	0	99	0	0	0	0	94								
Gareth	Southgate	100	M45	100	0	0	0	0	0	0	0	0	0	0								
Nigel	Bostock	99	M45	0	0	99	0	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Age Category	Alton Water 5K	Alton Water 10K	Jaffa Track 5K	Kirton 5	Bentley 5M	Twilight 10K	Pacers Track 5K	Coastal 10M	Great East Run	Lowestoft Half	Framlingham XC	Woodbridge XC	Turkey Trot	Suffolk XC Champs	Stow XC	Tarpley 10	Bury XC	Bungay XC	Haverhill XC
David	Weeding	99	M45	0	0	0	0	0	0	0	0	99	0	0								
David	Damant	98	M45	0	0	0	0	0	0	0	0	98	0	0								
Jan	Kading	98	M45	0	0	0	0	0	0	0	0	0	0	98								
Mark	Hughes	97	M45	0	0	97	0	0	0	0	0	0	0	0								
Male 50-54																						
Robert	Reason	887	M50	0	100	98	99	99	98	99	100	100	0	94								
Paul	Heeks	785	M50	100	0	99	98	98	99	98	98	0	0	95								
Peter	Warland	398	M50	0	0	100	100	100	0	0	0	0	0	98								
Steven	Hughes	300	M50	0	0	0	0	0	100	100	0	0	0	100								
Adrian	Cole	291	M50	0	0	0	97	97	97	0	0	0	0	0								
Jonny	Levett	198	M50	0	99	0	0	0	0	0	99	0	0	0								
Ian	Stockley	99	M50	0	0	0	0	0	0	0	0	99	0	0								
Nicholas	Stephens	99	M50	0	0	0	0	0	0	0	0	0	0	99								
David	Daniels	97	M50	0	0	0	0	0	0	0	97	0	0	0								
David	Ellis	97	M50	0	0	0	0	0	0	0	0	0	0	97								
Philip	Beer	96	M50	0	0	0	0	0	0	0	0	0	0	96								
Male 55-59																						
Joe	Naughton	692	M55	0	100	0	98	99	99	0	99	97	100	0								
Stephen	Pretty	599	M55	0	0	0	100	100	100	100	100	99	0	0								
Iain	Hunter	392	M55	0	0	0	97	0	98	0	98	0	0	99								
Stuart	Green	298	M55	0	0	100	99	0	0	99	0	0	0	0								
Andrew	Webber	100	M55	0	0	0	0	0	0	0	0	100	0	0								
Christopher	Starmer	100	M55	0	0	0	0	0	0	0	0	0	0	100								
David	Barton	98	M55	0	0	0	0	0	0	0	0	98	0	0								
Male 60-64																						
Don	Beatty	599	M60	100	0	100	100	100	100	0	0	0	0	99								
Ker	Macrosson	498	M60	99	0	99	0	0	0	100	100	0	0	100								
Terry	Hunter	395	M60	0	0	0	99	99	98	0	99	0	0	0								
Chris	Gladwell	99	M60	0	0	0	0	0	99	0	0	0	0	0								
Stephen	Robinson	99	M60	0	0	0	0	0	0	99	0	0	0	0								
Male 65+																						
Stephen W	Mead	400	M65+	0	0	100	0	100	100	100	0	0	0	0								
Richard	Fellingham	399	M65+	0	0	0	100	0	99	0	100	0	0	100								

FORENAME	SURNAME	Total Points	Age Category	Alton Water 5K	Alton Water 10K	Jaffa Track 5K	Kirton 5	Bentley 5M	Twilight 10K	Pacers Track 5K	Coastal 10M	Great East Run	Lowestoft Half	Framlingham XC	Woodbridge XC	Turkey Trot	Suffolk XC Champs	Stow XC	Tarpley 10	Bury XC	Bungay XC	Haverhill XC
Peter	Gay	198	M65+	0	0	0	0	99	0	0	0	0	0	99								
Paul	Winter	100	M65+	0	0	0	0	0	0	0	0	100	0	0								
Frank	Moggan	99	M65+	0	0	0	0	0	0	0	0	0	0	99								