FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Senior Female																
Gemma	Porch	297	0	98	100	99	0	0								
Laura	Brown	294	0	0	99	97	0	98								
Scarlett	Angove	289	0	95	98	0	0	96								
Maddie	Jordan-Lee	200	0	100	0	0	0	100								
Millie	Jordan-Lee	198	0	99	0	0	0	99								
Emma	Attwood	197	0	97	0	100	0	0								
Kendra	Boag	194	0	96	0	98	0	0								
Jessica	Thorpe	191	0	0	97	94	0	0								
kate	cooper	190	0	93	0	0	0	97								
Liza	Putwain	189	0	0	96	93	0	0								
Kate	Heeks	187	0	92	0	0	0	95								
Pippa	Sargent	185	0	90	95	0	0	0								
Anna	Grant	184	0	94	0	90	0	0								
Kara	Moore damant	183	0	89	94	0	0	0								
Clare	Wigg	96	0	0	0	96	0	0								
Charlotte	Durrant	95	0	0	0	95	0	0								
Fiona	Hearsum	92	0	0	0	92	0	0								
gemma	langridge	91	0	0	0	91	0	0								
Jennifer	Devaney	91	0	91	0	0	0	0								
Karen	Hinton	88	0	88	0	0	0	0								
Abbie	Terry	0	0	0	0	0	0	0								
Hannah	Harrison	0	0	0	0	0	0	0								
Isabelle	Tucker	0	0	0	0	0	0	0								
Tegan	Allard-austin	0	0	0	0	0	0	0								
Annabel	Smith	0	0	0	0	0	0	0								
Hannah	Thompson	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Clare	Douglas	0	0	0	0	0	0	0								
Ellen	Stockley	0	0	0	0	0	0	0								
Amy	Saunders	0	0	0	0	0	0	0								
Viktoria	Hobbs	0	0	0	0	0	0	0								
Kathryn	Otoka	0	0	0	0	0	0	0								
Victoria	Simonds	0	0	0	0	0	0	0								
Helen	Kelly	0	0	0	0	0	0	0								
Georgina	Ryan	0	0	0	0	0	0	0								
Louise	Faggetter	0	0	0	0	0	0	0								
Sarah	Deacon	0	0	0	0	0	0	0								
Samantha	Meadows	0	0	0	0	0	0	0								
Claire	Maskery	0	0	0	0	0	0	0								
Robyn	Rake	0	0	0	0	0	0	0								
Vicky	Mayhew	0	0	0	0	0	0	0								
Debbie	King	0	0	0	0	0	0	0								
Claire	Battey	0	0	0	0	0	0	0								
Stacy	Setterfield	0	0	0	0	0	0	0								
Kelly	Mason	0	0	0	0	0	0	0								
Female 40-44																
Juliet	Garnham	499	0	100	100	99	100	100								
Louise	Goddard	199	0	0	99	100	0	0								
Alex	Smith	98	0	0	0	98	0	0								
Amanda	Brewster	98	0	0	98	0	0	0								
Helen	Moore	0	0	0	0	0	0	0								
Charlotte	Harrison	0	0	0	0	0	0	0								
Ginny	Nunn	0	0	0	0	0	0	0								
Helene	Seymour	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
julie	nunn	0	0	0	0	0	0	0								
Clare	Bailie	0	0	0	0	0	0	0								
Heidi	Bingham	0	0	0	0	0	0	0								
Yvonne	Doe	0	0	0	0	0	0	0								
Victoria	Moseley	0	0	0	0	0	0	0								
Chris	Alderton	0	0	0	0	0	0	0								
Anna	Smith	0	0	0	0	0	0	0								
Wendy-Jean	Risdale-Barrs	0	0	0	0	0	0	0								
Female 45-49																
Karen	Hamilton	495	0	99	98	100	100	98								
Deirdra	Owen	298	0	100	99	0	0	99								
Rachel	Terry	200	0	0	100	0	0	100								
Michelle	Holden	195	0	0	96	99	0	0								
Catherine	Belsom	100	100	0	0	0	0	0								
Sandra	Garner	98	0	0	0	98	0	0								
Julia	Moss-Eccaardt	97	0	0	97	0	0	0								
Charmaine	Geraghty	0	0	0	0	0	0	0								
Tracey	Chaplin	0	0	0	0	0	0	0								
Jane	Skoulding	0	0	0	0	0	0	0								
Lorraine	Mills	0	0	0	0	0	0	0								
Emma	Yarrow	0	0	0	0	0	0	0								
Stevie	Harrison	0	0	0	0	0	0	0								
Rebecca (Becky)	Jack	0	0	0	0	0	0	0								
Karen	Page	0	0	0	0	0	0	0								
Claire	Ellis	0	0	0	0	0	0	0								
Tracie	Emerson	0	0	0	0	0	0	0								
Helen	Cain	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Rachel	Toogood	0	0	0	0	0	0	0								
Alison	Leech	0	0	0	0	0	0	0								
Gail	Webb	0	0	0	0	0	0	0								
Julia	Baldwin	0	0	0	0	0	0	0								
Jo	Hayward	0	0	0	0	0	0	0								
Tracey	Rose	0	0	0	0	0	0	0								
Paula	Coleman	0	0	0	0	0	0	0								
Laura	Arfi	0	0	0	0	0	0	0								
Vanessa	Mitchell	0	0	0	0	0	0	0								
Andrea	Friend	0	0	0	0	0	0	0								
Female 50-54																
Sharon	Warland	395	100	99	99	0	0	97								
Mary	Narey	200	0	0	100	0	0	100								
sue	garrod	198	0	100	0	0	0	98								
Sandra	Mayhew	197	0	98	0	99	0	0								
Claire	Jay	194	0	0	98	96	0	0								
Ellen	Hollingworth	100	0	0	0	100	0	0								
haley	suttle	99	0	0	0	0	0	99								
Fiona	Tricker	98	0	0	0	98	0	0								
Deborah	Cook	97	0	0	0	97	0	0								
Kate	Beer	0	0	0	0	0	0	0								
Nicola	Knott	0	0	0	0	0	0	0								
Wendy	Atkinson	0	0	0	0	0	0	0								
Kim	Abson	0	0	0	0	0	0	0								
Helen	Wing	0	0	0	0	0	0	0								
Angela	Burdett	0	0	0	0	0	0	0								
Shirley	Brame	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Michaela	Brown	0	0	0	0	0	0	0								
Catherine	Fuell	0	0	0	0	0	0	0								
Rachel	Oakley	0	0	0	0	0	0	0								
Debbie	Ghant	0	0	0	0	0	0	0								
Jane	Reason	0	0	0	0	0	0	0								
Jo	Stephenson	0	0	0	0	0	0	0								
Tina	Belsom	0	0	0	0	0	0	0								
Deborah	Barlow	0	0	0	0	0	0	0								
Helen	Heron	0	0	0	0	0	0	0								
Female 55-59																
Dianne	Hughes	300	100	100	0	100	0	0								
Wendy	Hughes	298	0	99	0	99	0	100								
Susan	Hunter	288	0	98	98	92	0	0								
Angela	whiting	196	0	0	100	96	0	0								
Tracy	Humphreys	193	0	0	99	94	0	0								
Angela	Brinkley	98	0	0	0	98	0	0								
Charlotte	Hawes	97	0	0	0	97	0	0								
Denise	Wright	95	0	0	0	95	0	0								
debbie	McDowall	93	0	0	0	93	0	0								
Jan	Starmer	0	0	0	0	0	0	0								
Tracey	Morris	0	0	0	0	0	0	0								
Janet	Hardiker	0	0	0	0	0	0	0								
sally	quirk	0	0	0	0	0	0	0								
Olwyn	Clayden	0	0	0	0	0	0	0								
Jules	Winter	0	0	0	0	0	0	0								
annie	Anderson	0	0	0	0	0	0	0								
Peggy	Fuller	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Female 60+																
Gill	Charlton	300	0	100	100	100	0	0								
Lesley	Watt	0	0	0	0	0	0	0								
Denise	Robinson	0	0	0	0	0	0	0								
Jeanne	Lynch-Aird	0	0	0	0	0	0	0								
Jackie	Cuninghame	0	0	0	0	0	0	0								
Mary	Hayward	0	0	0	0	0	0	0								
Chris	Gay	0	0	0	0	0	0	0								
Anne	Fish	0	0	0	0	0	0	0								
Sue	Moggan	0	0	0	0	0	0	0								
Male Senior																
Samuel	Burdett	400	0	100	100	100	0	100								
Justin	Potter	386	0	96	99	95	0	96								
George	Firth	372	0	93	97	90	0	92								
Andrew	Hayward	365	0	92	96	86	0	91								
Elliot	Wells	297	0	99	0	99	0	99								
Morgan	Moore	283	0	0	98	91	0	94								
Gavin	Boag	267	0	90	0	87	0	90								
Oliver	Bingham	195	0	98	0	0	0	97								
Alex	Hobbs	194	0	0	0	96	0	98								
Edward	Tricker	190	0	97	0	93	0	0								
Matt	Reason	186	0	91	95	0	0	0								
Neil	Dennis	182	0	0	0	89	0	93								
Stuart	Buchan	98	0	0	0	98	0	0								
Robert	Grainger	97	0	0	0	97	0	0								
Alfie	Larke	95	0	0	0	0	0	95								
Michael	Moore	95	0	95	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Wayne	Gardner	94	0	0	0	94	0	0								
Adam	Fish	94	0	94	0	0	0	0								
Andrew	Coleman	92	0	0	0	92	0	0								
Andrew	Sargent	89	0	0	0	0	0	89								
Shaun	Kemp	88	0	0	0	88	0	0								
Boreham	Jake	85	0	0	0	85	0	0								
Matthew	Smith	84	0	0	0	84	0	0								
George	Tillbrook	0	0	0	0	0	0	0								
Connor	Yarrow	0	0	0	0	0	0	0								
Harry	Tillbrook	0	0	0	0	0	0	0								
Alex	Harrison	0	0	0	0	0	0	0								
William	Terry	0	0	0	0	0	0	0								
George	Wright	0	0	0	0	0	0	0								
Timothy	Drain	0	0	0	0	0	0	0								
Benjamin	Lucas	0	0	0	0	0	0	0								
Ross	Dawson	0	0	0	0	0	0	0								
Scott	Williams	0	0	0	0	0	0	0								
Mark	Coole	0	0	0	0	0	0	0								
Dean	Rednall	0	0	0	0	0	0	0								
Benjamin	Oxley	0	0	0	0	0	0	0								
James	Holmes	0	0	0	0	0	0	0								
Joe	Blackmore	0	0	0	0	0	0	0								
James	Cole	0	0	0	0	0	0	0								
Tom	Ames	0	0	0	0	0	0	0								
Chris	Miles	0	0	0	0	0	0	0								
Philip	Green	0	0	0	0	0	0	0								
ricky	taylor	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Matthew	Eveleigh	0	0	0	0	0	0	0								
Chris	Kerry	0	0	0	0	0	0	0								
James	Cooper	0	0	0	0	0	0	0								
Thomas	Mason	0	0	0	0	0	0	0								
Manuel	Nunez	0	0	0	0	0	0	0								
Male 40-44																
Ross	Wilcox	399	0	99	100	100	0	100								
Nick	Palmer	200	0	100	0	0	100	0								
Gregory	Stowe	197	0	0	98	99	0	0								
Richard	Leeder	99	0	0	99	0	0	0								
Gavin	Palmer	0	0	0	0	0	0	0								
John	Craddock	0	0	0	0	0	0	0								
Shayne	Thorpe	0	0	0	0	0	0	0								
Alan	Hart	0	0	0	0	0	0	0								
Daniel	Selfe	0	0	0	0	0	0	0								
Mark	Rose	0	0	0	0	0	0	0								
robert	Kett	0	0	0	0	0	0	0								
Stephen	Page	0	0	0	0	0	0	0								
Peter	Dixon	0	0	0	0	0	0	0								
Male 45-49																
Jan	Kading	200	0	0	100	100	0	0								
Nick	Hammond	200	0	100	0	0	0	100								
Lee	Goddard	198	0	0	99	99	0	0								
David	Damant	195	0	98	0	0	0	97								
Mark	Skoulding	99	0	99	0	0	0	0								
Mark	Hughes	99	0	0	0	0	0	99								
Glenn	Proctor	98	0	0	98	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Jason	Ablett	98	0	0	0	98	0	0								
Steve	McNamara	98	0	0	0	0	0	98								
Simon	Harkin	97	0	0	0	97	0	0								
Besley	Bill	97	0	0	97	0	0	0								
Stephen	Chapman	96	0	0	96	0	0	0								
John	Kirk	0	0	0	0	0	0	0								
Frank	Barrett	0	0	0	0	0	0	0								
Mike	Brown	0	0	0	0	0	0	0								
NEIL	MARTIN	0	0	0	0	0	0	0								
Tim	Larke	0	0	0	0	0	0	0								
bill	besley	0	0	0	0	0	0	0								
Kieran	Hartigan	0	0	0	0	0	0	0								
Gareth	Southgate	0	0	0	0	0	0	0								
Andrew	Elliott	0	0	0	0	0	0	0								
Michael	Jones	0	0	0	0	0	0	0								
Steve	Symss	0	0	0	0	0	0	0								
Matthew	Jack	0	0	0	0	0	0	0								
Alistair	Moseley	0	0	0	0	0	0	0								
Andrew	Terry	0	0	0	0	0	0	0								
Martin	Little	0	0	0	0	0	0	0								
Chris	Seymour	0	0	0	0	0	0	0								
Andrew	Long	0	0	0	0	0	0	0								
Male 50-54																
Steven	Hughes	400	100	100	100	100	0	0								
Peter	Warland	296	99	99	98	0	0	0								
Robert	Reason	294	0	98	96	0	0	100								
Steve	Ritson	99	0	0	99	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Philip	Beer	97	0	0	97	0	0	0								
David	Ellis	0	0	0	0	0	0	0								
Gary	Halestrap	0	0	0	0	0	0	0								
Nigel	Bostock	0	0	0	0	0	0	0								
Tim	Rowe	0	0	0	0	0	0	0								
Paul	Heeks	0	0	0	0	0	0	0								
Andy	Green	0	0	0	0	0	0	0								
Simon	Fenn	0	0	0	0	0	0	0								
Neil	Brame	0	0	0	0	0	0	0								
David	Kaye	0	0	0	0	0	0	0								
Paul	Wallace	0	0	0	0	0	0	0								
Harry	Smith	0	0	0	0	0	0	0								
Tim	Bacon	0	0	0	0	0	0	0								
Nigel	Vincent	0	0	0	0	0	0	0								
David	Daniels	0	0	0	0	0	0	0								
miles	garrod	0	0	0	0	0	0	0								
John	Rednall	0	0	0	0	0	0	0								
Male 55-59																
William	Burdett	397	0	99	99	100	0	99								
Stuart	Green	200	0	100	0	0	0	100								
Adrian	Cole	197	0	0	98	99	0	0								
joe	naughton	195	0	0	97	98	0	0								
Vaughan	Morris	100	0	0	100	0	0	0								
Michael	Saville	0	0	0	0	0	0	0								
David	Watt	0	0	0	0	0	0	0								
Andrew	Webber	0	0	0	0	0	0	0								
David	Field	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Christopher	Starmer	0	0	0	0	0	0	0								
Robin	Belsom	0	0	0	0	0	0	0								
Colin	Pitts	0	0	0	0	0	0	0								
Male 60-64																
Iain	Hunter	396	0	99	98	100	0	99								
Stephen	Pretty	300	0	100	100	0	0	100								
Stephen	Robinson	99	0	0	99	0	0	0								
Kim	watts	0	0	0	0	0	0	0								
Chris	Gladwell	0	0	0	0	0	0	0								
Terry	Hunter	0	0	0	0	0	0	0								
Don	Beatty	0	0	0	0	0	0	0								
Ker	Macrosson	0	0	0	0	0	0	0								
Edward	Douglas	0	0	0	0	0	0	0								
Male 65+																
Stephen	Mead	200	0	0	0	100	0	100								
Richard	Fellingham	199	0	0	100	99	0	0								
David	Jones	197	100	0	0	97	0	0								
Peter	Gay	99	0	0	99	0	0	0								
Paul	Winter	98	0	0	0	98	0	0								
Mike	Munson	0	0	0	0	0	0	0								
John	Squirrell	0	0	0	0	0	0	0								
Nick	Huggins	0	0	0	0	0	0	0								
Frank	Moggan	0	0	0	0	0	0	0								
Grayhame	Fish	0	0	0	0	0	0	0								
Leslie	Basham	0	0	0	0	0	0	0								
David	Loades	0	0	0	0	0	0	0								
Charles	Shoolbred	0	0	0	0	0	0	0								

FORENAME	SURNAME	Total Points	Breckland 10k	Jaffa Track 5K	Bury Friday 5	Twilight 10K	Great Yarmouth HM	Pacers Track 5K	Hadleigh 5	Hadleigh 10	Woodbridge XC	Stowmarket XC	Tarpley 10	Bury XC	Bungay XC	Bungay HM
Andy	Bond	0	0	0	0	0	0	0								