

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|-----|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Emma ATTWOOD | FS | Stowmarket Striders Running | 200 | 198 | 200 | 200 | 200 | 998 | 800 |
| Samantha SPENCER | FS | Ipswich Jaffa RC | 198 | 197 | | 197 | 196 | 788 | 788 |
| Jess GOODERHAM | FS | Saint Edmund Pacers | 196 | 195 | 198 | 199 | | 788 | 788 |
| Victoria BREADMAN | FS | Felixstowe RRC | 194 | 194 | 197 | | 197 | 782 | 782 |
| Sarah LEWIS | FS | Woodbridge Shufflers Running | | 193 | 196 | 195 | 198 | 782 | 782 |
| Michelle HEWITT | FS | Framlingham Flyers | 192 | 191 | 194 | 186 | 192 | 955 | 769 |
| Lynsey Chenery | FS | Ipswich Jaffa RC | 191 | 190 | | 190 | 194 | 765 | 765 |
| Laura BROWN | FS | Stowmarket Striders Running | 189 | 186 | 190 | 187 | 190 | 942 | 756 |
| Kendra HAMMOND | FS | Stowmarket Striders Running | 186 | 184 | | 185 | 188 | 743 | 743 |
| Natalie JONES | FS | Sudbury Joggers | 177 | 177 | 185 | 182 | 186 | 907 | 730 |
| Sophie CHAPMAN | FS | Felixstowe RRC | 179 | 179 | 183 | 180 | 179 | 900 | 721 |
| Hazel BUIST | FS | Halstead Road Runners | 197 | 196 | | 198 | | 591 | 591 |
| Kirsty THORNDYKE | FS | Ipswich Harriers | 193 | 192 | | | 195 | 580 | 580 |
| Naomi EDWARDS | FS | Unattached | 188 | 188 | 192 | | | 568 | 568 |
| Alina BOLDYREVA | FS | Unattached | | 189 | 189 | 188 | | 566 | 566 |
| Joanne CURTIS | FS | Newmarket Joggers | 181 | 182 | 184 | | | 547 | 547 |
| Rachal BRETT | FS | Unattached | 182 | 180 | | 181 | | 543 | 543 |
| Frances BARNARD | FS | Capel Cheetahs RC | 176 | | 181 | | 182 | 539 | 539 |
| Gemma PORCH | FS | Stowmarket Striders Running | 199 | | | | 199 | 398 | 398 |
| Katie KING | FS | Saint Edmund Pacers | 195 | | | 193 | | 388 | 388 |
| Becky FOSTER | FS | Felixstowe RRC | 190 | | 191 | | | 381 | 381 |
| Holly BURROWS | FS | Framlingham Flyers | 187 | | 188 | | | 375 | 375 |
| Rebecca ELLUL | FS | Felixstowe RRC | 183 | 181 | | | | 364 | 364 |
| Shannen CHURCH | FS | Saxmundham Sports Running & | 184 | | | 179 | | 363 | 363 |
| Hannah ST LEDGER | FS | Sudbury Joggers | | | | 177 | 183 | 360 | 360 |
| Justine ANTHONY | FS | West Suffolk AC | | 200 | | | | 200 | 200 |
| Rosie HORSFIELD | FS | Woodbridge Shufflers Running | | | 199 | | | 199 | 199 |
| Georgia GARVIN | FS | Ipswich Jaffa RC | | 199 | | | | 199 | 199 |
| Kirsty MILLARD | FS | Haverhill Running Club | | | | 196 | | 196 | 196 |
| Charlotte GIRLING | FS | Unattached | | | 195 | | | 195 | 195 |
| Katy BURGIN | FS | Huntingdon AC | | | | 194 | | 194 | 194 |
| Emma THISTLETON | FS | Unattached | | | | | 193 | 193 | 193 |
| Emma GOODMAN | FS | Framlingham Flyers | | | 193 | | | 193 | 193 |
| Erika DOWNS | FS | Felixstowe RRC | | | | 192 | | 192 | 192 |
| Ellena FARROW | FS | Unattached | | | | | 191 | 191 | 191 |
| Rebecca KELLY | FS | Cambourne Womens Running | | | | 191 | | 191 | 191 |
| Sophie NEWMAN | FS | Unattached | | | | | 189 | 189 | 189 |
| Elizabeth ESCOBAR | FS | Unattached | | | | 189 | | 189 | 189 |
| Becky GRIMWOOD | FS | Witham RC | | | | | 187 | 187 | 187 |
| Kate PINCHEN | FS | Unattached | | | 187 | | | 187 | 187 |
| Rachel CRACKNELL | FS | Unattached | | 187 | | | | 187 | 187 |
| Ania MARECKA | FS | Unattached | | | 186 | | | 186 | 186 |
| Lauren PORTER | FS | Unattached | | | | | 185 | 185 | 185 |
| Tamsin BRIGGS | FS | Unattached | 185 | | | | | 185 | 185 |
| Rebecca BHALLA | FS | Unattached | | 185 | | | | 185 | 185 |
| Lucy DRIVER | FS | Felixstowe RRC | | | | | 184 | 184 | 184 |
| Kimberly BIGGS | FS | Unattached | | | | 184 | | 184 | 184 |
| Victoria SIMONDS | FS | Unattached | | 183 | | | | 183 | 183 |
| Bianca BURMAN | FS | Sudbury Joggers | | | | 183 | | 183 | 183 |
| Gemma BERRY | FS | Unattached | | | 182 | | | 182 | 182 |

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| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------------|-------------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Ruth GAILEY | FS | Unattached | | | | | 181 | 181 | 181 |
| Taro RIGBY | FS | Team2gether | | | | | 180 | 180 | 180 |
| Carita FARTHING | FS | Felixstowe RRC | 180 | | | | | 180 | 180 |
| Kirsty NOBLE | FS | Essex Highways | | | | | 178 | 178 | 178 |
| Laura PATTON | FS | Unattached | 178 | | | | | 178 | 178 |
| Sophie HUGHES | FS | Unattached | | 178 | | | | 178 | 178 |
| Rachael HATTEN | FS | Saint Edmund Pacers | | | | 178 | | 178 | 178 |
| Kylie ROBINSON | FS | Framlingham Flyers | | | | | 177 | 177 | 177 |
| Emily VANDERSTEEN | FS | Unattached | | | | | 176 | 176 | 176 |
| Angela BRENNAN | FS | Unattached | | | | 176 | | 176 | 176 |
| Maddy BARRETT | FS | Unattached | 175 | | | | | 175 | 175 |
| Debbie MITCHELL | FS | Braintree & District AC | | | | 175 | | 175 | 175 |
| Natalie COOK | FS | Braintree & District AC | | | | 174 | | 174 | 174 |
| Jo LOOSEMORE | FS | Unattached | | | | 173 | | 173 | 173 |
| Kimberley FITCH | FS | Unattached | | | | 172 | | 172 | 172 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-----------------|------------|-----------------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Alice GOODWIN | FU20 | Ipswich Harriers | 200 | 200 | 200 | | 200 | 800 | 800 |
| Chloe GODBOLD | FU20 | Ipswich Harriers | 198 | 199 | | 200 | 199 | 796 | 796 |
| Courtney TURNER | FU20 | Felixstowe RRC | | 198 | 199 | 198 | 198 | 793 | 793 |
| Kate HEEKS | FU20 | Stowmarket Striders Running | 197 | | | 197 | | 394 | 394 |
| Anna KEEBLE | FU20 | Felixstowe RRC | 199 | | | | | 199 | 199 |
| Jasmin RAJA | FU20 | West Suffolk AC | | | | 199 | | 199 | 199 |
| Poppy ABLE | FU20 | Framlingham Flyers | | | 198 | | | 198 | 198 |
| Scarlett ANGOVE | FU20 | Stowmarket Striders Running | | | 197 | | | 197 | 197 |
| Jade KNOTT | FU20 | Unattached | 196 | | | | | 196 | 196 |
| Lydia BROOKES | FU20 | Unattached | 195 | | | | | 195 | 195 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|---------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Marie GRIMES | FV35 | Ipswich Jaffa RC | | 197 | 198 | 196 | 194 | 785 | 785 |
| Annabel LEECH | FV35 | Unattached | | 195 | 194 | 194 | 191 | 774 | 774 |
| Joanne HARPER | FV35 | Felixstowe RRC | | 192 | 195 | 192 | 178 | 757 | 757 |
| Hannah POLLARD | FV35 | Newmarket Joggers | | | 199 | 199 | 198 | 596 | 596 |
| Hien HOANG | FV35 | Great Bentley Running Club | | 193 | 196 | 195 | | 584 | 584 |
| Kerry ELMER | FV35 | Stowmarket Striders Running | 196 | | 193 | | 185 | 574 | 574 |
| Carla WIGGINS | FV35 | Felixstowe RRC | 192 | | 191 | | 181 | 564 | 564 |
| Pippa SARGENT | FV35 | Stowmarket Striders Running | 190 | | 188 | | 180 | 558 | 558 |
| Katie EVERETT | FV35 | Framlingham Flyers | | 181 | | 190 | 183 | 554 | 554 |
| Jenny MERRY | FV35 | Sudbury Joggers | 189 | 182 | | 182 | | 553 | 553 |
| Alison RENSHAW | FV35 | Ipswich Jaffa RC | 188 | 177 | | 183 | | 548 | 548 |
| Rachael HAMBLYN | FV35 | Ipswich Jaffa RC | | | 200 | | 200 | 400 | 400 |
| Sam BANKS | FV35 | Ipswich Jaffa RC | | | | 200 | 199 | 399 | 399 |
| Rachel BODSWORTH | FV35 | Hadleigh Hares AC | | | | 198 | 197 | 395 | 395 |
| Jennifer WRIGHT | FV35 | Ipswich Jaffa RC | 199 | | | | 189 | 388 | 388 |
| Amanda CRICHTON | FV35 | Unattached | 197 | 187 | | | | 384 | 384 |
| Bex GILBERT | FV35 | Felixstowe RRC | | 191 | 189 | | | 380 | 380 |
| Hannah JEWERS | FV35 | Unattached | | 185 | | 193 | | 378 | 378 |
| Rachel PALMER | FV35 | Felixstowe RRC | 193 | 184 | | | | 377 | 377 |
| Robyn RAKE | FV35 | Stowmarket Striders Running | | | 190 | | 182 | 372 | 372 |
| Stephanie LING | FV35 | Unattached | | 179 | | 185 | | 364 | 364 |
| Laura SHEWBRIDGE | FV35 | Colchester Harriers AC | 200 | | | | | 200 | 200 |
| Charlotte KING | FV35 | Halstead Road Runners | | 200 | | | | 200 | 200 |
| Helen JERROLD | FV35 | Unattached | | 199 | | | | 199 | 199 |
| Claire BATTEY | FV35 | Stowmarket Striders Running | | 198 | | | | 198 | 198 |
| Claire TROTT | FV35 | Unattached | 198 | | | | | 198 | 198 |
| Jo CREDEE | FV35 | Woodbridge Shufflers Running | | | 197 | | | 197 | 197 |
| Nikki MITCHAM | FV35 | Unattached | | | | 197 | | 197 | 197 |
| Madeline LEWIS | FV35 | Harwich Runners | | | | | 196 | 196 | 196 |
| Heather SHAVE | FV35 | Unattached | | 196 | | | | 196 | 196 |
| Ellie CUMNER | FV35 | Colchester & Tendring AC | | | | | 195 | 195 | 195 |
| Charlotte GLASS | FV35 | LWFitness 4All | 195 | | | | | 195 | 195 |
| Hayley COLES | FV35 | Felixstowe RRC | 194 | | | | | 194 | 194 |
| Claire BLANCHFORD | FV35 | Saint Edmund Pacers | | 194 | | | | 194 | 194 |
| Geraldine SPRINGETT | FV35 | Great Bentley Running Club | | | | | 193 | 193 | 193 |
| Lianne BELCHER | FV35 | Unattached | | | | | 192 | 192 | 192 |
| Jennifer EVANS | FV35 | Woodbridge Shufflers Running | | | 192 | | | 192 | 192 |
| Lorna FRASER | FV35 | Unattached | 191 | | | | | 191 | 191 |
| Debbie KING | FV35 | Stowmarket Striders Running | | | | 191 | | 191 | 191 |
| Katrina RIGBY | FV35 | Hadleigh Hares AC | | | | | 190 | 190 | 190 |
| Claire MASKERY | FV35 | Stowmarket Striders Running | | 190 | | | | 190 | 190 |
| Claire WHITE | FV35 | Ipswich Jaffa RC | | 189 | | | | 189 | 189 |
| Robin RAKE | FV35 | Stowmarket Striders Running | | | | 189 | | 189 | 189 |
| Sarah SEVERWRIGHT | FV35 | Felixstowe RRC | | | | | 188 | 188 | 188 |
| Lynsey GROOM | FV35 | Unattached | | 188 | | | | 188 | 188 |
| Dawn DIXON | FV35 | Haverhill Running Club | | | | 188 | | 188 | 188 |
| Nicola FLATT | FV35 | Harwich Runners | | | | | 187 | 187 | 187 |
| Liz ATKINS | FV35 | Felixstowe RRC | | | | 187 | | 187 | 187 |
| Lisa DOVE | FV35 | Unattached | | | | | 186 | 186 | 186 |
| Marian CASSIDY | FV35 | Unattached | | 186 | | | | 186 | 186 |

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| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|--------------------|------------|-----------------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Samantha CROCKETT | FV35 | Red Lodge RC | | | | 186 | | 186 | 186 |
| Ruth MIZON | FV35 | Witham RC | | | | | 184 | 184 | 184 |
| Adriana LUPSA | FV35 | Unattached | | | | 184 | | 184 | 184 |
| Charlotte HARRISON | FV35 | Unattached | 183 | | | | | 183 | 183 |
| Lucy STREET | FV35 | Saint Edmund Pacers | | | | 181 | | 181 | 181 |
| Deirdre DUFFY | FV35 | Unattached | 180 | | | | | 180 | 180 |
| Donna USHER | FV35 | Team2gether | | | | | 179 | 179 | 179 |
| Kara MOORE-DAMANT | FV35 | Stowmarket Striders Running | 178 | | | | | 178 | 178 |
| Lindsay SHAW | FV35 | Team2gether | | | | | 177 | 177 | 177 |
| Helen BYFORD | FV35 | Team2gether | | | | | 176 | 176 | 176 |

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| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Mel SHERMAN | FV40 | Ipswich Jaffa RC | 197 | 199 | 198 | 198 | 199 | 991 | 794 |
| Laura ALI | FV40 | Framlingham Flyers | 200 | 194 | | 197 | 198 | 789 | 789 |
| Amanda DUNN | FV40 | Hadleigh Hares AC | | 192 | 195 | 195 | 197 | 779 | 779 |
| Louise GODDARD | FV40 | Stowmarket Striders Running | 198 | 191 | 194 | 194 | | 777 | 777 |
| Goldie YULE | FV40 | Unattached | 195 | 187 | 193 | 191 | 192 | 958 | 771 |
| Catherine MORGAN | FV40 | Unattached | | 184 | 190 | 184 | 188 | 746 | 746 |
| Lorraine REEVES | FV40 | Unattached | 190 | 180 | 188 | 182 | | 740 | 740 |
| Kara | FV40 | Ipswich Jaffa RC | 179 | 172 | 184 | 174 | 184 | 893 | 721 |
| Tina CULLUM | FV40 | Ipswich Jaffa RC | 178 | 171 | 183 | 177 | 182 | 891 | 720 |
| Zohra ARMITAGE | FV40 | Saint Edmund Pacers | | 200 | 200 | 200 | | 600 | 600 |
| Sally-Ann BOWEN | FV40 | Sudbury Joggers | | 198 | 199 | 199 | | 596 | 596 |
| Anna SMITH | FV40 | Stowmarket Striders Running | | | 191 | 189 | 187 | 567 | 567 |
| Mary AKIN-GEORGE | FV40 | Unattached | 189 | 185 | 187 | | | 561 | 561 |
| Helen | FV40 | Felixstowe RRC | 184 | | 186 | | 181 | 551 | 551 |
| Heidi KNIGHT | FV40 | Capel Cheetahs RC | 181 | | | 179 | 186 | 546 | 546 |
| Julie ABERNETHY | FV40 | Ipswich Jaffa RC | | | 181 | 176 | 183 | 540 | 540 |
| Emma NEWMAN | FV40 | Unattached | 180 | 170 | 182 | | | 532 | 532 |
| Ruth PALMER | FV40 | Saint Edmund Pacers | | 196 | 197 | | | 393 | 393 |
| Michelle BELL | FV40 | Unattached | | 197 | | 196 | | 393 | 393 |
| Sarah FITCH | FV40 | Felixstowe RRC | 199 | 193 | | | | 392 | 392 |
| Sandy PAGE | FV40 | Unattached | | 195 | 196 | | | 391 | 391 |
| Claire SUMPTON | FV40 | Unattached | | 188 | | | 194 | 382 | 382 |
| Anna YOUNG | FV40 | Harwich Runners | 193 | | | | 189 | 382 | 382 |
| Deborah CUBBERLEY | FV40 | Great Bentley Running Club | | | 192 | 190 | | 382 | 382 |
| Tamasin WOOD | FV40 | Framlingham Flyers | 192 | | 189 | | | 381 | 381 |
| Ruth GOODCHILD | FV40 | Unattached | | 190 | | 185 | | 375 | 375 |
| Debbie BENFORD | FV40 | Unattached | | 189 | | 186 | | 375 | 375 |
| Tina GORE | FV40 | Sudbury Joggers | | 186 | | 188 | | 374 | 374 |
| Helen SKINNER | FV40 | Unattached | 191 | 183 | | | | 374 | 374 |
| Amanda SMITH | FV40 | Unattached | | | 180 | | 193 | 373 | 373 |
| Angela SOAMES | FV40 | Felixstowe RRC | | 174 | 185 | | | 359 | 359 |
| Lisa RATCLIFFE | FV40 | Unattached | 183 | 176 | | | | 359 | 359 |
| Maria BILNER | FV40 | Ipswich Jaffa RC | | 173 | | | 185 | 358 | 358 |
| Liz STUCKEY | FV40 | Witham RC | | | | | 200 | 200 | 200 |
| Sam LINASSI | FV40 | Felixstowe RRC | | | | | 196 | 196 | 196 |
| Clare MOODIE | FV40 | Framlingham Flyers | 196 | | | | | 196 | 196 |
| Rachel PEARSONS | FV40 | Witham RC | | | | | 195 | 195 | 195 |
| Nancy WRIGHT | FV40 | Woodbridge Shufflers Running | 194 | | | | | 194 | 194 |
| Alex SMITH | FV40 | Stowmarket Striders Running | | | | 193 | | 193 | 193 |
| Claire DUNN | FV40 | Unattached | | | | 192 | | 192 | 192 |
| Carina TAYLOR | FV40 | Witham RC | | | | | 191 | 191 | 191 |
| Melissa MAK | FV40 | Saint Edmund Pacers | | | | | 190 | 190 | 190 |
| Pauline ADAMS | FV40 | Unattached | 188 | | | | | 188 | 188 |
| Hayley BERKEL | FV40 | Unattached | 187 | | | | | 187 | 187 |
| Alison BLACKWELL | FV40 | Saint Edmund Pacers | | | | 187 | | 187 | 187 |
| Charlotte DOWNING | FV40 | Unattached | 186 | | | | | 186 | 186 |
| Caroline STAFFORD | FV40 | Felixstowe RRC | 185 | | | | | 185 | 185 |
| Kate | FV40 | Woodbridge Shufflers Running | | | | 183 | | 183 | 183 |
| Kirsty ABERDEIN | FV40 | Unattached | 182 | | | | | 182 | 182 |
| Claire PIZZEY | FV40 | Unattached | | 182 | | | | 182 | 182 |

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| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------------|-----------------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Alison GROGAN | FV40 | Unattached | 181 | | | | | 181 | 181 |
| Clare GILLIBRAND | FV40 | Sudbury Joggers | | | | 181 | | 181 | 181 |
| Rachel ORRISS | FV40 | Unattached | | | | 180 | | 180 | 180 |
| Trudie TIMMS | FV40 | Framlingham Flyers | 179 | | | | | 179 | 179 |
| Chris ALDERTON | FV40 | Stowmarket Striders Running | 178 | | | | | 178 | 178 |
| Michelle BIGGS | FV40 | Unattached | | | | 178 | | 178 | 178 |
| Sharon HAYFIELD | FV40 | Unattached | 177 | | | | | 177 | 177 |
| Jane SKOULDING | FV40 | Stowmarket Striders Running | 177 | | | | | 177 | 177 |
| Alison DANCE | FV40 | Unattached | 176 | | | | | 176 | 176 |
| Amanda BREWSTER | FV40 | Stowmarket Striders Running | 175 | | | | | 175 | 175 |
| Shalini CROSS | FV40 | Unattached | | | | 175 | | 175 | 175 |
| Claire ROOKE | FV40 | Sudbury Joggers | | | | 173 | | 173 | 173 |
| Jacquelyn COBBOLD | FV40 | Hadleigh Hares AC | 169 | | | | | 169 | 169 |

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| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|---------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Odette ROBSON | FV45 | Saint Edmund Pacers | 200 | 200 | 200 | 200 | 200 | 1000 | 800 |
| Cheryl TYE | FV45 | Framlingham Flyers | 196 | 193 | 196 | | 196 | 781 | 781 |
| Linda ALDRED | FV45 | Framlingham Flyers | 191 | 192 | 195 | 195 | 195 | 968 | 777 |
| Sarah COLBERT | FV45 | Springfield Striders RC | 192 | 191 | | 194 | 197 | 774 | 774 |
| Eloise BIRD | FV45 | Saint Edmund Pacers | 195 | | 192 | 192 | 192 | 771 | 771 |
| Kaye BRANTON | FV45 | Felixstowe RRC | 190 | 190 | 193 | | 191 | 764 | 764 |
| Jan HART | FV45 | Unattached | 187 | 179 | 187 | 189 | 186 | 928 | 749 |
| Amanda PRIOR | FV45 | Capel Cheetahs RC | 183 | 185 | 185 | 186 | 185 | 924 | 741 |
| Kathryn GERRY | FV45 | Woodbridge Shufflers Running | 185 | 183 | 186 | 182 | | 736 | 736 |
| Mandy GODBOLD | FV45 | Ipswich Harriers | 181 | 180 | 182 | 180 | 179 | 902 | 723 |
| Amanda CHILDS | FV45 | Ipswich Jaffa RC | 180 | | 183 | 179 | 180 | 722 | 722 |
| Tina CHURCH | FV45 | Saxmundham Sports Running & | | 171 | 179 | 174 | 176 | 700 | 700 |
| Jo DICKINSON | FV45 | Felixstowe RRC | 175 | 169 | | 173 | 175 | 692 | 692 |
| Mary NAREY | FV45 | Stowmarket Striders Running | 199 | 199 | 197 | | | 595 | 595 |
| Caroliena CAMERON | FV45 | Halstead Road Runners | | 198 | | 197 | 199 | 594 | 594 |
| Sandra WEBB | FV45 | Saint Edmund Pacers | 198 | 195 | | | 198 | 591 | 591 |
| Sarah VICK | FV45 | Saxmundham Sports Running & | 194 | | 194 | 193 | | 581 | 581 |
| Sandra BUMPHREY | FV45 | Capel Cheetahs RC | | 186 | | 188 | 189 | 563 | 563 |
| Karen EATON | FV45 | Felixstowe RRC | 184 | | | 184 | 187 | 555 | 555 |
| Karen CHAMBERLAIN | FV45 | Ipswich Jaffa RC | | | 184 | 181 | 181 | 546 | 546 |
| Joanne BROOKE | FV45 | Felixstowe RRC | | 177 | 181 | 178 | | 536 | 536 |
| Melonie EVANS | FV45 | Sudbury Joggers | 177 | 175 | | | 182 | 534 | 534 |
| Wendy KELLETT | FV45 | Unattached | | 172 | 180 | 175 | | 527 | 527 |
| Kate BEER | FV45 | Stowmarket Striders Running | | 197 | | 198 | | 395 | 395 |
| Rebecca JACK | FV45 | Stowmarket Striders Running | 193 | | | | 194 | 387 | 387 |
| Bernadette WHITE | FV45 | Hadleigh Hares AC | | | 190 | 191 | | 381 | 381 |
| Nicky ROPER | FV45 | Framlingham Flyers | | 189 | 191 | | | 380 | 380 |
| Helen CAIN | FV45 | Stowmarket Striders Running | | 188 | | 190 | | 378 | 378 |
| Jo HAYWARD | FV45 | Unattached | | 184 | 189 | | | 373 | 373 |
| Helen YELLOP | FV45 | Capel Cheetahs RC | 188 | | | | 184 | 372 | 372 |
| Malene GODSON | FV45 | Stowmarket Striders Running | | 187 | | 185 | | 372 | 372 |
| Melody-Anne NEVILLE | FV45 | Stowmarket Striders Running | 189 | 178 | | | | 367 | 367 |
| Tracey ROSE | FV45 | Stowmarket Striders Running | | 182 | | 183 | | 365 | 365 |
| Sharon WILLIETS | FV45 | Capel Cheetahs RC | 182 | | | | 178 | 360 | 360 |
| Julia MOSS-ECCARDT | FV45 | Stowmarket Striders Running | | 174 | | 177 | | 351 | 351 |
| Niki MACSEPHNEY | FV45 | Unattached | 176 | 170 | | | | 346 | 346 |
| Mary ann TULI | FV45 | Haverhill Running Club | | | 199 | | | 199 | 199 |
| Angela JOINER-HANDY | FV45 | Saint Edmund Pacers | | | | 199 | | 199 | 199 |
| Geraldine CLARKE | FV45 | Framlingham Flyers | | | 198 | | | 198 | 198 |
| Fiona COE | FV45 | Unattached | 197 | | | | | 197 | 197 |
| Denise NUTTALL | FV45 | Unattached | | 196 | | | | 196 | 196 |
| Catherine WALSH | FV45 | Ipswich Triathlon Club | | | | 196 | | 196 | 196 |
| Helen WING | FV45 | Stowmarket Striders Running | | 194 | | | | 194 | 194 |
| Nicole SMITH | FV45 | Halstead Road Runners | | | | | 193 | 193 | 193 |
| Fiona HUNT | FV45 | Ipswich Jaffa RC | | | | | 190 | 190 | 190 |
| Claire BRANSBY | FV45 | Harwich Runners | | | | | 188 | 188 | 188 |
| Nicola WHITLEY | FV45 | Capel Cheetahs RC | | | 188 | | | 188 | 188 |
| Lorraine MILLS | FV45 | Stowmarket Striders Running | | | | 187 | | 187 | 187 |
| Alison MYLES | FV45 | Unattached | 186 | | | | | 186 | 186 |
| Nicky BELL | FV45 | Essex Highways | | | | | 183 | 183 | 183 |

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| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|--------------------|------------|-----------------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Deirdra KEATING | FV45 | Stowmarket Striders Running | | 181 | | | | 181 | 181 |
| Laura COLLINSON | FV45 | Unattached | 179 | | | | | 179 | 179 |
| Claire MASON | FV45 | Unattached | | | 178 | | | 178 | 178 |
| Sarah GEBHARD | FV45 | Unattached | 178 | | | | | 178 | 178 |
| Kelly DEAVES | FV45 | Unattached | | | | | 177 | 177 | 177 |
| Lisa BOND | FV45 | Ipswich Jaffa RC | | | | 176 | | 176 | 176 |
| Kim ABSON | FV45 | Stowmarket Striders Running | | 176 | | | | 176 | 176 |
| Jane WIGNALL | FV45 | Team2gether | | | | | 174 | 174 | 174 |
| Miranda RAYNER | FV45 | Harwich Runners | | | | | 173 | 173 | 173 |
| Catherine BANK | FV45 | Unattached | | 173 | | | | 173 | 173 |
| Samantha TAYLOR | FV45 | Unattached | | | | | 172 | 172 | 172 |
| Lynn THOMAS | FV45 | Braintree & District AC | | | | 172 | | 172 | 172 |
| Tracey PENNOCK | FV45 | Unattached | | | | 171 | | 171 | 171 |
| Catherine RAJA | FV45 | Unattached | | | | 170 | | 170 | 170 |
| Donna Maria MONROE | FV45 | Stowmarket Striders Running | | 168 | | | | 168 | 168 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|--------------------|------|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Val JENNINGS | FV50 | Ipswich Jaffa RC | 200 | | 200 | 199 | 200 | 799 | 799 |
| Marion PARKER | FV50 | Felixstowe RRC | 199 | 199 | 199 | 198 | 199 | 994 | 796 |
| Claire HOBLYN | FV50 | Saint Edmund Pacers | 198 | 198 | 198 | 197 | 198 | 989 | 792 |
| Jackie HANN | FV50 | Sudbury Joggers | 196 | 197 | 196 | 196 | 197 | 982 | 786 |
| Elizabeth CAHILL | FV50 | Braintree & District AC | 195 | 196 | 195 | 194 | 196 | 976 | 782 |
| Sharon WARLAND | FV50 | Stowmarket Striders Running | 194 | 192 | 192 | 193 | 194 | 965 | 773 |
| Michelle CONSTABLE | FV50 | Ipswich Jaffa RC | 193 | 193 | 193 | | 193 | 772 | 772 |
| Linda BAXTER | FV50 | Saint Edmund Pacers | 190 | 189 | 190 | 192 | 191 | 952 | 763 |
| Ruth COWLIN | FV50 | Sudbury Joggers | 188 | 188 | 188 | 190 | 187 | 941 | 754 |
| Ann GRANGER | FV50 | Saxmundham Sports Running & | 184 | 184 | 182 | 188 | 183 | 921 | 739 |
| Angela WHITING | FV50 | Stowmarket Striders Running | 183 | | 183 | 187 | 182 | 735 | 735 |
| Jackie COLLINS | FV50 | Felixstowe RRC | 180 | 181 | | 186 | 181 | 728 | 728 |
| Jenny LYNCH | FV50 | Felixstowe RRC | 182 | 180 | | 183 | 176 | 721 | 721 |
| Sally SOLOMON | FV50 | Felixstowe RRC | 178 | 177 | 179 | 177 | 173 | 884 | 711 |
| Claire JAY | FV50 | Stowmarket Striders Running | 177 | | 178 | 176 | 170 | 701 | 701 |
| Sandra MAYHEW | FV50 | Stowmarket Striders Running | 192 | 194 | 194 | | | 580 | 580 |
| Helen WASS | FV50 | Newmarket Joggers | | 190 | 191 | | 192 | 573 | 573 |
| Jo PARDEN | FV50 | Framlingham Flyers | 189 | 187 | | | 190 | 566 | 566 |
| Karen SHELLEY | FV50 | Capel Cheetahs RC | 186 | | 189 | | 188 | 563 | 563 |
| Lisa GUNSTONE | FV50 | Unattached | | | 186 | 189 | 184 | 559 | 559 |
| Susan BLOOMFIELD | FV50 | Stowmarket Striders Running | 185 | | 184 | | 185 | 554 | 554 |
| Denise WRIGHT | FV50 | Stowmarket Striders Running | 181 | | | 184 | 177 | 542 | 542 |
| Jan RISEBROW | FV50 | Felixstowe RRC | 179 | 178 | 181 | | | 538 | 538 |
| Jo STEPHENSON | FV50 | Stowmarket Striders Running | 197 | | 197 | | | 394 | 394 |
| Dawn MARSHALL | FV50 | Saint Edmund Pacers | 191 | 191 | | | | 382 | 382 |
| Sharon DEAN | FV50 | Felixstowe RRC | 187 | | 187 | | | 374 | 374 |
| Ruth GREGGOR | FV50 | Unattached | | 185 | 185 | | | 370 | 370 |
| Christine ANTHONY | FV50 | West Suffolk AC | | 200 | | | | 200 | 200 |
| Sandy THOROGOOD | FV50 | Sudbury Joggers | | | | 200 | | 200 | 200 |
| Helen CAREY | FV50 | Unattached | | | | | 195 | 195 | 195 |
| Kirsty WEAVERS | FV50 | Saint Edmund Pacers | | 195 | | | | 195 | 195 |
| Kkirsty WEAVERS | FV50 | Saint Edmund Pacers | | | | 195 | | 195 | 195 |
| Teresa FRANKLIN | FV50 | Haverhill Running Club | | | | 191 | | 191 | 191 |
| Trish JARVIS | FV50 | Unattached | | | | | 189 | 189 | 189 |
| Heather RUFF | FV50 | Capel Cheetahs RC | | | | | 186 | 186 | 186 |
| Sandy PHILLIPS | FV50 | Ipswich Jaffa RC | | 186 | | | | 186 | 186 |
| Juliet TILLYARD | FV50 | Unattached | | | | 185 | | 185 | 185 |
| Donna VINCENT | FV50 | Unattached | | 183 | | | | 183 | 183 |
| Gillian SHEMMING | FV50 | Ipswich Jaffa RC | | 182 | | | | 182 | 182 |
| Roxanne DOWNES | FV50 | Ipswich Jaffa RC | | | | 182 | | 182 | 182 |
| Jacqueline CHUBB | FV50 | Ipswich Triathlon Club | | | | 181 | | 181 | 181 |
| Tracey DENBY | FV50 | Witham RC | | | | | 180 | 180 | 180 |
| Sue WHITING | FV50 | Ipswich Jaffa RC | | | 180 | | | 180 | 180 |
| JANIS TAYLOR | FV50 | Ipswich Jaffa RC | | | | 180 | | 180 | 180 |
| Nicola FOSTER | FV50 | Essex Highways | | | | | 179 | 179 | 179 |
| Dawn GILLET | FV50 | Unattached | | 179 | | | | 179 | 179 |
| Samantha CHRYSTAL | FV50 | Unattached | | | | 179 | | 179 | 179 |
| Caroline PORTER | FV50 | Unattached | | | | | 178 | 178 | 178 |
| Marion GREENWOOD | FV50 | Unattached | | | | 178 | | 178 | 178 |
| Martina BYRNE | FV50 | Witham RC | | | | | 175 | 175 | 175 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------------|-----------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Tracey George | FV50 | Harwich Runners | | | | | 174 | 174 | 174 |
| Tina BOURNE | FV50 | Unattached | | | | | 172 | 172 | 172 |
| Michell MOORCROFT | FV50 | Team2gether | | | | | 171 | 171 | 171 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Rebecca PITTMAN | FV55 | Springfield Striders RC | 200 | 200 | 200 | 200 | 199 | 999 | 800 |
| Jenny SHEAHAN | FV55 | Unattached | 199 | 199 | 199 | | 198 | 795 | 795 |
| Karen HATTON | FV55 | Saint Edmund Pacers | 198 | 197 | 196 | | 195 | 786 | 786 |
| Bobbie SAUERZAPF | FV55 | Bungay Black Dog RC | 197 | 195 | 195 | 198 | 194 | 979 | 785 |
| Jo WHELAN | FV55 | Felixstowe RRC | | 194 | 193 | 194 | 191 | 772 | 772 |
| Nicola STEVENSON | FV55 | Felixstowe RRC | 194 | 190 | | 195 | 190 | 769 | 769 |
| Jane MOON | FV55 | Felixstowe RRC | 195 | 192 | 192 | | 189 | 768 | 768 |
| Belinda GODBOLD | FV55 | Ipswich Jaffa RC | | | 198 | 199 | | 397 | 397 |
| Fiona CUNNINGTON | FV55 | Unattached | | 196 | 197 | | | 393 | 393 |
| Sue HUNTER | FV55 | Stowmarket Striders Running | | 189 | | | 185 | 374 | 374 |
| Claudine BENSTEAD | FV55 | Harwich Runners | | | | | 200 | 200 | 200 |
| Lea OSBORNE | FV55 | Unattached | | 198 | | | | 198 | 198 |
| Liz BURR | FV55 | Essex Highways | | | | | 197 | 197 | 197 |
| Rita RUE | FV55 | Saint Edmund Pacers | | | | 197 | | 197 | 197 |
| Tonie WILSON | FV55 | Great Bentley Running Club | | | | | 196 | 196 | 196 |
| ELIZABETH STONES | FV55 | Unattached | 196 | | | | | 196 | 196 |
| Christine ASHE | FV55 | Bungay Black Dog RC | | | | 196 | | 196 | 196 |
| Alison HILL | FV55 | Framlingham Flyers | | | 194 | | | 194 | 194 |
| Ann HIRD | FV55 | Unattached | | | | | 193 | 193 | 193 |
| Jane LING | FV55 | Unattached | 193 | | | | | 193 | 193 |
| Gillian CHARLTON | FV55 | Stowmarket Striders Running | | 193 | | | | 193 | 193 |
| Gill CHARLTON | FV55 | Stowmarket Striders Running | | | | 193 | | 193 | 193 |
| Deborah HOLMES | FV55 | Unattached | | | | | 192 | 192 | 192 |
| Geraldine MCKEAG | FV55 | Unattached | | | | 192 | | 192 | 192 |
| Sally QUIRK | FV55 | Stowmarket Striders Running | | 191 | | | | 191 | 191 |
| SUSAN HUNTER | FV55 | Stowmarket Striders Running | | | 191 | | | 191 | 191 |
| Christina PRETTY | FV55 | Harwich Runners | | | | | 188 | 188 | 188 |
| Sue WRIGHT | FV55 | Great Bentley Running Club | | | | | 187 | 187 | 187 |
| Beverley LESLIE | FV55 | Unattached | | | | | 186 | 186 | 186 |
| Diana LEE | FV55 | Unattached | | | | | 184 | 184 | 184 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-----------------|------|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Jenny MORGAN | FV60 | Saint Edmund Pacers | 200 | 200 | 200 | 200 | | 800 | 800 |
| Carolyn HAWORTH | FV60 | Saint Edmund Pacers | 199 | 199 | | 199 | 200 | 797 | 797 |
| Vivienne TAYLOR | FV60 | Framlingham Flyers | 197 | 198 | 196 | 197 | | 788 | 788 |
| Susan WILSHAW | FV60 | Capel Cheetahs RC | 193 | 195 | 193 | 196 | 197 | 974 | 781 |
| Jane BAILEY | FV60 | Felixstowe RRC | 194 | 193 | 190 | 193 | 196 | 966 | 776 |
| Trish HOPKINS | FV60 | Felixstowe RRC | 192 | 192 | 188 | 191 | 195 | 958 | 770 |
| Alison CLARKE | FV60 | Great Bentley Running Club | | 196 | 195 | 195 | | 586 | 586 |
| Anne OLIVER | FV60 | Felixstowe RRC | | 197 | 194 | 194 | | 585 | 585 |
| Valerie NUTLEY | FV60 | Unattached | 195 | 194 | 189 | | | 578 | 578 |
| Mary BURGESS | FV60 | Felixstowe RRC | 198 | | 198 | | | 396 | 396 |
| Sue HARGADON | FV60 | Ipswich Triathlon Club | 196 | | 192 | | | 388 | 388 |
| Ann PIERCY | FV60 | Harwich Runners | | | | | 199 | 199 | 199 |
| Christine MARSH | FV60 | Unattached | | | 199 | | | 199 | 199 |
| Anne HERBERT | FV60 | Harwich Runners | | | | | 198 | 198 | 198 |
| Denise ROBINSON | FV60 | Stowmarket Striders Running | | | | 198 | | 198 | 198 |
| Riitta WOOD | FV60 | Framlingham Flyers | | | 197 | | | 197 | 197 |
| Carol MCINTOSH | FV60 | Newmarket Joggers | | | | 192 | | 192 | 192 |
| Annette HUGGINS | FV60 | Framlingham Flyers | | | 191 | | | 191 | 191 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------------|-----------------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Moira PINKNEY | FV65+ | Ipswich Triathlon Club | 200 | 200 | 200 | 200 | 200 | 1000 | 800 |
| Maureen WRIGHT | FV65+ | Ipswich Jaffa RC | 199 | 199 | 199 | 199 | 199 | 995 | 796 |
| Corinne SHOOLBRED | FV65+ | Unattached | 197 | 195 | 197 | | 198 | 787 | 787 |
| Pam MORGAN | FV65+ | Framlingham Flyers | 198 | 198 | 198 | | | 594 | 594 |
| Chris GAY | FV65+ | Stowmarket Striders Running | | 194 | | 197 | 197 | 588 | 588 |
| Bernice TRODD | FV65+ | Unattached | | | | 198 | | 198 | 198 |
| Anne FISH | FV65+ | Stowmarket Striders Running | | 197 | | | | 197 | 197 |
| Gaye FARRAR | FV65+ | Framlingham Flyers | | | 196 | | | 196 | 196 |
| Janet GREEN | FV65+ | Framlingham Flyers | | 196 | | | | 196 | 196 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|-----|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Benjamin TURLEY | MS | Ipswich Jaffa RC | 199 | 199 | 198 | | 193 | 789 | 789 |
| Adam WADE | MS | Ipswich Jaffa RC | 197 | | 197 | 197 | 196 | 787 | 787 |
| James WILSON | MS | Saxmundham Sports Running & | 198 | 198 | 193 | 196 | 192 | 977 | 785 |
| Mark HAYWARD | MS | Newmarket Joggers | 196 | 197 | 196 | 194 | 188 | 971 | 783 |
| Kieran HAYLES | MS | Sudbury Joggers | 195 | 193 | 192 | 175 | 191 | 946 | 771 |
| Nicholas CLARKE | MS | Ipswich Jaffa RC | 194 | 194 | 190 | | 186 | 764 | 764 |
| James CORNISH | MS | Woodbridge Shufflers Running | 191 | 191 | 187 | 191 | 183 | 943 | 760 |
| Daniel INGLEBY | MS | Ipswich Jaffa RC | 186 | 189 | 185 | 184 | 181 | 925 | 744 |
| Melvyn MAYCOCK | MS | Unattached | 183 | 187 | 182 | 183 | 177 | 912 | 735 |
| Neil GILLINGHAM | MS | Ipswich Harriers | 185 | 184 | 184 | 181 | 174 | 908 | 734 |
| Oliver QUINTON | MS | Unattached | 184 | 180 | 181 | 182 | 178 | 905 | 727 |
| Sam BROOKE | MS | Felixstowe RRC | 180 | 183 | 179 | 179 | | 721 | 721 |
| Ashley SMY | MS | Ipswich Jaffa RC | | 182 | 169 | 186 | 179 | 716 | 716 |
| Andy OWEN | MS | Halstead Road Runners | 182 | 181 | | 176 | 170 | 709 | 709 |
| Alastair READ | MS | Felixstowe RRC | 168 | 178 | 178 | 177 | 175 | 876 | 708 |
| Matt DAVEY | MS | Tiptree RRC | 178 | 177 | 175 | | 167 | 697 | 697 |
| Steve NEUMANN | MS | Unattached | | 174 | 172 | 172 | 164 | 682 | 682 |
| Rob PAGE | MS | Ipswich Jaffa RC | 173 | 170 | 171 | | 162 | 676 | 676 |
| Oliver HUTTON | MS | Unattached | 172 | 171 | 166 | 164 | 161 | 834 | 673 |
| Justin POTTER | MS | Stowmarket Striders Running | | 164 | 168 | 169 | 160 | 661 | 661 |
| Christopher BING | MS | Ipswich Jaffa RC | 163 | 161 | 161 | 168 | 158 | 811 | 653 |
| Jake CHURCH | MS | Saxmundham Sports Running & | 164 | 167 | 160 | 162 | 152 | 805 | 653 |
| Michael SHELDRAKE | MS | Ipswich Jaffa RC | 161 | 163 | 164 | | 154 | 642 | 642 |
| Matthew EVELEIGH | MS | Stowmarket Striders Running | | 156 | 159 | 159 | 156 | 630 | 630 |
| John MCKEE | MS | Framlingham Flyers | 159 | 155 | 155 | 156 | | 625 | 625 |
| Aaron DURRANT | MS | Hadleigh Hares AC | 158 | 149 | | 161 | 155 | 623 | 623 |
| George WRIGHT | MS | Stowmarket Striders Running | 151 | 153 | 156 | 160 | 146 | 766 | 620 |
| Tom CRESSWELL | MS | Colchester Harriers AC | 193 | 196 | | | 190 | 579 | 579 |
| Tom COE | MS | Unattached | 130 | 144 | 152 | | 147 | 573 | 573 |
| John CHELL | MS | Ipswich Jaffa RC | 143 | 138 | 147 | 145 | | 573 | 573 |
| Ryan OSTLER | MS | Ipswich Jaffa RC | 192 | 192 | 188 | | | 572 | 572 |
| Andy MILEY | MS | Ipswich Jaffa RC | 146 | 137 | 146 | | 139 | 568 | 568 |
| Daniel JONES | MS | Ipswich Harriers | 188 | 188 | | | 182 | 558 | 558 |
| Cameron THICK | MS | Ipswich Jaffa RC | | 185 | 186 | | 185 | 556 | 556 |
| Matt REASON | MS | Stowmarket Striders Running | 141 | 139 | | 142 | 134 | 556 | 556 |
| Keelan SMITH | MS | Saxmundham Sports Running & | 140 | 133 | 139 | 135 | 129 | 676 | 547 |
| Jeremy DOWNS | MS | Harwich Runners | 135 | 129 | 142 | 133 | 133 | 672 | 543 |
| Jake TAYLOR | MS | Unattached | 136 | 126 | 141 | 137 | 126 | 666 | 540 |
| Lee CORNWELL | MS | Ipswich Jaffa RC | 134 | 134 | | 139 | 132 | 539 | 539 |
| Robert GRIMSEY | MS | Hadleigh Hares AC | 138 | 128 | | 140 | 125 | 531 | 531 |
| Dominic MELERO | MS | Unattached | | 175 | | 173 | 166 | 514 | 514 |
| Robert KEMP | MS | Felixstowe RRC | 120 | 123 | 134 | 131 | 120 | 628 | 508 |
| David MARSH | MS | Unattached | 166 | 168 | 162 | | | 496 | 496 |
| Kirk VAUGHAN | MS | Unattached | 167 | 165 | | 157 | | 489 | 489 |
| Michael BALL | MS | Riverside Runners St Neots | | 173 | | 171 | 127 | 471 | 471 |
| Ryan BARTLETT | MS | Saint Edmund Pacers | | 151 | 151 | 154 | | 456 | 456 |
| Adam BRETT | MS | Felixstowe RRC | 124 | 158 | | 166 | | 448 | 448 |
| Neil CATLEY | MS | Felixstowe RRC | | | 144 | 153 | 149 | 446 | 446 |
| Karl OSBORN | MS | Unattached | 148 | 140 | | | 148 | 436 | 436 |
| Andy HAYWARD | MS | Stowmarket Striders Running | 142 | 142 | | | 140 | 424 | 424 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|-----|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Lee CLOSE | MS | Unattached | | 143 | | 141 | 136 | 420 | 420 |
| Mark NEWMAN | MS | Ipswich Triathlon Club | 139 | 135 | 140 | | | 414 | 414 |
| Neil POLLARD | MS | Newmarket Joggers | | | 195 | | 194 | 389 | 389 |
| Mark CLEMENTS | MS | Ipswich Jaffa RC | | 195 | 194 | | | 389 | 389 |
| David BLACKSTOCK | MS | Newmarket Joggers | 123 | 125 | 135 | | | 383 | 383 |
| Gavin BOAG | MS | Stowmarket Striders Running | 125 | 124 | | | 124 | 373 | 373 |
| Ben JEFFERY | MS | Unattached | | 186 | | 187 | | 373 | 373 |
| Westley WALKER | MS | Haverhill Running Club | | | | 190 | 180 | 370 | 370 |
| Geraint WHITE | MS | Ipswich Jaffa RC | | | 177 | 188 | | 365 | 365 |
| Matthew CRANE | MS | Saint Edmund Pacers | | 176 | | 185 | | 361 | 361 |
| Matthew THOMAS | MS | Saxmundham Sports Running & | | | 180 | | 176 | 356 | 356 |
| Alec WRIGHT | MS | Ipswich Jaffa RC | 181 | | | | 171 | 352 | 352 |
| Benjamin CUTHBERT | MS | Sudbury Joggers | | 179 | | | 172 | 351 | 351 |
| John ALDRED | MS | Framlingham Flyers | 174 | | 176 | | | 350 | 350 |
| Kallum BREWARD | MS | Sudbury Joggers | | | | 178 | 168 | 346 | 346 |
| Oliver RICHES | MS | Hadleigh Hares AC | | 172 | | 170 | | 342 | 342 |
| Mark LEEKS | MS | Ipswich Jaffa RC | | | 170 | | 165 | 335 | 335 |
| Lance ESCOBAR | MS | Unattached | | | 167 | 167 | | 334 | 334 |
| Clayton FOSKER | MS | Unattached | 169 | 162 | | | | 331 | 331 |
| Matthew JONES | MS | Great Bentley Running Club | | | 163 | | 163 | 326 | 326 |
| Kevin MILLARD | MS | Haverhill Running Club | | | | 165 | 159 | 324 | 324 |
| James ELLUL | MS | Felixstowe RRC | 157 | 157 | | | | 314 | 314 |
| Peter WOODS | MS | Felixstowe RRC | | 159 | 154 | | | 313 | 313 |
| Daniel SEDGWICK | MS | Ipswich Jaffa RC | 160 | | 150 | | | 310 | 310 |
| Matthew REYNOLDS | MS | Lowestoft Road Runners | | 150 | 158 | | | 308 | 308 |
| Michael FOSTER | MS | Unattached | 156 | | | | 145 | 301 | 301 |
| Wayne CLOSE | MS | Unattached | | 148 | | 152 | | 300 | 300 |
| Daniel DAY | MS | Unattached | | | 149 | 151 | | 300 | 300 |
| Jamie PAYNE | MS | Framlingham Flyers | | 145 | 148 | | | 293 | 293 |
| Peter JENKYN | MS | Saint Edmund Pacers | 144 | | | 149 | | 293 | 293 |
| Brett DEAKIN | MS | Felixstowe RRC | 137 | | 145 | | | 282 | 282 |
| Gary INGRAM | MS | Ipswich Jaffa RC | | 141 | | 136 | | 277 | 277 |
| Craig HAWKINS | MS | Stowmarket Striders Running | | 131 | 143 | | | 274 | 274 |
| Jack HINES | MS | Hadleigh Hares AC | 127 | 132 | | | | 259 | 259 |
| Alex JACOBS | MS | Felixstowe RRC | | 127 | | | 131 | 258 | 258 |
| Ross CORBYN | MS | Essex Highways | | 122 | | 130 | | 252 | 252 |
| Tim WOULFE | MS | Braintree & District AC | | | | | 200 | 200 | 200 |
| Andrew ROOKE | MS | Ipswich Jaffa RC | | | 200 | | | 200 | 200 |
| Michael GILBERT | MS | Haverhill Running Club | | | | 200 | | 200 | 200 |
| Samuel RATCLIFFE | MS | Unattached | | 200 | | | | 200 | 200 |
| Will LAW | MS | Ipswich Jaffa RC | 200 | | | | | 200 | 200 |
| Kieran MCMORRAN | MS | Ipswich Jaffa RC | | | | | 199 | 199 | 199 |
| Robert CHENERY | MS | Ipswich Jaffa RC | | | 199 | | | 199 | 199 |
| Denys OLEFIR | MS | Newmarket Joggers | | | | 199 | | 199 | 199 |
| Peter ROBINSON | MS | Springfield Striders RC | | | | | 198 | 198 | 198 |
| James HAYWARD | MS | Ipswich Jaffa RC | | | | 198 | | 198 | 198 |
| James SMITH | MS | Springfield Striders RC | | | | | 197 | 197 | 197 |
| Craig FIDDAMAN | MS | Ipswich Jaffa RC | | | | | 195 | 195 | 195 |
| Tom KINGSNORTH | MS | Saint Edmund Pacers | | | | 195 | | 195 | 195 |
| Andrew BELL | MS | Haverhill Running Club | | | | 193 | | 193 | 193 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|----------------------|-----|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Andrew SOUTHWOOD | MS | Unattached | | | | 192 | | 192 | 192 |
| Gavin DAVIES | MS | Ipswich Jaffa RC | | | 191 | | | 191 | 191 |
| James HUMPHREYS | MS | Ipswich Jaffa RC | | 190 | | | | 190 | 190 |
| John GLANFIELD | MS | Felixstowe RRC | 190 | | | | | 190 | 190 |
| Paul BOWN | MS | GoodGym | | | | | 189 | 189 | 189 |
| Alexander HOSKING | MS | Ipswich Jaffa RC | | | 189 | | | 189 | 189 |
| Christopher POULDING | MS | Unattached | | | | 189 | | 189 | 189 |
| Ben Jeffery JEFFERY | MS | Unattached | 189 | | | | | 189 | 189 |
| Wesley ATKINS | MS | Halstead Road Runners | | | | | 187 | 187 | 187 |
| Andy ELLIS | MS | Felixstowe RRC | 187 | | | | | 187 | 187 |
| Jon GLANFIELD | MS | Felixstowe RRC | | | | | 184 | 184 | 184 |
| Neil DINWIDDIE | MS | Ipswich Jaffa RC | | | 183 | | | 183 | 183 |
| Hugh WALTON | MS | Unattached | | | | 180 | | 180 | 180 |
| Joe WATTS | MS | Unattached | 179 | | | | | 179 | 179 |
| Chris HALL | MS | Bungay Black Dog RC | 177 | | | | | 177 | 177 |
| Neil BARNETT | MS | Unattached | 176 | | | | | 176 | 176 |
| Rob BLACKMAN | MS | Great Bentley Running Club | 175 | | | | | 175 | 175 |
| Christopher LAMBERT | MS | Unattached | | | 174 | | | 174 | 174 |
| Paul DOCKERILL | MS | Newmarket Joggers | | | | 174 | | 174 | 174 |
| Will CUBBIN | MS | Essex Highways | | | | | 173 | 173 | 173 |
| Tom ALEXANDER | MS | Woodbridge Shufflers Running | | | 173 | | | 173 | 173 |
| Alberto GUJIARRO | MS | Unattached | 171 | | | | | 171 | 171 |
| Daniel DAVIS | MS | Unattached | 170 | | | | | 170 | 170 |
| Charlie KIETCH | MS | Great Bentley Running Club | | | | | 169 | 169 | 169 |
| Oscar DOYLE | MS | Ipswich Triathlon Club | | 169 | | | | 169 | 169 |
| Alberto GUIJARRO | MS | Felixstowe RRC | | 166 | | | | 166 | 166 |
| Thomas HUNNISETT | MS | Saxmundham Sports Running & | | | 165 | | | 165 | 165 |
| Jonathan CHAPMAN | MS | Unattached | 165 | | | | | 165 | 165 |
| James DAVIDSON | MS | Unattached | | | | 163 | | 163 | 163 |
| Andy BLACKMAN | MS | Unattached | 162 | | | | | 162 | 162 |
| Warren TAYLOR-HOLT | MS | Unattached | | 160 | | | | 160 | 160 |
| Michael HILL | MS | Unattached | | | | 158 | | 158 | 158 |
| Jamie FITTOCK | MS | Sudbury Joggers | | | | | 157 | 157 | 157 |
| Lee MARKHAM | MS | Woodbridge Shufflers Running | | | 157 | | | 157 | 157 |
| Ryan OSMAN | MS | Unattached | | | | 155 | | 155 | 155 |
| Ben ANDREWS | MS | Unattached | 155 | | | | | 155 | 155 |
| Mark TAYLOR | MS | Unattached | | 154 | | | | 154 | 154 |
| Adam HIGGINS | MS | Unattached | 154 | | | | | 154 | 154 |
| David GAYER | MS | Colchester Harriers AC | | | | | 153 | 153 | 153 |
| Ashley PHILLIPS | MS | Unattached | | | 153 | | | 153 | 153 |
| Adam RAKE | MS | Unattached | 153 | | | | | 153 | 153 |
| Michael MOORE | MS | Stowmarket Striders Running | | 152 | | | | 152 | 152 |
| David MAYES | MS | Felixstowe RRC | 152 | | | | | 152 | 152 |
| Allan SMITH | MS | Unattached | | | | | 151 | 151 | 151 |
| Kevin ANDREWS | MS | Unattached | | | | | 150 | 150 | 150 |
| Jonny RANKIN | MS | Unattached | | | | 150 | | 150 | 150 |
| David BREWSTER | MS | Unattached | 150 | | | | | 150 | 150 |
| Philip LENEY | MS | Unattached | 149 | | | | | 149 | 149 |
| Karl TOVELL | MS | Unattached | | | | 148 | | 148 | 148 |
| James COOPER | MS | Stowmarket Striders Running | | | | 147 | | 147 | 147 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|------------------|-----|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Rob PURNELL | MS | Unattached | | 147 | | | | 147 | 147 |
| Tom MONK | MS | Unattached | 147 | | | | | 147 | 147 |
| Andrew MANN | MS | Ipswich Jaffa RC | | | | 146 | | 146 | 146 |
| Neil DENNIS | MS | Stowmarket Striders Running | | 146 | | | | 146 | 146 |
| Glen PAGE | MS | Unattached | 145 | | | | | 145 | 145 |
| Kieran CALLAGHAN | MS | Harwich Runners | | | | | 144 | 144 | 144 |
| Ross ARNOLD | MS | Haverhill Running Club | | | | 144 | | 144 | 144 |
| Mohammed ALAMIN | MS | Unattached | | | | | 143 | 143 | 143 |
| Adam MILLER | MS | Unattached | | | | 143 | | 143 | 143 |
| James DAWSON | MS | Essex Highways | | | | | 142 | 142 | 142 |
| Nicholas UNDRILL | MS | Unattached | | | | | 141 | 141 | 141 |
| Chris POUND | MS | Essex Highways | | | | | 138 | 138 | 138 |
| Stuart CLARKE | MS | Unattached | | | 138 | | | 138 | 138 |
| Graham DIXON | MS | Haverhill Running Club | | | | 138 | | 138 | 138 |
| Andrew SILVERTON | MS | Unattached | | | | | 137 | 137 | 137 |
| Edward PHILLIPS | MS | Bungay Black Dog RC | | | 137 | | | 137 | 137 |
| David BERTRAM | MS | Unattached | | | 136 | | | 136 | 136 |
| Dale WEEDING | MS | Unattached | | 136 | | | | 136 | 136 |
| Oliver CARGIL | MS | Team2gether | | | | | 135 | 135 | 135 |
| Christopher | MS | Unattached | | | | 134 | | 134 | 134 |
| James MCCALLUM | MS | Unattached | 133 | | | | | 133 | 133 |
| Matthew STOCKS | MS | Unattached | | | | 132 | | 132 | 132 |
| Steve TODD | MS | Unattached | 132 | | | | | 132 | 132 |
| Daniel FINEGAN | MS | Unattached | 131 | | | | | 131 | 131 |
| Jonathan RAE | MS | Essex Highways | | | | | 130 | 130 | 130 |
| James DOYLE | MS | Stowmarket Striders Running | | 130 | | | | 130 | 130 |
| Paul WRIGHT | MS | Woodbridge Shufflers Running | 129 | | | | | 129 | 129 |
| Paul GREEN | MS | Essex Highways | | | | | 128 | 128 | 128 |
| Jason COWLES | MS | Unattached | 128 | | | | | 128 | 128 |
| Darren MEEK | MS | Unattached | 126 | | | | | 126 | 126 |
| Josh IRON | MS | Haverhill Running Club | | | | | 123 | 123 | 123 |
| Phil HUGHES | MS | Essex Highways | | | | | 122 | 122 | 122 |
| Dan SMITH | MS | Unattached | 122 | | | | | 122 | 122 |
| Andrew SARGENT | MS | Unattached | | | | | 121 | 121 | 121 |
| Carl WRIGHT | MS | Unattached | 121 | | | | | 121 | 121 |
| Lee STEARN | MS | Team2gether | | | | | 119 | 119 | 119 |
| George HINDS | MS | Unattached | 119 | | | | | 119 | 119 |
| Mark HOY | MS | Unattached | | | | | 118 | 118 | 118 |
| Oliver LEWIS | MS | Unattached | 118 | | | | | 118 | 118 |
| Daniel PLUMB | MS | Essex Highways | | | | | 117 | 117 | 117 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|--------------------|------|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Tom ADAMS | MU20 | Ipswich Harriers | 200 | 200 | 200 | 200 | 199 | 999 | 800 |
| Harry FITZGERALD | MU20 | Unattached | 197 | 199 | 197 | | 197 | 790 | 790 |
| Joe ROBSON | MU20 | Saint Edmund Pacers | 196 | 198 | 196 | 199 | 196 | 985 | 789 |
| Thomas ABBOTT | MU20 | Ipswich Harriers | 194 | 197 | 193 | 198 | 195 | 977 | 784 |
| Lee HARRISON | MU20 | Ipswich Harriers | 193 | 196 | 194 | 197 | 194 | 974 | 781 |
| Conner BILNER | MU20 | Ipswich Jaffa RC | 192 | | 192 | 196 | 193 | 773 | 773 |
| Kyle CHURCH | MU20 | Saxmundham Sports Running & | 190 | 194 | 186 | 194 | 191 | 955 | 769 |
| Aiden CHURCH | MU20 | Saxmundham Sports Running & | 191 | 191 | 189 | 195 | | 766 | 766 |
| Callum CAHILL | MU20 | Colchester & Tendring AC | | 193 | 188 | 192 | 190 | 763 | 763 |
| Thomas HAYDEN | MU20 | Ipswich Harriers | 189 | 192 | 187 | | 192 | 760 | 760 |
| Alex TRIPP | MU20 | Ipswich Harriers | 199 | | 198 | | 198 | 595 | 595 |
| Tim DAVIES | MU20 | Ipswich Jaffa RC | 188 | | 184 | | 188 | 560 | 560 |
| Morgan MOORE | MU20 | Stowmarket Striders Running | | 195 | 191 | | | 386 | 386 |
| John MILLAR | MU20 | Ipswich Harriers | | | | | 200 | 200 | 200 |
| Alex LAWRENCE | MU20 | Ipswich Harriers | | | 199 | | | 199 | 199 |
| William PAGE | MU20 | Colchester & Tendring AC | 198 | | | | | 198 | 198 |
| Paul WAIN | MU20 | Ipswich Jaffa RC | | | 195 | | | 195 | 195 |
| Freddy RICHARDSON | MU20 | Colchester & Tendring AC | 195 | | | | | 195 | 195 |
| Will JOHNSTON-WOOD | MU20 | Unattached | | | | 193 | | 193 | 193 |
| Oscar WOOD | MU20 | Framlingham Flyers | | | 190 | | | 190 | 190 |
| Joshua HOLLAND | MU20 | Unattached | | 190 | | | | 190 | 190 |
| Jack AXFORD | MU20 | Unattached | | | | | 189 | 189 | 189 |
| Jonathan HOCKEN | MU20 | Witham RC | | | 185 | | | 185 | 185 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Jim LAST | MV40 | Framlingham Flyers | 200 | 200 | 200 | 200 | 200 | 1000 | 800 |
| Chris LEEK | MV40 | Framlingham Flyers | 195 | 196 | 196 | 197 | | 784 | 784 |
| Jess FARTHING | MV40 | Felixstowe RRC | 196 | 195 | 195 | 196 | 191 | 973 | 782 |
| Robin HARPER | MV40 | Felixstowe RRC | 193 | 194 | 191 | 195 | 189 | 962 | 773 |
| Len SAUNDERS | MV40 | Felixstowe RRC | 194 | 192 | 188 | 194 | 186 | 954 | 768 |
| Mark HAYDEN | MV40 | Ipswich Harriers | 192 | 191 | 192 | | 192 | 767 | 767 |
| Jan KADING | MV40 | Unattached | 185 | 190 | 186 | 192 | 185 | 938 | 753 |
| Mark ROSE | MV40 | Ipswich Jaffa RC | 187 | | 187 | 185 | 179 | 738 | 738 |
| Henry MORRISON | MV40 | Unattached | 182 | 186 | 185 | 179 | 177 | 909 | 732 |
| Dave BEIGHTON | MV40 | Saint Edmund Pacers | 179 | 178 | | 189 | 182 | 728 | 728 |
| Peter BIRD | MV40 | Saint Edmund Pacers | 183 | | 182 | 181 | 178 | 724 | 724 |
| Jonathan BARNES | MV40 | Woodbridge Shufflers Running | 180 | | 181 | 180 | 172 | 713 | 713 |
| Adam MUMFORD | MV40 | Sudbury Joggers | 166 | 181 | 165 | 184 | 180 | 876 | 711 |
| Rob EVANS | MV40 | Unattached | 178 | 173 | 174 | 176 | | 701 | 701 |
| Simon GOLDSMITH | MV40 | Unattached | 175 | 175 | 175 | 170 | 168 | 863 | 695 |
| Martin JARVIS | MV40 | Unattached | 169 | 169 | 173 | 171 | 167 | 849 | 682 |
| Tim LARKE | MV40 | Stowmarket Striders Running | | 199 | 199 | 199 | | 597 | 597 |
| Jason TAYLOR | MV40 | Felixstowe RRC | | 198 | 198 | 198 | | 594 | 594 |
| Jason MARTER | MV40 | Unattached | 190 | | 189 | | 187 | 566 | 566 |
| Andy ECCLES | MV40 | Saint Edmund Pacers | | 184 | | 187 | 181 | 552 | 552 |
| Garry CULLUM | MV40 | Felixstowe RRC | | | 176 | 178 | 188 | 542 | 542 |
| Trevor BRIGDEN | MV40 | Unattached | 181 | 180 | | | 176 | 537 | 537 |
| Neil WILLIAMSON | MV40 | Newmarket Joggers | 177 | 176 | 179 | | | 532 | 532 |
| Anthony HARRIS | MV40 | Sudbury Joggers | | 172 | | 174 | 170 | 516 | 516 |
| Simon WIGGINS | MV40 | Felixstowe RRC | 174 | | 170 | | 166 | 510 | 510 |
| Lee CRISP | MV40 | Felixstowe RRC | | 167 | 171 | 172 | | 510 | 510 |
| Matt SAUNDERS | MV40 | Felixstowe RRC | | 166 | | 169 | 163 | 498 | 498 |
| Stephen PECK | MV40 | Harwich Runners | 199 | | | | 197 | 396 | 396 |
| Trevor BUNCH | MV40 | Saint Edmund Pacers | | 197 | 197 | | | 394 | 394 |
| Nick PALMER | MV40 | Stowmarket Striders Running | 198 | | | | 194 | 392 | 392 |
| Ian COXALL | MV40 | Woodbridge Shufflers Running | | | 194 | | 190 | 384 | 384 |
| Alan HART | MV40 | Stowmarket Striders Running | | | | 193 | 183 | 376 | 376 |
| Stephen BROOK | MV40 | Stowmarket Striders Running | | 185 | | 190 | | 375 | 375 |
| Derek HOOD | MV40 | Ipswich Jaffa RC | 189 | | 183 | | | 372 | 372 |
| Paul OSBORNE | MV40 | Felixstowe RRC | 186 | | | | 184 | 370 | 370 |
| James HOWLETT | MV40 | Framlingham Flyers | | | 180 | 182 | | 362 | 362 |
| Richard SMITH (S) | MV40 | Unattached | | | | 191 | 162 | 353 | 353 |
| Martin AVIS | MV40 | Saint Edmund Pacers | 176 | | | 175 | | 351 | 351 |
| Mark GOODWIN | MV40 | Felixstowe RRC | 172 | | 178 | | | 350 | 350 |
| Philip WINTER | MV40 | Unattached | 173 | 174 | | | | 347 | 347 |
| John ADAMS | MV40 | Ipswich Jaffa RC | | | | 177 | 169 | 346 | 346 |
| Benjamin JACOBS | MV40 | Felixstowe RRC | | | 167 | | 174 | 341 | 341 |
| Paul CAUSON | MV40 | Unattached | 170 | | | | 165 | 335 | 335 |
| Daniel GOULD | MV40 | Felixstowe RRC | | | 168 | 165 | | 333 | 333 |
| Aidan NORRIS | MV40 | Unattached | | 164 | | 168 | | 332 | 332 |
| Jason DEAR | MV40 | Unattached | | 161 | | 163 | | 324 | 324 |
| Ged MCMILLAN | MV40 | Colchester Harriers AC | | | | | 199 | 199 | 199 |
| John SCAIFE | MV40 | Hadleigh Hares AC | | | | | 198 | 198 | 198 |
| Kevin PEIRCE | MV40 | Ipswich Harriers | 197 | | | | | 197 | 197 |
| Heydon MIZON | MV40 | Witham RC | | | | | 196 | 196 | 196 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|---------------------|------|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| James CRISP | MV40 | Witham RC | | | | | 195 | 195 | 195 |
| Dave CAMPBELL | MV40 | Witham RC | | | | | 193 | 193 | 193 |
| Chris MOWER | MV40 | Saint Edmund Pacers | | | 193 | | | 193 | 193 |
| Ross WILCOX | MV40 | Unattached | | 193 | | | | 193 | 193 |
| Jason ALLARD | MV40 | Stowmarket Striders Running | 191 | | | | | 191 | 191 |
| Marcus CATLIN | MV40 | Ipswich Jaffa RC | | | 190 | | | 190 | 190 |
| Adam ALLARD | MV40 | Unattached | | 189 | | | | 189 | 189 |
| Michael RUSHTON | MV40 | Saint Edmund Pacers | | | | 188 | | 188 | 188 |
| Stewart ELLIS | MV40 | Halstead Road Runners | | 188 | | | | 188 | 188 |
| Thomas JARRETT | MV40 | Ipswich Triathlon Club | 188 | | | | | 188 | 188 |
| Darren COOK | MV40 | Felixstowe RRC | | 187 | | | | 187 | 187 |
| Miles WEAVER | MV40 | Unattached | | | | 186 | | 186 | 186 |
| Daniel CLARK | MV40 | Felixstowe RRC | 184 | | | | | 184 | 184 |
| Chris PERRY | MV40 | Saint Edmund Pacers | | | 184 | | | 184 | 184 |
| Ash HOOD | MV40 | Halstead Road Runners | | 183 | | | | 183 | 183 |
| Daniel MEAD | MV40 | Saint Edmund Pacers | | | | 183 | | 183 | 183 |
| Thomas WRIGHT | MV40 | Unattached | | 182 | | | | 182 | 182 |
| Ricky PEACHER | MV40 | Framlingham Flyers | | 179 | | | | 179 | 179 |
| Mike ROWE | MV40 | Unattached | | | 177 | | | 177 | 177 |
| Simon TINKLER | MV40 | Framlingham Flyers | | 177 | | | | 177 | 177 |
| Chris PANTON | MV40 | Colchester Harriers AC | | | | | 175 | 175 | 175 |
| Ian ELDEN | MV40 | Sudbury Joggers | | | | | 173 | 173 | 173 |
| Jeremy READER | MV40 | Newmarket Joggers | | | | 173 | | 173 | 173 |
| Matthew FLACK | MV40 | Unattached | | | 172 | | | 172 | 172 |
| Gary PERRYMAN | MV40 | Tiptree RRC | | | | | 171 | 171 | 171 |
| Rob JEWERS | MV40 | Unattached | | 171 | | | | 171 | 171 |
| Stuart ABBOTT | MV40 | Framlingham Flyers | 171 | | | | | 171 | 171 |
| Jim ALDRIDGE | MV40 | Unattached | | 170 | | | | 170 | 170 |
| Neil HUNTING | MV40 | Unattached | | | 169 | | | 169 | 169 |
| John KIRK | MV40 | Unattached | | 168 | | | | 168 | 168 |
| Christopher TRANTER | MV40 | Unattached | 168 | | | | | 168 | 168 |
| Vasileios KOSTAKIS | MV40 | Unattached | | | | 167 | | 167 | 167 |
| Jonathan JENKYN | MV40 | Felixstowe RRC | 167 | | | | | 167 | 167 |
| Andrew BANNAN | MV40 | Unattached | | | 166 | | | 166 | 166 |
| Adam REDDEN | MV40 | Unattached | | | | 166 | | 166 | 166 |
| Daniel SOUTHGATE | MV40 | Red Lodge RC | | 165 | | | | 165 | 165 |
| Jonathan PEARSON | MV40 | Essex Highways | | | | | 164 | 164 | 164 |
| John FAIRLIE | MV40 | Unattached | | | | 164 | | 164 | 164 |
| Oliver SOUTHGATE | MV40 | Unattached | | 163 | | | | 163 | 163 |
| Barry COLLINS | MV40 | Unattached | | 162 | | | | 162 | 162 |
| Laurence GOWERS | MV40 | Unattached | | | | | 161 | 161 | 161 |
| Mat PEARSONS | MV40 | Unattached | | | | | 160 | 160 | 160 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Keith TILLEY | MV45 | Ipswich Jaffa RC | 200 | 200 | | 200 | 200 | 800 | 800 |
| Adam HOWLETT | MV45 | Framlingham Flyers | 198 | 199 | 200 | 199 | 198 | 994 | 796 |
| Darren SHEPPARD | MV45 | Framlingham Flyers | 197 | 198 | 199 | 197 | | 791 | 791 |
| John THORPE | MV45 | Ipswich Jaffa RC | 194 | 196 | 198 | | 196 | 784 | 784 |
| Steve BROOKE | MV45 | Felixstowe RRC | 196 | 195 | 197 | 196 | | 784 | 784 |
| Tim HANMAN | MV45 | Ipswich Jaffa RC | | 192 | 196 | 195 | 194 | 777 | 777 |
| Will ALDRED | MV45 | Framlingham Flyers | 191 | 186 | 194 | 194 | 188 | 953 | 767 |
| Lee MORGAN | MV45 | Unattached | | 189 | 190 | 191 | 191 | 761 | 761 |
| John GREENER | MV45 | Saint Edmund Pacers | 192 | 185 | 192 | 190 | 186 | 945 | 760 |
| Jason WING | MV45 | Unattached | 187 | 184 | 189 | 189 | | 749 | 749 |
| Jeremy BELL | MV45 | Unattached | 185 | 180 | 185 | 186 | | 736 | 736 |
| Michael JONES | MV45 | Stowmarket Striders Running | 186 | 183 | 188 | | 161 | 718 | 718 |
| Richard DEMPSEY | MV45 | Woodbridge Shufflers Running | 177 | 176 | 180 | 182 | 176 | 891 | 715 |
| Daniel AGER | MV45 | Ipswich Jaffa RC | 180 | 173 | 178 | 180 | 172 | 883 | 711 |
| Kerry BUCKLEY | MV45 | Unattached | 179 | 174 | 179 | 178 | 171 | 881 | 710 |
| Simon DOWNEY | MV45 | Unattached | | 179 | 168 | 176 | 181 | 704 | 704 |
| Guy HAYWARD | MV45 | Framlingham Flyers | 178 | | 176 | 179 | 164 | 697 | 697 |
| Richard GRIMSDELL | MV45 | Saint Edmund Pacers | 176 | 172 | 175 | | 169 | 692 | 692 |
| Steve CHAPMAN | MV45 | Stowmarket Striders Running | | 167 | 170 | 174 | 167 | 678 | 678 |
| Glen AVIS | MV45 | Hadleigh Hares AC | 168 | 166 | | 169 | 165 | 668 | 668 |
| Howard ALLEN | MV45 | Unattached | 164 | 164 | 166 | 164 | 162 | 820 | 658 |
| Gi kwong CHEUNG | MV45 | Ipswich Jaffa RC | 163 | 162 | 164 | 160 | 155 | 804 | 649 |
| Neil STALLARD | MV45 | Unattached | | 158 | 163 | 162 | 160 | 643 | 643 |
| Richard SORE | MV45 | Ipswich Jaffa RC | 160 | 155 | 159 | 157 | 154 | 785 | 631 |
| Ritchie PARKINS | MV45 | Stowmarket Striders Running | 195 | 191 | 195 | | | 581 | 581 |
| Scott MACSEPHNEY | MV45 | Ipswich Jaffa RC | 190 | 193 | 193 | | | 576 | 576 |
| Nick HAMMOND | MV45 | Framlingham Flyers | 188 | 188 | 191 | | | 567 | 567 |
| Joe ADAMS | MV45 | Unattached | 193 | | | 188 | 180 | 561 | 561 |
| Keith WILLIAMS | MV45 | Ipswich Jaffa RC | 189 | 182 | 186 | | | 557 | 557 |
| Vince WEBB | MV45 | Saint Edmund Pacers | 184 | | 183 | 184 | | 551 | 551 |
| Martin LITTLE | MV45 | Stowmarket Striders Running | | 178 | 184 | 185 | | 547 | 547 |
| Lee GODDARD | MV45 | Stowmarket Striders Running | | 165 | 167 | 175 | | 507 | 507 |
| Steve RITSON | MV45 | Unattached | | 160 | 169 | | 168 | 497 | 497 |
| Stuart | MV45 | Felixstowe RRC | 162 | | 161 | | 158 | 481 | 481 |
| Malcolm GLEED | MV45 | Unattached | | 153 | 160 | | 156 | 469 | 469 |
| David TILLET | MV45 | Felixstowe RRC | 159 | 152 | | | 153 | 464 | 464 |
| Andrew CONWAY | MV45 | Tiptree RRC | | 194 | | | 197 | 391 | 391 |
| Piotr BULACZ | MV45 | Sudbury Joggers | | | | 193 | 190 | 383 | 383 |
| Richard FLUTTER | MV45 | Colchester Harriers AC | | 187 | | | 195 | 382 | 382 |
| Martin JONES | MV45 | Unattached | 182 | | 182 | | | 364 | 364 |
| Simon REDMOND | MV45 | Unattached | 183 | 177 | | | | 360 | 360 |
| Bill BESLEY | MV45 | Stowmarket Striders Running | | 170 | | 177 | | 347 | 347 |
| Graham WAUDBY | MV45 | Unattached | | 171 | 174 | | | 345 | 345 |
| Stephen WADE | MV45 | Unattached | 173 | | 171 | | | 344 | 344 |
| Dave YOUNG | MV45 | Unattached | | | 173 | | 170 | 343 | 343 |
| Jonathan WILDING | MV45 | Felixstowe RRC | | 169 | | 171 | | 340 | 340 |
| Andrew SMITH | MV45 | Saint Edmund Pacers | 171 | | | 166 | | 337 | 337 |
| Gareth PARKER | MV45 | Unattached | | 161 | | 173 | | 334 | 334 |
| Alistair GOODIER | MV45 | Ipswich Jaffa RC | | | 165 | 168 | | 333 | 333 |
| Mark SKINNER | MV45 | Unattached | 175 | 157 | | | | 332 | 332 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|----------------------|------|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| David HICKS | MV45 | Unattached | | 159 | | 161 | | 320 | 320 |
| Jason SMITH | MV45 | Unattached | | 156 | | 158 | | 314 | 314 |
| Mark LLOYD | MV45 | Harwich Runners | | | | | 199 | 199 | 199 |
| Paul PRESTON | MV45 | Colchester Harriers AC | 199 | | | | | 199 | 199 |
| Ashley PROCTOR | MV45 | Haverhill Running Club | | | | 198 | | 198 | 198 |
| Wayne COOK | MV45 | Colchester Harriers AC | | 197 | | | | 197 | 197 |
| Robin BROOKES | MV45 | Harwich Runners | | | | | 193 | 193 | 193 |
| Keith MARLEY | MV45 | Colchester Harriers AC | | | | | 192 | 192 | 192 |
| Ian FOREMAN | MV45 | Unattached | | | | 192 | | 192 | 192 |
| Chris SEYMOUR | MV45 | Stowmarket Striders Running | | 190 | | | | 190 | 190 |
| Michael UNDRILL | MV45 | Unattached | | | | | 189 | 189 | 189 |
| Paul CONNELL | MV45 | Great Bentley Running Club | | | | | 187 | 187 | 187 |
| Steve GARVIE | MV45 | Framlingham Flyers | | | 187 | | | 187 | 187 |
| Craig | MV45 | Saint Edmund Pacers | | | | 187 | | 187 | 187 |
| Andre BESANT | MV45 | Harwich Runners | | | | | 185 | 185 | 185 |
| Andrew LAGER | MV45 | Witham RC | | | | | 184 | 184 | 184 |
| James WATERSON | MV45 | Colchester Harriers AC | | | | | 183 | 183 | 183 |
| Neil MUSTOE | MV45 | Haverhill Running Club | | | | 183 | | 183 | 183 |
| Justin COOPER-KEEBLE | MV45 | Harwich Runners | | | | | 182 | 182 | 182 |
| Paul BESTLEY | MV45 | Unattached | 181 | | | | | 181 | 181 |
| Chris SUGARS | MV45 | Felixstowe RRC | | | | 181 | | 181 | 181 |
| Gabriel MARTINS | MV45 | Ipswich Jaffa RC | | | 181 | | | 181 | 181 |
| Steve PALFREY | MV45 | Unattached | | 181 | | | | 181 | 181 |
| Mark LYNCH | MV45 | Witham RC | | | | | 179 | 179 | 179 |
| Phil PRESLAND | MV45 | Great Bentley Running Club | | | | | 178 | 178 | 178 |
| Malcolm STATHAM | MV45 | Colchester Harriers AC | | | | | 177 | 177 | 177 |
| Paul LACEY | MV45 | Hadleigh Hares AC | | | 177 | | | 177 | 177 |
| David ALDRIDGE | MV45 | Team2gether | | | | | 175 | 175 | 175 |
| Mark SKOULDING | MV45 | Stowmarket Striders Running | | 175 | | | | 175 | 175 |
| Phil HOUGHTON | MV45 | Unattached | | | | | 174 | 174 | 174 |
| David YOUNG | MV45 | Unattached | 174 | | | | | 174 | 174 |
| Bill SMYTHE | MV45 | Witham RC | | | | | 173 | 173 | 173 |
| Andy CARR | MV45 | Unattached | | | 172 | | | 172 | 172 |
| Simon WALLACE | MV45 | Unattached | | | | 172 | | 172 | 172 |
| JULIAN GIBBS | MV45 | Unattached | 172 | | | | | 172 | 172 |
| Glenn PROCTOR | MV45 | Stowmarket Striders Running | | | | 170 | | 170 | 170 |
| Warren PAGE | MV45 | Colchester & Tendring AC | 170 | | | | | 170 | 170 |
| Rob ANDERSON | MV45 | Felixstowe RRC | 169 | | | | | 169 | 169 |
| Steve MCNAMARA | MV45 | Stowmarket Striders Running | | 168 | | | | 168 | 168 |
| Graham ROOKE | MV45 | Unattached | | | | 167 | | 167 | 167 |
| William COE | MV45 | Unattached | 167 | | | | | 167 | 167 |
| Scott LUCKEY | MV45 | Harwich Runners | | | | | 166 | 166 | 166 |
| Simon MEECHAM | MV45 | Ipswich Jaffa RC | 166 | | | | | 166 | 166 |
| Greg CONWAY | MV45 | Brandon Fern Hoppers | | | | 165 | | 165 | 165 |
| Jon MOODIE | MV45 | Framlingham Flyers | 165 | | | | | 165 | 165 |
| Scott YOUNG | MV45 | Great Bentley Running Club | | | | | 163 | 163 | 163 |
| Kieran HARTIGAN | MV45 | Stowmarket Striders Running | | | | 163 | | 163 | 163 |
| Robert GOODCHILD | MV45 | Unattached | | 163 | | | | 163 | 163 |
| David DAMANT | MV45 | Stowmarket Striders Running | | | 162 | | | 162 | 162 |
| Christopher HOWARD | MV45 | Sudbury Joggers | 161 | | | | | 161 | 161 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|----------------|------------|-------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Paul TAYLOR | MV45 | Unattached | | | | | 159 | 159 | 159 |
| Steven BIGGS | MV45 | Unattached | | | | 159 | | 159 | 159 |
| Rob CASE | MV45 | Unattached | 158 | | | | | 158 | 158 |
| David WIGNALL | MV45 | Unattached | | | | | 157 | 157 | 157 |
| Kevin ORRISS | MV45 | Unattached | | | | 156 | | 156 | 156 |
| David CROSS | MV45 | Unattached | | | | 155 | | 155 | 155 |
| Adrian NUTTALL | MV45 | Unattached | | 154 | | | | 154 | 154 |
| Gareth GAILEY | MV45 | Unattached | | | | | 152 | 152 | 152 |
| Tony HOLLAND | MV45 | Unattached | | 151 | | | | 151 | 151 |
| Jon ELLIS | MV45 | Hadleigh Hares AC | | 150 | | | | 150 | 150 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|--------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Mark WATTS | MV50 | Saint Edmund Pacers | 200 | 200 | 200 | 199 | | 799 | 799 |
| Paul NICKELLS | MV50 | Woodbridge Shufflers Running | 199 | 198 | 199 | 198 | | 794 | 794 |
| Warren BIRCH | MV50 | Ipswich Jaffa RC | 197 | 196 | 198 | | 198 | 789 | 789 |
| Richard BODEN | MV50 | Colchester Harriers AC | 196 | 199 | 196 | 197 | 197 | 985 | 789 |
| Dave COPLAND | MV50 | Ipswich Triathlon Club | 198 | 197 | 197 | | 196 | 788 | 788 |
| Todd LEWIS | MV50 | Sudbury Joggers | 195 | 194 | 193 | 196 | 194 | 972 | 779 |
| Charles HANN | MV50 | Sudbury Joggers | 193 | 192 | 194 | 195 | 193 | 967 | 775 |
| Ian DUGGAN | MV50 | Felixstowe RRC | 194 | 195 | 192 | 193 | | 774 | 774 |
| Wilfred CAMPBELL | MV50 | Ipswich Jaffa RC | 170 | | 195 | 200 | 199 | 764 | 764 |
| Chris TYE | MV50 | Ipswich Triathlon Club | 191 | 190 | 190 | | 191 | 762 | 762 |
| Stephen EDWARDS | MV50 | Newmarket Joggers | 192 | 189 | 189 | 189 | 188 | 947 | 759 |
| Chris CHORLEY | MV50 | Bungay Black Dog RC | 184 | 185 | 182 | 191 | 190 | 932 | 750 |
| Chris SERVANT | MV50 | Ipswich Jaffa RC | | 186 | 187 | 187 | 189 | 749 | 749 |
| Ian CUNNINGTON | MV50 | Unattached | 190 | 184 | 185 | | 185 | 744 | 744 |
| Peter WARLAND | MV50 | Stowmarket Striders Running | 180 | 181 | 181 | 185 | 184 | 911 | 731 |
| Phil DAVIES | MV50 | Ipswich Jaffa RC | 182 | 175 | 179 | 182 | 181 | 899 | 724 |
| Derek DALY | MV50 | Saxmundham Sports Running & | 183 | 178 | 178 | 183 | | 722 | 722 |
| Steven DURRANT | MV50 | Felixstowe RRC | 185 | 177 | | 179 | 180 | 721 | 721 |
| Robert REASON | MV50 | Stowmarket Striders Running | 169 | 167 | 176 | 173 | 200 | 885 | 718 |
| David HURLEY | MV50 | Mid Essex Casuals | 179 | 172 | 180 | 174 | 183 | 888 | 716 |
| Ian GOODERHAM | MV50 | Saint Edmund Pacers | 176 | 183 | 184 | | 170 | 713 | 713 |
| Mark GODBOLD (I) | MV50 | Ipswich Harriers | 178 | 171 | 171 | 177 | 182 | 879 | 708 |
| Clive PEMBERTON | MV50 | Unattached | 165 | | 170 | 170 | 178 | 683 | 683 |
| Jimmy RUSSELL | MV50 | Felixstowe RRC | 174 | 174 | | 171 | 160 | 679 | 679 |
| Paul MCALLISTER | MV50 | Hadleigh Hares AC | 173 | 165 | 173 | 166 | | 677 | 677 |
| Tom HOBLYN | MV50 | Saint Edmund Pacers | 168 | 163 | 174 | 169 | | 674 | 674 |
| Brian MUNNS | MV50 | Newmarket Joggers | 157 | 161 | 167 | 162 | 177 | 824 | 667 |
| Duncan CHAMBERLAIN | MV50 | Ipswich Jaffa RC | | 160 | 161 | 167 | 169 | 657 | 657 |
| Steve BRIGHT | MV50 | Unattached | 160 | 158 | 165 | 163 | 163 | 809 | 651 |
| Jeremy SORE | MV50 | Unattached | | 155 | 163 | 161 | 161 | 640 | 640 |
| David SWALES | MV50 | Saint Edmund Pacers | 159 | 157 | 160 | 160 | | 636 | 636 |
| Nigel JOHNS | MV50 | Capel Cheetahs RC | 151 | 151 | 162 | 156 | 159 | 779 | 628 |
| Stuart SHEPHERD | MV50 | Saint Edmund Pacers | 149 | | 159 | 157 | 156 | 621 | 621 |
| Grahame | MV50 | Unattached | 152 | 147 | 156 | 154 | 157 | 766 | 619 |
| Adrian PEAKE | MV50 | Ipswich Jaffa RC | 188 | | 188 | | 186 | 562 | 562 |
| Chris FOX | MV50 | Woodbridge Shufflers Running | 181 | 176 | 183 | | | 540 | 540 |
| David STEWARD | MV50 | Woodbridge Shufflers Running | 171 | 166 | 175 | | | 512 | 512 |
| Paul HEEKS | MV50 | Stowmarket Striders Running | 166 | | | 168 | 176 | 510 | 510 |
| Alex KUCZER | MV50 | Unattached | 163 | | 172 | | 171 | 506 | 506 |
| Mark AVERY | MV50 | Ipswich Jaffa RC | 162 | | 169 | 164 | | 495 | 495 |
| David LAMPARD | MV50 | Felixstowe RRC | 155 | 156 | 164 | | | 475 | 475 |
| David ATKINS | MV50 | Unattached | 153 | 153 | | | 158 | 464 | 464 |
| Ant WHITAKER | MV50 | Unattached | 150 | 152 | 157 | | | 459 | 459 |
| John BUSH | MV50 | Great Bentley Running Club | | 148 | 154 | 152 | | 454 | 454 |
| Yusuf FIRAT | MV50 | Haverhill Running Club | | | | 194 | 192 | 386 | 386 |
| Alistair DICK | MV50 | Ipswich Jaffa RC | | 193 | 191 | | | 384 | 384 |
| Mathew BLACOE | MV50 | Hadleigh Hares AC | | 191 | | 192 | | 383 | 383 |
| Stephen HATTEN | MV50 | Saint Edmund Pacers | 189 | 187 | | | | 376 | 376 |
| Stephen ATKINS | MV50 | Saint Edmund Pacers | | | 186 | 186 | | 372 | 372 |
| Simon SINCLAIR | MV50 | Unattached | | | | 184 | 187 | 371 | 371 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|---------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Warren NEWELL | MV50 | Unattached | | 180 | | 188 | | 368 | 368 |
| Richard HIGGINS | MV50 | Framlingham Flyers | 186 | 179 | | | | 365 | 365 |
| Hugh WHITE | MV50 | Hadleigh Hares AC | | | 177 | 178 | | 355 | 355 |
| Philip BROWN | MV50 | Saint Edmund Pacers | | | | 175 | 179 | 354 | 354 |
| Wayne MUMFORD | MV50 | Sudbury Joggers | | 173 | | 181 | | 354 | 354 |
| Steven NEAL | MV50 | Brandon Fern Hoppers | | 162 | | 190 | | 352 | 352 |
| Mark ROSS | MV50 | Great Bentley Running Club | | 170 | | 180 | | 350 | 350 |
| Mark ANDREWS | MV50 | Unattached | 177 | 168 | | | | 345 | 345 |
| Adam HOCKEN | MV50 | Witham RC | 164 | | 166 | | | 330 | 330 |
| Simon BUTLER | MV50 | Unattached | 161 | | | | 162 | 323 | 323 |
| Darren BOND | MV50 | Ipswich Jaffa RC | | | | 155 | 167 | 322 | 322 |
| John COOKE | MV50 | Great Bentley Running Club | | 154 | | | 165 | 319 | 319 |
| GUY WHITING | MV50 | Unattached | | | 155 | 153 | | 308 | 308 |
| Leo COLE | MV50 | Witham RC | | | | | 195 | 195 | 195 |
| Stephen CURRAN | MV50 | Framlingham Flyers | | 188 | | | | 188 | 188 |
| Dave HOWGEGO | MV50 | Felixstowe RRC | 187 | | | | | 187 | 187 |
| Nigel VINCENT | MV50 | Stowmarket Striders Running | | 182 | | | | 182 | 182 |
| Philip BEER | MV50 | Stowmarket Striders Running | | | | 176 | | 176 | 176 |
| Chris AXFORD | MV50 | Unattached | | | | | 175 | 175 | 175 |
| William MEADER | MV50 | Unattached | 175 | | | | | 175 | 175 |
| Lee BLAKE | MV50 | Witham RC | | | | | 174 | 174 | 174 |
| Steve HENNINGS | MV50 | Witham RC | | | | | 173 | 173 | 173 |
| Ian BOWN | MV50 | GoodGym | | | | | 172 | 172 | 172 |
| Dave STEWARD | MV50 | Woodbridge Shufflers Running | | | | 172 | | 172 | 172 |
| Nick FALCONER | MV50 | Felixstowe RRC | 172 | | | | | 172 | 172 |
| Adrian HINE | MV50 | Felixstowe RRC | | 169 | | | | 169 | 169 |
| Shaun O'CONNOR | MV50 | Essex Highways | | | | | 168 | 168 | 168 |
| Jason THROP | MV50 | Unattached | | | 168 | | | 168 | 168 |
| Tim HIGGINS | MV50 | Unattached | 167 | | | | | 167 | 167 |
| Anthony SMITH | MV50 | Witham RC | | | | | 166 | 166 | 166 |
| Mark JOHNSTON-WOOD | MV50 | Unattached | | | | 165 | | 165 | 165 |
| Kevin FITCHETT | MV50 | Harwich Runners | | | | | 164 | 164 | 164 |
| Neal HANNIGAN | MV50 | Capel Cheetahs RC | | 164 | | | | 164 | 164 |
| John NEWELL | MV50 | Wymondham AC | | | | 159 | | 159 | 159 |
| Ray COOKE | MV50 | Bedford Harriers AC | | 159 | | | | 159 | 159 |
| Dave ATKINS | MV50 | Unattached | | | 158 | | | 158 | 158 |
| Simon KITCHING | MV50 | Unattached | | | | 158 | | 158 | 158 |
| Andrew FOREMAN | MV50 | Unattached | 158 | | | | | 158 | 158 |
| GRAHAM CHAPPELL | MV50 | Unattached | 156 | | | | | 156 | 156 |
| Andrew COCKER | MV50 | Unattached | 154 | | | | | 154 | 154 |
| Christopher MORETON | MV50 | Unattached | | 150 | | | | 150 | 150 |
| James WOOD | MV50 | Sudbury Joggers | | 149 | | | | 149 | 149 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|--------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Howard BEASLEY | MV55 | Saint Edmund Pacers | 199 | 200 | 200 | 200 | 199 | 998 | 799 |
| Alan JACKSON | MV55 | Ipswich Jaffa RC | 197 | 199 | 199 | 199 | 198 | 992 | 795 |
| Stephen HICKS | MV55 | Ipswich Harriers | 196 | 198 | 198 | 198 | 197 | 987 | 791 |
| Stephen PUGH | MV55 | Ipswich Jaffa RC | 195 | 197 | 197 | 197 | | 786 | 786 |
| Stephen PRETTY | MV55 | Stowmarket Striders Running | 193 | 196 | | 196 | 196 | 781 | 781 |
| Duncan CHENERY | MV55 | Ipswich Jaffa RC | 190 | 194 | | 194 | 194 | 772 | 772 |
| David SEYMOUR | MV55 | Felixstowe RRC | | 193 | 195 | 191 | 193 | 772 | 772 |
| David SHEAHAN | MV55 | Unattached | 189 | 192 | 194 | | 192 | 767 | 767 |
| Paul GILSON | MV55 | Ipswich Jaffa RC | 187 | 191 | 193 | 192 | | 763 | 763 |
| Paul MAYCOCK | MV55 | Capel Cheetahs RC | 184 | 190 | 192 | 193 | | 759 | 759 |
| Alan HILLYARD | MV55 | Ipswich Jaffa RC | 186 | 188 | 191 | 190 | 188 | 943 | 757 |
| Richard SMITH (F) | MV55 | Felixstowe RRC | | 187 | 189 | 188 | 189 | 753 | 753 |
| Mon LEE | MV55 | Ipswich Jaffa RC | | 185 | 188 | 183 | 187 | 743 | 743 |
| Mark ALLEN | MV55 | Woodbridge Shufflers Running | 181 | 186 | 186 | 184 | 186 | 923 | 742 |
| Steve WILDING | MV55 | Ipswich Jaffa RC | 182 | | 185 | 185 | 185 | 737 | 737 |
| Robert BARKER | MV55 | Felixstowe RRC | 179 | 182 | 183 | 181 | 184 | 909 | 730 |
| Adrian COLE | MV55 | Stowmarket Striders Running | 178 | 181 | 182 | 179 | 183 | 903 | 725 |
| Robin BELSOM | MV55 | Ipswich Jaffa RC | 194 | | 196 | 195 | | 585 | 585 |
| Phil MARSDEN | MV55 | Ipswich Jaffa RC | 188 | 189 | | | 191 | 568 | 568 |
| Peter FINCH | MV55 | Ipswich Jaffa RC | 183 | | 187 | 186 | | 556 | 556 |
| Joe NAUGHTON | MV55 | Stowmarket Striders Running | 180 | | | 189 | 180 | 549 | 549 |
| Stephen CARTWRIGHT | MV55 | Colchester & Tendring AC | | | 181 | 180 | 181 | 542 | 542 |
| Steven REYNOLDS | MV55 | Unattached | 177 | 180 | 178 | | | 535 | 535 |
| Peter JAY | MV55 | Saint Edmund Pacers | | | 190 | | 190 | 380 | 380 |
| Richard JAQUES | MV55 | Unattached | | 183 | 184 | | | 367 | 367 |
| Tony ADOLPHUS | MV55 | Ipswich Jaffa RC | | | 180 | | 182 | 362 | 362 |
| Peter BALL | MV55 | Unattached | | 177 | | 176 | | 353 | 353 |
| Clive THOMAS | MV55 | Colchester Harriers AC | | | | | 200 | 200 | 200 |
| Colin RIDLEY | MV55 | Colchester Harriers AC | 200 | | | | | 200 | 200 |
| Steve LANGLEY | MV55 | Ipswich Jaffa RC | 198 | | | | | 198 | 198 |
| Phil SANDERSON | MV55 | Harwich Runners | | | | | 195 | 195 | 195 |
| Andrew WEBBER | MV55 | Stowmarket Striders Running | | 195 | | | | 195 | 195 |
| Stuart GREEN | MV55 | Stowmarket Striders Running | 192 | | | | | 192 | 192 |
| Eric SEARLE | MV55 | Ipswich Jaffa RC | 191 | | | | | 191 | 191 |
| Michael DOWNES | MV55 | Unattached | | | | 187 | | 187 | 187 |
| Andy FORSTER | MV55 | Unattached | 185 | | | | | 185 | 185 |
| Matthew STEARN | MV55 | Unattached | | 184 | | | | 184 | 184 |
| David SALTER | MV55 | Thetford AC | | | | 182 | | 182 | 182 |
| Johnathan GIRLING | MV55 | Unattached | | | 179 | | | 179 | 179 |
| Tim SKELTON | MV55 | Unattached | | 179 | | | | 179 | 179 |
| Peter | MV55 | Unattached | | | | 178 | | 178 | 178 |
| John GILLETT | MV55 | Unattached | | 178 | | | | 178 | 178 |
| Alan JORDAN | MV55 | Unattached | | | | 177 | | 177 | 177 |
| David MANNING | MV55 | Unattached | 176 | | | | | 176 | 176 |
| IAIN HUNTER | MV55 | Stowmarket Striders Running | 175 | | | | | 175 | 175 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|-------------------|------|------------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Chris JOHNS | MV60 | Woodbridge Shufflers Running | 196 | 199 | 198 | 198 | 198 | 989 | 793 |
| Neville CLARKE | MV60 | Newmarket Joggers | 197 | 200 | 197 | 197 | | 791 | 791 |
| Jim WITHERS | MV60 | Newmarket Joggers | 190 | 193 | 190 | | 193 | 766 | 766 |
| Keith BORRETT | MV60 | Suffolk Trail Runners | 189 | 195 | 193 | 189 | 189 | 955 | 766 |
| Ian SILLETT | MV60 | Felixstowe RRC | 191 | 191 | 192 | 188 | 191 | 953 | 765 |
| Mel CHITTOCK | MV60 | Unattached | 184 | 189 | | 184 | 185 | 742 | 742 |
| Richard FARNWORTH | MV60 | Felixstowe RRC | | 188 | 185 | 182 | 184 | 739 | 739 |
| TERRY BACK | MV60 | Ipswich Jaffa RC | 200 | | 200 | 200 | | 600 | 600 |
| Brian ROGERS | MV60 | Ipswich Jaffa RC | 199 | | | 199 | 200 | 598 | 598 |
| Dave VAUGHAN | MV60 | Saint Edmund Pacers | 194 | 196 | | 194 | | 584 | 584 |
| Robert DARNELL | MV60 | Unattached | | | 186 | 183 | 186 | 555 | 555 |
| Mervyn CATTERMOLE | MV60 | Unattached | 198 | | | | 199 | 397 | 397 |
| Don BEATTY | MV60 | Stowmarket Striders Running | 195 | | | | 196 | 391 | 391 |
| Paul DEWISON | MV60 | Ely Runners | 193 | | | | 195 | 388 | 388 |
| John WESTON | MV60 | Ipswich Jaffa RC | 192 | | 196 | | | 388 | 388 |
| John SQUIRRELL | MV60 | Stowmarket Striders Running | | 194 | | 193 | | 387 | 387 |
| Frank GARDINER | MV60 | Great Bentley Running Club | | | 194 | 191 | | 385 | 385 |
| Clive GARDINER | MV60 | Ipswich Jaffa RC | | | 191 | | 192 | 383 | 383 |
| George WICKER | MV60 | Saint Edmund Pacers | | 192 | | 186 | | 378 | 378 |
| Stephen WILLIAMS | MV60 | Saint Edmund Pacers | | | 189 | | 188 | 377 | 377 |
| GRAHAM PAGE | MV60 | Saint Edmund Pacers | 185 | 190 | | | | 375 | 375 |
| Mike GILLINGHAM | MV60 | Unattached | 187 | | 187 | | | 374 | 374 |
| Terry HUNTER | MV60 | Stowmarket Striders Running | 186 | | | | 187 | 373 | 373 |
| Steven NEAVES | MV60 | Bungay Black Dog RC | | | 199 | | | 199 | 199 |
| Michael MARRIOTT | MV60 | Unattached | | 198 | | | | 198 | 198 |
| Steven RUE | MV60 | Saint Edmund Pacers | | | | | 197 | 197 | 197 |
| Simon KING | MV60 | Halstead Road Runners | | 197 | | | | 197 | 197 |
| Richard TAYLOR | MV60 | Springfield Striders RC | | | | 196 | | 196 | 196 |
| Rob MAWSON | MV60 | Framlingham Flyers | | | 195 | | | 195 | 195 |
| Alan BURGIN | MV60 | Huntingdon AC | | | | 195 | | 195 | 195 |
| Jeff HIGGON | MV60 | Harwich Runners | | | | | 194 | 194 | 194 |
| Greg MILLS | MV60 | Unattached | | | | 192 | | 192 | 192 |
| Rob HADGRAFT | MV60 | Tiptree RRC | | | | | 190 | 190 | 190 |
| Martin BRIGDEN | MV60 | Unattached | | | | 190 | | 190 | 190 |
| Jos WHATELY-SMITH | MV60 | Saxmundham Sports Running & | | | 188 | | | 188 | 188 |
| John DRIVER | MV60 | Unattached | 188 | | | | | 188 | 188 |
| Mik CARR | MV60 | Bungay Black Dog RC | | | | 187 | | 187 | 187 |
| Stephen SPENCER | MV60 | Brandon Fern Hoppers | | | | 185 | | 185 | 185 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|--------------------|------|-----------------------------|-----|-----|-----|-----|-----|-------|-------------|
| Stephen w MEAD | MV65 | Stowmarket Striders Running | | 200 | 200 | 200 | 200 | 800 | 800 |
| Charles SHOOLBRED | MV65 | Ipswich Jaffa RC | 198 | 197 | 196 | 199 | 198 | 988 | 792 |
| Richard FELLINGHAM | MV65 | Stowmarket Striders Running | 197 | 196 | 194 | 197 | | 784 | 784 |
| Jonathan PRICE | MV65 | Sudbury Joggers | 194 | 195 | | 196 | 197 | 782 | 782 |
| Chris AYLMER | MV65 | Newmarket Joggers | 192 | 194 | 192 | 192 | 194 | 964 | 772 |
| Philip NUTLEY | MV65 | Saint Edmund Pacers | 191 | 191 | 188 | 191 | | 761 | 761 |
| Philip HYMERS | MV65 | Saint Edmund Pacers | 200 | 199 | 197 | | | 596 | 596 |
| Pat MORGAN | MV65 | Suffolk Trail Runners | 199 | 198 | 198 | | | 595 | 595 |
| David TAYLOR | MV65 | Framlingham Flyers | 195 | | 193 | 195 | | 583 | 583 |
| John CULLUM | MV65 | Saint Edmund Pacers | | 192 | 190 | 193 | | 575 | 575 |
| David COLEY | MV65 | Unattached | 196 | | | 194 | | 390 | 390 |
| Martin WEST | MV65 | Great Bentley Running Club | 193 | | 191 | | | 384 | 384 |
| Peter DOWNING | MV65 | Unattached | | | | | 199 | 199 | 199 |
| Bill KINGABY | MV65 | Waveney Valley AC | | | 199 | | | 199 | 199 |
| Robin ASHE | MV65 | Bungay Black Dog RC | | | | 198 | | 198 | 198 |
| Tim NEWTON | MV65 | Ipswich Jaffa RC | | | | | 196 | 196 | 196 |
| Ross SILVERTON | MV65 | Witham RC | | | | | 195 | 195 | 195 |
| Alan RICHARDSON | MV65 | Waveney Valley AC | | | 195 | | | 195 | 195 |
| Grayhame FISH | MV65 | Stowmarket Striders Running | | 193 | | | | 193 | 193 |
| Paul WINTER | MV65 | Stowmarket Striders Running | | | 189 | | | 189 | 189 |

Friday 5 Championship File

Cumulative Points

| Name | Cat | Club | R1 | R2 | R3 | R4 | R5 | Total | Best 4 of 5 |
|----------------|------------|-----------------------------|-----------|-----------|-----------|-----------|-----------|--------------|--------------------|
| Peter GAY | MV70+ | Stowmarket Striders Running | | 200 | | 198 | 200 | 598 | 598 |
| Martin TILLEY | MV70+ | Saint Edmund Pacers | 199 | | | | 199 | 398 | 398 |
| Ron MCCULLOUGH | MV70+ | Ipswich Jaffa RC | 200 | | | | | 200 | 200 |
| Roger DUFFIELD | MV70+ | Tiptree RRC | | | 200 | | | 200 | 200 |
| Malcolm SAVAGE | MV70+ | Springfield Striders RC | | | | 200 | | 200 | 200 |
| Mike ROSBROOK | MV70+ | Hadleigh Hares AC | | | | 199 | | 199 | 199 |
| Graham SAMPSON | MV70+ | Bungay Black Dog RC | | | | 197 | | 197 | 197 |

Number of records: 990