

Friday 5 Series 2016 - Individual Results

Best 4 out of 5 races to count (scores marked with an asterisk have not been included)

First Name	Surname	Club	Cat	Fram	Kirton	Stow	Bury	Bentley	Score
Alice	Goodwin	Ipswich Harriers	U20F		197	198	200	200	795
Louise	Webb	Saint Edmund Pacers	U20F	191	187		198		576
Amy	Law	Felixstowe RRC	U20F	174	171	177			522
Abigail	Rose	Ipswich Harriers	U20F		200	200			400
Jessie	Gooderham	Saint Edmund Pacers	U20F	195			199		394
Katie	Presland	Great Bentley RC	U20F	188				198	386
Sian	Hicks	Colchester & Tendring AC	U20F		184		197		381
Ellie	Harte	Ipswich Harriers	U20F					199	199
Ellie	Haste	Ipswich Harriers	U20F		198				198
Gemma	GROSE	Saint Edmund Pacers	U20F				196		196
Ellie	TEMPLE	Saint Edmund Pacers	U20F				195		195
Isobel	Dunachie	Felixstowe RRC	U20F		189				189
Daisy	Shaw		U20F		183				183
Rosie	Bennett	Felixstowe RRC	U20F		176				176
Holly	Bennett		U20F		172				172
Emma	Attwood	Stowmarket Striders RC	F0	199	195		196	193	783
Lynsey	Chenery	Ipswich Jaffa RC	F0	198	194	192		191	775
Penny	Boyle		F0	192	192	191		189	764
Maddy	Barrett		F0		175	179	182	170	706
Louise	Glass	Sudbury Joggers	F0	200	199			197	596
Emma	Mortimer	Ipswich Jaffa RC	F0			197	199	199	595
Victoria	Breadman	Felixstowe RRC	F0		196		197	195	588
Michelle	Hewitt	Framlingham Flyers	F0	190		190	192		572
Joanne	Harper	Felixstowe RRC	F0	185			190	187	562
Kendra	Hammond	Stowmarket Striders RC	F0	182	182	186			550
Rachael	Miller	Felixstowe RRC	F0	179			181	174	534
Francis	Barnard	Capel Cheetahs	F0			178	180	171	529
Georgia	GARVIN	Ipswich Jaffa RC	F0			199	200		399
Sarah	Lewis	Woodbridge Shufflers RC	F0	196		194			390

Katy	Burgin	Huntingdon AC	F0			193	195		388
Kate	Cooper	Stowmarket Striders RC	F0	193	193				386
Clare	DOUGLAS	Unattached	F0			189	194		383
Chloe	JENNINGS	Unattached	F0				191	188	379
Lucy	Gillbert		F0	186	188				374
Rachel	Southgate		F0	183	186				369
Laura	BROWN	Stowmarket Striders	F0			182	185		367
Robyn	Rake	Stowmarket Striders RC	F0			184		181	365
Jordan	Barfield	Haverhill Running Club	F0			180	184		364
Emma	Bailey	Felixstowe RRC	F0		179			177	356
Gennifer	Solomon	Felixstowe RRC	F0		174			169	343
Sara	Bird		F0					200	200
Rebecca	Cooke	Colchester Harriers AC	F0					198	198
Davina	GREENWELL	Hadleigh Hares AC	F0				198		198
Charlotte	Acheson	Haverhill Running Club	F0	197					197
Emma	Barrowclough	Sudbury Joggers	F0					196	196
Agata	Obidowiz		F0			196			196
Kerry	Dennett	Hadleigh Hares AC	F0					194	194
Emily	Gooderham	Saint Edmund Pacers	F0	194					194
Heidi	TEIXEIRA	Unattached	F0				193		193
Erika	Downs	Felixstowe RRC	F0					192	192
Alison	Severy		F0		191				191
Bernice	Laws	Ipswich Jaffa RC	F0					190	190
Gemma	Beckett		F0		190				190
Naomi	EDWARDS	Unattached	F0				189		189
Lizzie	Smith		F0	189					189
Alexander	Dewison		F0			188			188
Lys	NAVONE	Unattached	F0				188		188
Emma	Goodman	Framlingham Flyers	F0	187					187
Rebecca	Jackson	Diss & District AC	F0			187			187
Cally	PLACE	Saint Edmund Pacers	F0				187		187
Sian	Abbott	Ipswich Jaffa RC	F0					186	186
Liz	SAXTON	Thetford AC	F0				186		186
Nicole	Bailey	Haverhill Running Club	F0					185	185
Rebecca	Chetty		F0		185				185
Hannah	Josephs		F0			185			185

Andelys	Navone		F0					184	184
Laura	Revell		F0	184					184
Ellena	Farrow		F0					183	183
Eleanor	GOFFIN	Unattached	F0				183		183
Farren	Hooper		F0			183			183
Becky	Barnes	Witham RC	F0					182	182
Nicola	Bultz		F0		181				181
Hannah	Maycock		F0			181			181
Anna	Phillips		F0	181					181
Katie	Harvey		F0					180	180
Leoni	Harvey	Great Bentley Running Club	F0		180				180
Victoria	Thurston		F0	180					180
Sophie	Newman		F0					179	179
Ari	METOS	Unattached	F0				179		179
Charlotte	Hastings		F0					178	178
Liz	Atkins		F0	178					178
Megan	Brown		F0		178				178
Laura	Burrows		F0		177				177
Sarah	Lucas		F0	177					177
Natalie	Jones	Sudbury Joggers	F0					176	176
Hannah	St Ledger	Sudbury Joggers	F0	176					176
ALEXIS	EVANS		F0					175	175
Poppy	St Ledger		F0	175					175
Kirsty	Noble	Ringway Jacobs	F0					173	173
Rebecca	Revell		F0		173				173
Hannah	Johns		F0					172	172
Karen	Jenkins	Ringway Jacobs	F0					168	168
Chloe	Livingstone	Ringway Jacobs	F0					167	167
Samantha	Banks	Ipswich Jaffa RC	F35		200	199	200	200	799
Ellie	Cumner	Colchester & Tendring AC	F35	200	199	198*	199	199	797
Ruth	Palmer	Saint Edmund Pacers	F35	199	197	197	198		791
Katrina	Rigby	Hadleigh Hares AC	F35	198	194		196	192	780
Kate	Hutson	Ipswich Jaffa RC	F35	197	192		192	191	772
Terri	Green	Ipswich Jaffa RC	F35	191	190		190	187	758
Diane	Doyle	Framlingham Flyers	F35	188	185*	185	188	185	746
Alison	Renshaw		F35		183	181	184	178	726

Carol	Kemp	Felixstowe RRC	F35		196	194		196	586
Jennifer	Wright	Ipswich Jaffa RC	F35		195	193		194	582
Sarah	Pennock	Sudbury Joggers	F35	194	188	187			569
Stacy	Southgate		F35	186	187	184			557
Katie	Everett	Framlingham Flyers	F35	185		183	186		554
Rachael	Hamblyn	Ipswich Jaffa RC	F35				197	198	395
Hien	HOANG	Great Bentley RC	F35			191	195		386
Lena	WRIGHT	Haverhill Running Club	F35			189	193		382
Marina	Almendros	Unattached	F35				191	189	380
Jennifer	Devaney	Stowmarket Striders RC	F35	190	184				374
Agnieszka	Andrzejak	Unattached	F35				187	184	371
Esther	Lury	Ipswich Jaffa RC	F35			200			200
Sarah	Gartshore		F35		198				198
Elise	Daykin-Colombe	Ipswich Jaffa RC	F35					197	197
Ros	Pache		F35	196					196
Sandy	Page		F35			196			196
Jenny	Aylen	Great Bentley RC	F35					195	195
Clare	Barstow		F35			195			195
Jennifer	Evans	Woodbridge Shufflers RC	F35	195					195
Ruth	GOODCHILD	Unattached	F35				194		194
Maria	Bautista Fructuos	Great Bentley RC	F35					193	193
Emma	Gammons	Felixstowe RRC	F35		193				193
Elspeth	Gilmour	Framlingham Flyers	F35	193					193
Claire	Bathey	Stowmarket Striders RC	F35			192			192
Leah	Knee		F35	192					192
Hayley	Coles		F35		191				191
Lianne	Belcher		F35					190	190
Melanie	Reid		F35			190			190
Claire	GOLDSTONE	Thetford AC	F35				189		189
Sarah	Howe	The Saxons	F35	189					189
Donna	Talbot		F35		189				189
Emma	Sweeney	Witham RC	F35					188	188
Claire	Blanchford	Saint Edmund Pacers	F35			188			188
Alison	Fox		F35	187					187
Jessica	Hall		F35					186	186
Lorna	Fraser		F35		186				186

Claire	Trott		F35			186			186
Sarah	Le Mare		F35					185	185
Jodie	BUDD	Sudbury Joggers	F35				185		185
Melzie	Hammond		F35	184					184
Jennifer	Merry	Sudbury Joggers	F35					183	183
Kirsty	Lucas		F35	183					183
Rebecca	Bryce		F35					182	182
Bridget	Read	Felixstowe RRC	F35			182			182
Hayley	Rook		F35	182					182
Jo	Sims		F35					181	181
Heidi	Bichener		F35					180	180
Nichola	Whymark		F35			180			180
Jess	Preston	Sudbury Joggers	F35					179	179
Claire	Keefe	Stowmarket Striders RC	F35			179			179
Lorraine	McSorley		F35					177	177
Katherine	Burke		F35					176	176
Natalie	Martin		F35					175	175
Odette	Robson	Saint Edmund Pacers	F40		200	200	200	200	800
Alex	Smith	Stowmarket Striders RC	F40	197	197	196	194		784
Goldie	Yule		F40	192	194	194	190*	194	774
Catherine	Morgan		F40		192	192	189	190	763
Julie	Richardson	Ipswich Jaffa RC	F40	188	188		187	184	747
Tina	Church	The Saxons	F40	184	181*	191	184	182	741
Tina	Cullum		F40	185	182		188	183	738
Emma	Newman		F40		178	189	182	181	730
Melanie	SNARE	Framlingham Flyers	F40			198	199	198	595
Sandra	Bumphrey	Capel Cheetahs	F40	199	198	195			592
Sally-ann	Bowen	Sudbury Joggers	F40			197	197	196	590
Sharon	Beward	Sudbury Joggers	F40	186		190	186		562
Catherine	BRADNAM	Saint Edmund Pacers	F40				195	195	390
Anna	Smith	Stowmarket Striders RC	F40	198				191	389
Amanda	Dunn	Hadleigh Hares AC	F40	196			191		387
Claire	Palfrey	Ipswich Jaffa RC	F40		195		192		387
Nicola	Whitley	Capel Cheetahs	F40	193	193				386
Deborah	Cubberley	Great Bentley Running Club	F40		191			192	383
Maria	Bilner	Ipswich Jaffa RC	F40		180		185		365

Vicky	Presland	Great Bentley Running Club	F40	200					200
liz	Stuckey	Witham RC	F40					199	199
Ruth	Eberhardt	Newmarket Joggers	F40		199				199
Verity	Smith	Ipswich Jaffa RC	F40			199			199
Michelle	BELL	Unattached	F40				198		198
Becky	McCorquodale	Harwich Runners	F40					197	197
Stefanie	BROWNHILL	Saint Edmund Pacers	F40				196		196
Fiona	Hunt	Ipswich Jaffa RC	F40		196				196
Joanne	Cartwright	Framlingham Flyers	F40	195					195
Clare	Moodie		F40	194					194
Nicole	Smith	Halstead RRC	F40					193	193
Natalie	COOKE	Unattached	F40				193		193
Gaynor	Foster		F40			193			193
Lindsay	Wharam	Framlingham Flyers	F40	191					191
Jacqui	Howes		F40		190				190
Trudie	Timms	Framlingham Flyers	F40	190					190
Jacquelyn	Cobbold	Hadleigh Hares AC	F40					189	189
Heidi	Knight	Capel Cheetahs	F40		189				189
Nicola	Roper	Framlingham Flyers	F40	189					189
Anna	Young		F40					188	188
Karen	Mcmorran	Bungay Black Dog RC	F40	187					187
Lisa	Ratcliffe		F40		187				187
Hayley	Berkel		F40					186	186
Rachel	Goodwin		F40		186				186
Vanessa	Dolling		F40					185	185
Helen	Hollingsworth		F40		185				185
Clare	Hinton		F40		184				184
Hayley	Berkett		F40		183				183
Michelle	BIGGS	Unattached	F40				183		183
Amanda	Smith	Felixstowe RRC	F40	183					183
Angela	Soames	Felixstowe RRC	F40	182					182
Claire	ROOKE	Unattached	F40				181		181
Alison	Hosking		F40					180	180
Rebecca	Lake	Ipswich Jaffa RC	F40		179				179
Sarah	Colbert	Springfield Striders RC	F45	198	200	200	199		797
Cheryl	Tye	Purple Patch Runners	F45	197	199	199		200	795

Sandra	Webb	Saint Edmund Pacers	F45	196	198	198	200		792
Kate	Beer	Stowmarket Striders RC	F45	195	197	197		199	788
Melody-Anne	Neville	Stowmarket Striders RC	F45	193*	194	195	198	197	784
Lisa	Bond	Ipswich Jaffa RC	F45	185*	185	189	193	193	760
Mandy	Godbold	Ipswich Harriers	F45	188	193	186	190		757
Kate	Sewell	Capel Cheetahs	F45	186	189	188	194		757
Karen	Chamberlain	Ipswich Jaffa RC	F45		186	187	192	188	753
Amanda	Prior	Capel Cheetahs	F45	184	184	185	191		744
Melonie	Evans	Sudbury Joggers	F45	182	179*	181	187	189	739
Niki	MacSephney		F45	181	178	179	183		721
Jo	Dickinson	Felixstowe RRC	F45	178	177	175*	179	184	718
Sally	Solomon	Felixstowe RRC	F45	177	176		178	183	714
Debbie	Woodbridge	Ipswich Jaffa RC	F45		175	174	177	182	708
Karen	Skene	Great Bentley Running Club	F45	191	196	196			583
Karen	Page	Saint Edmund Pacers	F45		192	192	196		580
Louise	Judge		F45		188	183		191	562
Ruth	HATCH	Unattached	F45			177	189	187	553
Jo	Parden	Framlingham Flyers	F45	192	195				387
Teresa	Bailey	Framlingham Flyers	F45	190		193			383
Karen	Eaton	Run for Your Life	F45		190	190			380
Christine	Middleton-Burrov		F45	189	191				380
Michelle	GARDNER	Haverhill Running Club	F45			184	185		369
Sheila	Buck	Sudbury Joggers	F45	183	182				365
Sam	Vata		F45			176		186	362
Susan	Whiting	Ipswich Jaffa RC	F45		180	180			360
Katrina	Copping		F45	176	174				350
Mary-Ann	Moseley	Haverhill Running Club	F45	200					200
Geraldine	Clarke	Framlingham Flyers	F45	199					199
Anita	Grainger	Witham RC	F45					198	198
Bernadette	WHITE	Hadleigh Hares AC	F45				197		197
Rachael	Portch		F45					196	196
Jo	smythe	Witham RC	F45					195	195
Tracey	ROSE	Stowmarket Striders	F45				195		195
Kim	Farren		F45					194	194
Jennifer	Bird	Saint Edmund Pacers	F45			194			194
Mandi	Moyse		F45	194					194

Zoe	Gould	Tiptree Road Runners	F45					192	192
Gin	Lawson	Sudbury Joggers	F45			191			191
Nichola	Stone		F45					190	190
Tracie	EMERSON	Unattached	F45				188		188
Helen	Cain	Stowmarket Striders RC	F45	187					187
Bernadette	Coulthrust		F45		187				187
Jan	HART	Unattached	F45				186		186
Kim	Abson	Stowmarket Striders RC	F45					185	185
Sarah	SALES	Newmarket Joggers	F45				184		184
Amanda	Childs		F45		183				183
Debbie	BEARE	Saint Edmund Pacers	F45				182		182
Lisa	Gaughan	Capel Cheetahs	F45			182			182
Natalie	RAPER	Unattached	F45				181		181
Agnes	Clough		F45	180					180
Sandra	GARNER	Stowmarket Striders	F45				180		180
Angela	Burdett	Stowmarket Striders RC	F45	179					179
Sharon	Ibbotson		F45			178			178
Rebecca	Pittman	Springfield Striders RC	F50	199*	199	200	199	200	798
Claire	Hoblyn	Saint Edmund Pacers	F50	198	198	199	198		793
Jenny	Sheahan		F50	196		198	194	199	787
Sharon	Warland		F50	195	197	197	192*	197	786
Helen	Wass	Newmarket Joggers	F50	193	196	195	191*	196	780
Linda	Baxter		F50		193	194	188	195	770
Elizabeth	Cahill	Braintree & District AC	F50		192	193	189	194	768
Arabella	Lewendon	Stowmarket Striders RC	F50	191	195	192	185		763
Jackie	Collins	Felixstowe RRC	F50	188	189	189	184*	193	759
Ruth	Cowlin	Sudbury Joggers	F50	187	191		178	191	747
Angela	Whiting	Stowmarket Striders RC	F50	186	183	185	176*	188	742
Jenny	Lynch	Felixstowe RRC	F50		186	186		190	562
Janis	Taylor	Ipswich Jaffa RC	F50		181	184		187	552
Rebecca	Jennings		F50		187	187	177		551
Val	Jennings	Ipswich Jaffa RC	F50	200	200				400
Jo	Stephenson	Stowmarket Striders RC	F50				193	198	391
Kirsty	Weavers	Saint Edmund Pacers	F50			196	190		386
Sandy	Phillips		F50		190		186		376
Karen	Shelley	Capel Cheetahs	F50		194		181		375

Annabel	Bennett	Felixstowe RRC	F50		185	188			373
Christine	Ashe	Bungay Black Dog RC	F50				179	192	371
Alyson Zena	Limpkin-Challis	Felixstowe RRC	F50		184			183	367
Sandy	THOROGOOD	Sudbury Joggers	F50				200		200
Dee	St Ledger	Sudbury Joggers	F50	197					197
Caroline	TUCK	Dagenham 88 Runners	F50				197		197
Marion	PARKER	Felixstowe RRC	F50				196		196
Sarah	GOLDING	Saint Edmund Pacers	F50				195		195
Diane	Emsden		F50	194					194
Sandra	Mayhew	Stowmarket Striders RC	F50	192					192
Ellen	Hollingworth	Stowmarket Striders RC	F50				191		191
Shirley	Fowler	Haverhill Running Club	F50				190		190
Rowena	Youngson		F50	190					190
Trish	Jarvis		F50					189	189
Dawn	Marshall	Saint Edmund Pacers	F50	189					189
Debbie	Pembroke		F50		188				188
Brigitte	HEARD	Haverhill Running Club	F50				187		187
Tracey	Denby	Witham RC	F50					186	186
Denise	Wright	Stowmarket Striders RC	F50					185	185
Sue	Gilson		F50	185					185
Denise	Lefley		F50					184	184
Val	Philpott	Framlingham Flyers	F50	184					184
Valerie	Higgins		F50				183		183
Grace	JUDGE	Haverhill Running Club	F50				183		183
Sue	Foley	Jogging Made Easy	F50					182	182
Karen	GEDGE	Bungay Black Dog RC	F50				182		182
Dara	Byham		F50					181	181
Jane	GARVIN	Ipswich Jaffa RC	F50				180		180
Samantha	CHRYSTAL	Unattached	F50				174		174
Christine	MCCOLL	Unattached	F50				173		173
Helen	STACY	Unattached	F50				172		172
Elizabeth	Cahill	Braintree & District AC	F50						0
Belinda	Godbold	Ipswich Jaffa RC	F55	200	200	200	200	199*	800
Bobbie	Sauerzapf	Bungay Black Dog RC	F55	197*	199	199	198	198	794
Rita	Rue	Saint Edmund Pacers	F55	195		197	197	197	786
Jo	Whelan	Felixstowe RRC	F55	194	195	194	194		777

Julie	RUDKIN	Stowmarket Striders	F55	190	189	195	188		762
Fiona	CUNNINGTON	Unattached	F55			198	199	195	592
Judith	Adolphus	Ipswich Jaffa RC	F55	196	198			196	590
Nicola	Stevenson	Felixstowe RRC	F55	193	192		193		578
Susan (Sue)	Hunter	Stowmarket Striders RC	F55	191	188			188	567
Wendy	HUGHES	Stowmarket Striders	F55		196		196		392
Alison	Beech	Ipswich Jaffa RC	F55			196		194	390
Valerie	Nutley		F55	192				192	384
Sally	QUIRK	Stowmarket Striders	F55			181	191		372
Claudine	Benstead	Harwich Runners	F55					200	200
Karen	Hatton	Saint Edmund Pacers	F55	199					199
Angela	Brinkley	Stowmarket Striders RC	F55	198					198
Sue	Downes		F55		197				197
Denise	ROBINSON	Stowmarket Striders	F55				195		195
Elizabeth	Severy		F55		194				194
Jo	Higgon	Harwich Runners	F55					193	193
Jane	Moon	Felixstowe RRC	F55		193				193
Julia	STONE	Unattached	F55				192		192
Jean	Wier		F55					191	191
Jane	Ling		F55		191				191
Christina	Pretty		F55					190	190
Maria	PLACE	Unattached	F55				190		190
Sue	Wright	Great Bentley Running Club	F55		190				190
Beverley	Leslie		F55					189	189
Sue	GEORGE	Unattached	F55				189		189
Diana	Lee	Jogging Made Easy	F55					187	187
Vivienne	Taylor	Framlingham Flyers	F60	198	199	200	199		796
Susan	Wilshaw	Capel Cheetahs	F60	199	197	198	198		792
Jane	Bailey	Felixstowe RRC	F60	196	195*	196	197	198	787
Julie	Haselwood	Ipswich Jaffa RC	F60	197	198	199			594
Trish	Hopkins	Felixstowe RRC	F60		194	194		196	584
Sue	Hargadon	Ipswich Triathlon Club	F60		196	197			393
ann	piercy	Harwich Runners	F60					200	200
Cathy	BEARD	Colchester Harriers AC	F60				200		200
Mary	Burgess	Felixstowe RRC	F60		200				200
Marion	Walker	Framlingham Flyers	F60	200					200

Anne	Herbert	Harwich Runners	F60					199	199
Teresa	Parkins		F60					197	197
Joanna	MEYER	Joggers and Jaunters	F60				196		196
Diana	Braverman	Cambridge & Coleridge AC	F60			195			195
Jill	Wright		F60			193			193
Maureen	Wright	Ipswich Jaffa RC	F65+		200	200	200	200	800
Jean	Cox	Woodbridge Shufflers RC	F65+	200		198	197	198	793
Moira	Pinkney	Ipswich Triathlon Club	F65+		199	199		199	597
Janet	GREEN	Framlingham Flyers	F65+				199		199
Bernice	TRODD	Unattached	F65+				198		198
Marianne	Burnell	Ipswich Jaffa RC	F65+		198				198
Thomas	Adams	Ipswich Harriers	U20M	194*	197	198	200	200	795
Joe	Robson	Saint Edmund Pacers	U20M		188	189	198	197	772
Thomas	Abbott	Ipswich Harriers	U20M	188		194	194	196	772
Lee	Harrison	Ipswich Harriers	U20M	181	169*	187	195	195	758
Jake	Church	The Saxons	U20M	168	167*	195	189	191	743
Aiden	Church		U20M	171	166*	173	192	192	728
Tom	Codling	Sudbury Joggers	U20M	174	168		191	194	727
Kallum	Beward	Sudbury Joggers	U20M		160	165	190	193	708
Alex	Tripp	Ipswich Harriers	U20M	190	192			199	581
Conner	Bilner	Ipswich Jaffa RC	U20M		191		199	188	578
Reece	Gooderham	Saint Edmund Pacers	U20M			153	188	189	530
Callum	Hempstead		U20M		129	139			268
Paul	Wain	Ipswich Jaffa RC	U20M					198	198
Jamie	SALES	Cambridge & Coleridge AC	U20M				197		197
Steven	QUERCIA-SMAL	Saint Edmund Pacers	U20M				196		196
William	WHITE	Hadleigh Hares AC	U20M				193		193
Sean	O'Connor		U20M					190	190
William	ROSS	Unattached	U20M				187		187
Joshua	Thompson	Ipswich Harriers	U20M		185				185
Tom	Lusher		U20M		148				148
Daniel	Finegan	Felixstowe RRC	U20M		141				141
Andrew	Rooke	Ipswich Jaffa RC	M0	200*	200	200	200	200	800
Jim	Last	Framlingham Flyers	M0	195	196	197	198	193*	786
Kieran	Hayles	Sudbury Joggers	M0	191*	194	196	197	192	779
Nicholas	Clarke	Ipswich Jaffa RC	M0	189	190	192	192	185*	763

James	Wilson	The Saxons	M0	187*	189	190	194	190	763
Tom	Cresswell	Sudbury Joggers	M0	186*	187	191	191	186	755
Benjamin	Cuthbert	Sudbury Joggers	M0		183	188	188	181	740
Marcus	Boon	Ipswich Jaffa RC	M0		179	183	184	177	723
Melvyn	Maycock		M0	179	178	179	180	176*	716
Jonathan (Jon)	Glanfield	Felixstowe RRC	M0	178	181	182		173	714
Neil	Gillingham	Ipswich Harriers	M0	169	174	167	175	166*	685
Sam	Brooke	Felixstowe RRC	M0	170	173		170	171	684
Lee	Brown	Haverhill Running Club	M0	160		175	178	168	681
James	Cornish	Woodbridge Shufflers RC	M0	173	170	174		164	681
Ben	Jennings		M0	166	164	169	172	163*	671
Peter	Woods	Felixstowe RRC	M0		162	170	169	157	658
Neil	Carter	Ipswich Jaffa RC	M0	161	153	158	158	150*	630
Matt	Saunders	Felixstowe RRC	M0	153		155	161	149	618
Michael	Sheldrake	Ipswich Jaffa RC	M0		150	152	156	142	600
Danny	Rock	Felixstowe RRC	M0	198			199	198	595
Keelan	Smith	The Saxons	M0	152	144	147	146	135*	589
Craig	Fiddaman	Ipswich Jaffa RC	M0	192			183	189	564
Mark	Newman		M0		140	143	149	130	562
James	Hayward	Stowmarket Striders RC	M0	183	184		187		554
John	Aldred	Framlingham Flyers	M0	182	182			158	522
Adam	Clarke	Saint Edmund Pacers	M0			177	176	162	515
Robert	Page	Ipswich Jaffa RC	M0		161	166		154	481
Nick	Bell	Ipswich Jaffa RC	M0	163	155	162			480
Chris	Bright		M0	156		149		146	451
George	Wright		M0			145	154	138	437
Will	Schwer	Felixstowe RRC	M0	150	128	137			415
Lee	Cornwell	Ipswich Jaffa RC	M0		134		145	132	411
Kieran	McMorran	Ipswich Jaffa RC	M0	199	198				397
Gavin	Davies	Ipswich Jaffa RC	M0	196				195	391
Benjamin	Turley	Ipswich Jaffa RC	M0	193	195				388
Carl	Ashton	Ipswich Jaffa RC	M0		186			188	374
Craig	Sisson	Haverhill Running Club	M0				189	179	368
Westley	WALKER	Haverhill Running Club	M0				185	178	363
Ashley	SMY	Ipswich Jaffa RC	M0				182	175	357
Jordan	Beaumont	Ipswich Jaffa RC	M0			180		170	350

Oliver	Riches	Hadleigh Hares AC	M0		175	172			347
Iain	Johnston	Hadleigh Hares AC	M0		172		174		346
Sean	Kennedy	Woodbridge Shufflers RC	M0	176		168			344
Dean	Searle	Felixstowe RRC	M0	167	165				332
Simon	WALLIS	Haverhill Running Club	M0			164	168		332
Alastair	Read	Felixstowe RRC	M0	172	157				329
Philip	Mills		M0	162			162		324
Kirk	VAUGHAN	Unattached	M0		156		167		323
Chris	WELLS	Sudbury Joggers	M0				166	155	321
Darren	Barfield	Sudbury Joggers	M0			161		159	320
John	Craddock	Stowmarket Striders RC	M0		158		156		314
Craig	Hawkins	Stowmarket Striders RC	M0	157		151			308
Wayne	Close		M0			156		151	307
George	Lankester	Ipswich Jaffa RC	M0	159				145	304
Jonathan	Scott	Ipswich Jaffa RC	M0	154	149				303
Simon	STUTELEY	Unattached	M0				150	148	298
Aaron	HEARD	Ipswich Jaffa RC	M0			146	152		298
Kieran	Callaghan		M0	155				141	296
Daniel	SOUTHGATE	Unattached	M0			144	147		291
Matthew	STOCKS	Unattached	M0			140	143		283
Mark	Newton	Springfield Striders RC	M0					199	199
Joshua	Entwhistle	Felixstowe RRC	M0			199			199
John	Millar	Ipswich Harriers	M0		199				199
Robert	Reason	Harwich Runners	M0					197	197
Robert	Chenery	Ipswich Jaffa RC	M0	197					197
James	Smith	Springfield Striders RC	M0					196	196
Peter	DAVY	Sudbury Joggers	M0				196		196
Tom	Kingsnorth	Saint Edmund Pacers	M0			195			195
Adam	WADE	Ipswich Jaffa RC	M0				195		195
Peter	Robinson	Springfield Striders RC	M0					194	194
Steve	Mason	SRC cambridge	M0			193			193
Steve	MASON	Sudbury Joggers	M0				193		193
Graham	Pattle		M0		193				193
Andy	Ellis	Felixstowe RRC	M0					191	191
Thomas	WHITE	Saint Edmund Pacers	M0				190		190
Chris	Martin	Witham RC	M0					187	187

Michael	Falcone	Saint Edmund Pacers	M0			186			186
Adrian	KUDELA	Felixstowe RRC	M0				186		186
Peter	Smith		M0	185					185
Scott	Williams	Stowmarket Striders RC	M0			185			185
David	Wright	Great Bentley RC	M0					184	184
Mark	Hayward	Stowmarket Striders RC	M0	184					184
Ben	Jeffery		M0			184			184
Ian	Old	Ipswich Jaffa RC	M0					183	183
Samuel	Burdett	Stowmarket Striders RC	M0					182	182
Ben	POWELL	Unattached	M0				181		181
Elliot	Wells	Stowmarket Striders RC	M0			181			181
Tony	Bacon		M0					180	180
Mark	Clements	Ipswich Jaffa RC	M0		180				180
Charles	Keitch	Great Bentley Running Club	M0	180					180
Dominic	MELERO	Unattached	M0				179		179
Alistair	Angus		M0			178			178
Mark	Hayden	Ipswich Harriers	M0		177				177
Stewart	White	Saint Edmund Pacers	M0	177					177
Rob	WINDUS	Shires Triers	M0				177		177
Tom	Alexander	Woodbridge Shufflers RC	M0		176				176
Jamie	Roper	SRC cambridge	M0			176			176
Henry	Tapp		M0	175					175
Sebastian	Keczmerski	Harwich Runners	M0					174	174
Geraint	WHITE	Ipswich Jaffa RC	M0				173		173
Steven	Watson	Witham RC	M0					172	172
Neil	Barnet		M0		171				171
Paul	BRAND	Saint Edmund Pacers	M0				171		171
George	Solomon		M0			171			171
Rob	Blackman		M0					169	169
Alec	Wright	Ipswich Jaffa RC	M0					167	167
HUGO	JARDIM	Harwich Runners	M0					165	165
Alastair	Bartlett	Woodbridge Shufflers RC	M0	165					165
Anthony	CHAPMAN	Unattached	M0				165		165
Karl	Tovell		M0	164					164
Daniel	WARD	Thetford AC	M0				164		164
Ben	Dean	Diss & District AC	M0			163			163

Peter	JENKYN	Saint Edmund Pacers	M0				163		163
Andy	Stephens		M0		163				163
jamie	fittock	Sudbury Joggers	M0					161	161
William	Roxby-Clarke	Harwich Runners	M0					160	160
Christopher	Bing	Ipswich Jaffa RC	M0			160			160
Lee	KNIGHTS	Unattached	M0				160		160
Dave	Beighton	Saint Edmund Pacers	M0			159			159
Nigel	Gartshore		M0		159				159
Mark	SALISBURY	Sudbury Joggers	M0				159		159
Jordan	Bailey		M0	158					158
Jeremy	Head		M0			157			157
Sebastian	PLACE	Unattached	M0				157		157
Jacob	Collins	Ipswich Jaffa RC	M0					156	156
Jason	BIGG	Unattached	M0				155		155
Matthew	Reynolds	Lowestoft Road Runners	M0			154			154
Kelmend	Sokoli		M0		154				154
francis	mills	Harwich Runners	M0					153	153
George	BYHAM	Unattached	M0				153		153
James	Davidson	Ringway Jacobs	M0					152	152
Mike	Palmer		M0		152				152
David	Mayes	Felixstowe RRC	M0		151				151
Jamie	Payne	Framlingham Flyers	M0	151					151
Jonny	RANKIN	Unattached	M0				151		151
Jack	Wicks	Great Bentley Running Club	M0			150			150
Matthew	GOFFIN	Unattached	M0				148		148
Unknown	Runner		M0			148			148
Nuno	Vidal	Jogging Made Easy	M0					147	147
Brett	Deakin	Felixstowe RRC	M0		147				147
Ashley	Phillips		M0		146				146
James	Ellul		M0		145				145
John	Chell	Ipswich Jaffa RC	M0					144	144
Darren	MEEK	Unattached	M0				144		144
Allan	Smith		M0					143	143
Clayton	Fosker		M0		143				143
Stuart	Howell		M0			142			142
David	Moles	Capel Cheetahs	M0		142				142

Gavin	Boag	Stowmarket Striders RC	M0			141			141
Adam	Kettle		M0					140	140
Richard	Smith		M0					139	139
Alan	Baldwin		M0		139				139
Lee	Close		M0			138			138
Lewis	Day		M0		138				138
Andy	Miley		M0					137	137
Kyle	Pierce		M0		137				137
Tom	Whiteman		M0					136	136
Joe	Walsh		M0		136				136
Luke	Hopkins		M0		135				135
LEWIS	EVANS		M0					134	134
Stuart	Hunt	Hadleigh Hares AC	M0					133	133
Daniel	Cobb		M0		133				133
Robert	Bozier		M0		132				132
Andrew	Silverton		M0					131	131
Ross	Southgate		M0		131				131
Josh	Jones		M0		130				130
Chris	Chandler		M0					129	129
Ross	Corbyn	Ringway Jacobs	M0					128	128
andrew	thorn		M0					127	127
Rob	Cook		M0					126	126
David	Harvey		M0					125	125
Paul	Green	Ringway Jacobs	M0					124	124
Jeremy	Downs	Harwich Runners	M0					123	123
Joshua	Davis	Ringway Jacobs	M0					122	122
Matt	valentine	Ringway Jacobs	M0					121	121
Harry	Pyle	Ringway Jacobs	M0					120	120
Iain	Jones	Ringway Jacobs	M0					119	119
Garry	Cullum	Ipswich Jaffa RC	M40		199	199	200	199	797
Trevor	Bunch	Haverhill Running Club	M40	198	198	200	199		795
Robin	Harper	Felixstowe RRC	M40	197	194	197	197	192*	785
Benjamin	Jacobs	Felixstowe RRC	M40		193	198	198	194	783
Andy	Glass	Sudbury Joggers	M40	193	192	194	195	191*	774
Jess	Farthing	Felixstowe RRC	M40	192	189	195	193	186*	769
Henry	Morrison		M40		188	191	191	181	751

Mark	Rose	Ipswich Jaffa RC	M40	184	185		190	182	741
Martin	Jarvis		M40	188	176	186	185	174*	735
Andre	Neville	Stowmarket Striders RC	M40	190	183		188	173	734
Neil	Williamson	Newmarket Joggers	M40		181	184	186	178	729
Ritchie	Parkins	Stowmarket Striders RC	M40	196	191	196			583
Jeremy	Bell		M40		184	189	189		562
Guy	Hayward	Framlingham Flyers	M40	191	182	188			561
Mark	Vince	Woodbridge Shufflers RC	M40		178	187	187		552
Simon	Goldsmith		M40	181	180		184		545
Kevin	Peirce	Ipswich Harriers	M40		196			198	394
Stewart	Ellis	Halstead RRC	M40		195			195	390
James	Howlett	Framlingham Flyers	M40	194		193			387
Clive	Davey	Sudbury Joggers	M40	195	189				384
Paul	Preston	Colchester Harriers AC	M40	199				184	383
Stuart	Weaver		M40		190			188	378
Thomas	Jarrett	Ipswich Triathlon Club	M40		187	190			377
Martin	Jones		M40	186			183		369
Ian	ELDEN	Haverhill Running Club	M40		172		192		364
Mark	Goodwin	Felixstowe RRC	M40	187	174				361
Mark	Flatman		M40			185		172	357
Dan	Ward	Stowmarket Striders RC	M40		173	182			355
Daniel	Clark	Felixstowe RRC	M40			183		168	351
Derek	Hood	Ipswich Jaffa RC	M40		179			170	349
Gavin	Allen	Springfield Striders RC	M40					200	200
Nick	Palmer	Stowmarket Striders RC	M40	200					200
Keith	Tilley		M40		200				200
Paul	Rodgers	Colchester Harriers AC	M40					197	197
Ben	Caisey	Ipswich Triathlon Club	M40		197				197
Heydon	Mizon	Witham RC	M40					196	196
Marcus	CATLIN	Ipswich Jaffa RC	M40				196		196
Michael	WHITE	Unattached	M40				194		194
Dave	Campbell	Witham RC	M40					193	193
Darren	Cook	Felixstowe RRC	M40			192			192
James	Crisp	Witham RC	M40					190	190
Wayne	Cook	Colchester Harriers AC	M40					189	189
Simon	Tinkler	Framlingham Flyers	M40	189					189

Marc	Underdown	Witham RC	M40					187	187
Mark	Donney	Suffolk Trail Runners	M40		186				186
Adam	Mumford	Sudbury Joggers	M40					185	185
Mike	Pleasants	Framlingham Flyers	M40	185					185
Steven	Everett	Braintree & District AC	M40					183	183
Jeremy	Smith		M40	183					183
Stuart	Abbott		M40	182					182
Martin	AVIS	Saint Edmund Pacers	M40				181		181
Nick	Williams	Felixstowe RRC	M40			181			181
Lee	Pembroke	Witham RC	M40					180	180
Glenn	PROCTOR	Stowmarket Striders	M40				180		180
Jason	Allard	Stowmarket Striders RC	M40					179	179
Paul	GRIMSEY	Unattached	M40				179		179
Dean	WILTSHIRE	Unattached	M40				178		178
Matt	Knowles	Great Bentley RC	M40					177	177
Conrad	BURGESS	Unattached	M40				177		177
Paul	Causon		M40		177				177
Ashley	Hood		M40					176	176
Chris	Panton		M40					175	175
Matt	Howe	Felixstowe RRC	M40		175				175
Ian	Cottee	Harwich Runners	M40					171	171
Ian	Cannons	Harwich Runners	M40					169	169
Scott	Luckey	Harwich Runners	M40					167	167
Shawn	Beckerleg	Witham RC	M40					166	166
Noel	Lobley		M40					165	165
Matt	Doran	Harwich Runners	M40					164	164
Gary	Hill	Great Bentley RC	M40					163	163
Jon	Enefer		M40					162	162
Peter	Harrington		M40					161	161
Adam	Howlett	Framlingham Flyers	M45	200	200	200	200		800
Scott	MacSephney	Ipswich Jaffa RC	M45	197	199	199	199		794
John	Thorpe	Ipswich Jaffa RC	M45	196	197	197		197	787
Tim	Hanman	Ipswich Jaffa RC	M45	194		196	198	194	782
Steve	Brooke	Felixstowe RRC	M45	193	194	192	196	191*	775
Will	Aldred	Framlingham Flyers	M45	192	193	191*	195	192	772
Chris	Tye	Ipswich Triathlon Club	M45	191	196	188		189	764

Rakesh	Raja	Saint Edmund Pacers	M45	189	187	186*	190	187	753
Vince	Webb	Saint Edmund Pacers	M45	187	185	177	187		736
Chris	Fox	Woodbridge Shufflers RC	M45	186	184	183		180	733
Mark	Godbold	Ipswich Harriers	M45	183	178	174*	184	175	720
Wayne	Mumford	Sudbury Joggers	M45	182	177	175*	182	177	718
Jimmy	Russell	Felixstowe RRC	M45	181	176	173*	183	176	716
Alex	Kuczer		M45	180	173		181	174	708
Darren	Bond	Ipswich Jaffa RC	M45		174	172	178	173	697
Kerry	Buckley		M45		171	171	179	172	693
David	Tillet	Run for Your Life	M45	173	165	163*	170	167	675
Richard	Sore	Ipswich Jaffa RC	M45	174	161	164	171		670
Gavin	SPURR	Unattached	M45		162	162	167	165	656
Darren	Shepard	Framlingham Flyers	M45	198		198		198	594
Dave	Solomon	Felixstowe RRC	M45	195	198	194			587
Jason	Wing		M45		190	195	197		582
Ady	Frost	Colchester Harriers AC	M45	190			193	188	571
Richard	Dempsey	Woodbridge Shufflers RC	M45	184		181		178	543
Howard	Allen		M45		167		172	171	510
steven	parry	Ipswich Jaffa RC	M45	199				200	399
John	Greener	Saint Edmund Pacers	M45		195	193			388
Piotr	Bulacz		M45		191		194		385
David	Bartholomew		M45			190	192		382
Joe	Adams		M45		188	189			377
Stewart	Hambling	Framlingham Flyers	M45	188		187			375
Andrew	ELLIOTT	Stowmarket Striders	M45		186		188		374
Steven	NEAL	Brandon Fern Hoppers	M45			185	189		374
Alistair	Goodier	Ipswich Jaffa RC	M45		179		185		364
Colin	Newcombe		M45	185	175				360
Roger	Stone	Felixstowe RRC	M45	179	181				360
Paul	HEEKS	Stowmarket Striders	M45			176	180		356
Stephen	CHAPMAN	Unattached	M45			170	177		347
Iain	Catchpool	Ipswich Jaffa RC	M45	176	168				344
Ian	Gooderham	Saint Edmund Pacers	M45	177		167			344
Christopher	HOWARD	Sudbury Joggers	M45				173	170	343
Andy	Nunn		M45	175	166				341
Jason	SMITH	Unattached	M45			165	174		339

Adrian	NUTTALL	Unattached	M45			168	169		337
Douglas	French	Felixstowe RRC	M45			166		168	334
mark	lloyd	Harwich Runners	M45					199	199
Robin	Brookes	Harwich Runners	M45					196	196
Wayne	Lyle	Barking Road Runners	M45					195	195
michael	undrill		M45					193	193
Tim	Doyle	Felixstowe RRC	M45		192				192
Craig	DEARDEN	Saint Edmund Pacers	M45				191		191
Keith	Marley	Colchester Harriers AC	M45					190	190
Paul	Norris		M45					186	186
Steve	PALFREY	Unattached	M45				186		186
Tony	Wallen	Witham RC	M45					185	185
malcolm	statham	Colchester Harriers AC	M45					184	184
Paul	Lacey	Hadleigh Hares AC	M45			184			184
Bill	Smythe	Witham RC	M45					183	183
John	Russell	Thurrock Harriers	M45		183				183
simon	miller	Springfield Striders RC	M45					182	182
Paul	Hollidge	Great Bentley Running Club	M45		182				182
Simon	RedMond		M45			182			182
Dave	Casey	Ipswich Triathlon Club	M45					181	181
Mark	Gipson		M45			180			180
Stephen	Shaw	Felixstowe RRC	M45		180				180
Simon	Meecham	Springfield Striders RC	M45					179	179
Rick	Emberson		M45			179			179
Tony	Sparkes		M45			178			178
Jonathan	Wilding	Felixstowe RRC	M45		178				178
Steven	BIGGS	Unattached	M45				176		176
Russell	DAVEY	Unattached	M45				175		175
Scott	Young	Great Bentley RC	M45					173	173
Gary	Mcmorran		M45		172				172
Andrew	Smith	Saint Edmund Pacers	M45		172				172
Darin	Mills		M45		170				170
Chris	Howlett		M45					169	169
James	Tribley		M45		169				169
Graham	Waudby		M45			169			169
Martin	CULLEY	Unattached	M45				168		168

David	Wignall		M45					166	166
Tibor	PINTER	Unattached	M45				166		166
Stuart	Hollingsworth		M45		164				164
Andrew	Lusher		M45		163				163
Steve	Jones		M45		160				160
Mark	Watts	Saint Edmund Pacers	M50	200	199		198	198	795
Paul	Nickells	Woodbridge Shufflers RC	M50	198	197	199		197	791
Nigel	Schofield	Saint Edmund Pacers	M50	193	192	196	196		777
Chris	Chorley	Bungay Black Dog RC	M50	186*	190	192	192	193	767
David	Hurley	Mid Essex Casuals	M50	192	191	191	191	189*	765
Derek	Daly		M50	187	186	188	184*	187	748
Shaun	Good	Felixstowe RRC	M50	183	187	186		188	744
Peter	Warland		M50	184*	185	187	186	185	743
Phil	Davies	Ipswich Jaffa RC	M50	174*	179	183	185	183	730
Brian	Munns	Newmarket Joggers	M50	188		171	182	184	725
Philip	Beer	Stowmarket Striders RC	M50	182	178	185		179	724
David	Daniels	Stowmarket Striders RC	M50	177	182	182	181		722
Paul	McAllister	Hadleigh Hares AC	M50	178	181	179	173*	181	719
Tom	Hoblyn	Saint Edmund Pacers	M50	179		180	179	180	718
Peter	Finch	Ipswich Jaffa RC	M50	173	177	177	177		704
Robert (Bob)	Reason		M50	171*	174	173	178	175	700
Duncan	Chamberlain	Ipswich Jaffa RC	M50	170	163*	174	175	172	691
Mark	Avery	Ipswich Jaffa RC	M50	176	175	164	174		689
Alan	Hillyard	Ipswich Jaffa RC	M50		167	168	176	173	684
Joe	Naughton	Stowmarket Striders RC	M50	164*	169	175	165	174	683
Jeremy	Sore		M50	168	170	170	172		680
Adrian	Cole	Stowmarket Striders RC	M50	166	168	163*	168	168	670
Ant	Whitaker		M50	163	164	161*	161	165	653
Stuart	Shepherd	Saint Edmund Pacers	M50	162*	162	162	163	164	651
Wilfred	Campbell	Ipswich Jaffa RC	M50		200		199	199	598
Andy	Buck	Sudbury Joggers	M50	199	198	200			597
Paul	Brown	Framlingham Flyers	M50	196		197		195	588
Ian	Duggan	Felixstowe RRC	M50	194	196		197		587
Ian	CUNNINGTON	Saint Edmund Pacers	M50			190	193	190	573
Simon	Butler		M50		172	172		169	513
Grahame	Walkingshaw		M50	161		159		161	481

John	Bush	Great Bentley Running Club	M50		160	160	161		481
Howard	Revell	Framlingham Flyers	M50	197		195			392
Mark	Clark		M50		195		195		390
Stephen	CURRAN	Framlingham Flyers	M50			194	195		389
Adrian	Goode	Felixstowe RRC	M50	195	194				389
Steve	Whittaker	Woodbridge Shufflers RC	M50		193	193			386
Adrian	Hine	Felixstowe RRC	M50	189	189				378
Bill	Banner		M50			189	188		377
Kevin	Whelan	Felixstowe RRC	M50		188		187		375
Tim	Higgins	Ipswich Jaffa RC	M50	180	183				363
William	Meador		M50		180			177	357
Gary	Hutchings	Framlingham Flyers	M50	175	173				348
Wiliam	Burdett	Stowmarket Striders RC	M50	172				170	342
John	Newell	Wymondham AC	M50			169	167		336
Harry	Smith	Stowmarket Striders RC	M50	165	171				336
Steve	Bright		M50	169		166			335
Dave	Lampard	Felixstowe RRC	M50	167		167			334
Graham	Chappell		M50		166			166	332
Billy	Richmond		M50				162	167	329
Paul	Holley	Newmarket Joggers	M50					200	200
Kevin	VAUGHAN	Theford AC	M50				200		200
Steven	Hughes	Stowmarket Striders RC	M50			198			198
Dan	Foster	Colchester Harriers AC	M50					196	196
James	Wood	Sudbury Joggers	M50					194	194
Colin	FARMER	Great Bentley RC	M50				194		194
Graham	Lee		M50					192	192
Phil	Jarvis	Ipswich Jaffa RC	M50					191	191
Robin	Mackenzie	Framlingham Flyers	M50	191					191
Stephen	ATKINS	Saint Edmund Pacers	M50				190		190
Stephen	Hatten	Saint Edmund Pacers	M50	190					190
Russel	BREYER	Ipswich Jaffa RC	M50				189		189
Daniel	Hewitt	Halstead RRC	M50					186	186
Andy	Fuller	Great Bentley Running Club	M50	185					185
William	Ibbotson		M50			184			184
Eric	Searle		M50		184				184
Hugh	WHITE	Hadleigh Hares AC	M50				183		183

Chris	Axford		M50					182	182
Kevin	Holley	Run for Your Life	M50			181			181
Ian	Kennedy	Framlingham Flyers	M50	181					181
Matt	STEARN	Unattached	M50				180		180
Warren	Newell		M50			178			178
Anthony	Smith	Witham RC	M50					176	176
Chris	Howland	Felixstowe RRC	M50		176				176
Julian	Mair	SRC cambridge	M50			176			176
John	Ford	Ringway Jacobs	M50					171	171
David	SALTER	Thetford AC	M50				171		171
Peter	LAMBILLION	Unattached	M50				170		170
Mark	ROSS	Great Bentley RC	M50				169		169
Philip	GROSE	Saint Edmund Pacers	M50				166		166
Kevin	Bird	Saint Edmund Pacers	M50			165			165
Andrew	Thomas		M50		165				165
Allan	MITCHELL	Unattached	M50				164		164
John	Gwillim		M50					163	163
Mark	Watson		M50					162	162
Andrew	Cocker		M50		161				161
Darren	Merry		M50					160	160
Robin	Belsom	Ipswich Jaffa RC	M55		197	198	199	200	794
Alan	Jackson	Ipswich Jaffa RC	M55	198	194*	196	198	199	791
Stephen	Pretty	Stowmarket Striders RC	M55	199	196	194	197		786
David	Seymour	Felixstowe RRC	M55	194	191*	193	196	198	781
Gary	Garnham	Ipswich Jaffa RC	M55	196	193	195	195		779
David	Sheahan		M55	192		191	193	197	773
Chris	Johns		M55	195	189	192	192		768
Mon	Lee	Ipswich Jaffa RC	M55		184	187	190	194	755
Richard	Smith	Felixstowe RRC	M55	190		186	184	192	752
Iain	Hunter	Stowmarket Striders RC	M55	188	183*	185	183	188	744
Steven	Reynolds		M55	186	182*	183	182	189	740
Paul	Trevelyan		M55	183	180		180	187	730
Duncan	Chenery	Ipswich Jaffa RC	M55	197	192		189		578
Tony	Adolphus	Ipswich Jaffa RC	M55	191	185			195	571
Bob	Jack	Bungay Black Dog RC	M55	184		182		186	552
Stephen	Hicks	Ipswich Harriers	M55	200	198				398

Stephen	Pugh	Ipswich Jaffa RC	M55		195	197			392
Paul	Gilson	Ipswich Jaffa RC	M55	193	188				381
Paul	Schwer	Felixstowe RRC	M55		187		194		381
Peter	Jay	Saint Edmund Pacers	M55			190	188		378
Jonathan	Nicholls		M55			188	185		373
Carl	Higgins		M55			180	181		361
Terry	Back	Ipswich Jaffa RC	M55		200				200
Peter	Thompson	Walden Tri	M55			200			200
Stuart	Green	Stowmarket Striders RC	M55		199				199
Dave	Lumby	Ipswich Jaffa RC	M55			199			199
Robert	Taylor	Witham RC	M55					196	196
Steve	Hunt	Hadleigh Hares AC	M55					193	193
ian	sillett	Capel Cheetahs	M55					191	191
Greg	MILLS	Unattached	M55				191		191
Glen	Harvey		M55					190	190
Gary	Lowe		M55		190				190
Phil	Marsden	Ipswich Jaffa RC	M55			189			189
Steve	Wilding	Ipswich Jaffa RC	M55	189					189
Simon	HAFFENDEN	Unattached	M55				187		187
Jos	Whately-smith		M55	187					187
Andy	Forster	Felixstowe RRC	M55		186				186
Simon	WHITWALL	Unattached	M55				186		186
John	Clough	Framlingham Flyers	M55	185					185
Mark	Allen	Woodbridge Shufflers RC	M55			184			184
Dave	Manning		M55		181				181
Alan	Barnard		M55			179			179
Andrew	Severy		M55		179				179
Tim	SKELTON	Unattached	M55				179		179
Philip	PLACE	Unattached	M55				178		178
William	Haining	Harwich Runners	M60	200	199	200	200	198*	799
Brian	Rogers	Ipswich Jaffa RC	M60	198*	200	199	199	200	798
Stephen	Mead	Stowmarket Striders RC	M60	199	198		198	199	794
Neville	Clarke	Newmarket Joggers	M60	197	197	198		197	789
Steven	Rue	Saint Edmund Pacers	M60	195		195	194	195	779
Keith	Borrett	Felixstowe RRC	M60	193	192	192	191*	192	769
Paul	Dewison		M60	190	188	186*	190	191	759

Jim	Withers	Newmarket Joggers	M60	189	186*	190	186	188	753
Mel	Chittock		M60		182	184	180	186	732
John	Weston	Ipswich Jaffa RC	M60		195	197	196		588
Stephen	Williams	Saint Edmund Pacers	M60		189	191		189	569
Frank	Gardiner	Great Bentley Running Club	M60		190	189	189		568
Mike	Gillingham		M60			185	182	187	554
Richard	TAYLOR	Springfield Striders RC	M60			196	197		393
David	Vaughan	Saint Edmund Pacers	M60		196		195		391
Don	Beatty	Stowmarket Striders RC	M60		194			193	387
Ker	Macrosson	Ipswich Jaffa RC	M60	194	193				387
David	Martin		M60		191		192		383
Mark	Sargeantson	Framlingham Flyers	M60	192	187				379
Eddie	DOUGLAS	Unattached	M60			187	187		374
John	Penny		M60			188	185		373
Mervyn	Cattermole		M60					196	196
Bill	Kingaby	Waveney Valley AC	M60	196					196
Christopher	Lee		M60					194	194
Andrew	Hammond	Norfolk Gazelles	M60			194			194
Alan	BURGIN	Huntingdon AC	M60				193		193
Steve	Robinson	Stowmarket Striders RC	M60			193			193
Robert	Mawson	Framlingham Flyers	M60	191					191
Jeff	Higgon	Harwich Runners	M60					190	190
Martin	BRIGDEN	Thetford AC	M60				188		188
Robert	Darnell		M60	188					188
Keith	Rojas		M60					185	185
Wyn	Jones	Felixstowe RRC	M60		185				185
Terry	Hunter	Stowmarket Striders RC	M60		184				184
Joaquim	MONTEIRO	Haverhill Running Club	M60				184		184
Graham	Page		M60		183				183
Robert	SHAW	Saffron Striders RC	M60				183		183
David	RIEDEL	Saint Edmund Pacers	M60				181		181
Stephen	SPENCER	Brandon Fern Hoppers	M60				179		179
Arthur	Whiston	Colchester Harriers AC	M65		199	200	200	200	799
Tim	Newton	Ipswich Jaffa RC	M65	200	200	199*	199	199	798
David	Fordham	The Saxons	M65	199	197*	198	198	198	793
Charles	Shoolbred		M65	198	196*	197	197	197	789

Paul	Winter		M65	196	191*	195	194	194	779
Chris	Aylmer	Newmarket Joggers	M65	191	189*	191	191	192	765
Malcolm	Savage	Springfield Striders RC	M65			196	196	196	588
David	Taylor	Framlingham Flyers	M65	197	193	194			584
Richard	Fellingham	Stowmarket Striders RC	M65		194	193	195		582
David	Coley	Ipswich Jaffa RC	M65	194	192		192		578
John	Cullum	Saint Edmund Pacers	M65	192			190	193	575
Frank	Moggan	Stowmarket Striders RC	M65	193	190	192			575
Robin	Ashe	Bungay Black Dog RC	M65				193	195	388
Philip	Nutley	Saint Edmund Pacers	M65	190	188				378
Michael	Beckett		M65		198				198
Ron	Ames	Stowmarket Striders RC	M65		195				195
Mike	Hill	Framlingham Flyers	M65	195					195
Ron	McCullough	Ipswich Jaffa RC	M70+	200				200	400
John	Lambert	Ipswich Jaffa RC	M70+	199	199				398
Terry	Braverman	Haverhill Running Club	M70+			200			200
Rod	Hewson	Watford Joggers	M70+		200				200
ken	tuson	Veterans AC	M70+					199	199
Martin	Tilley	Saint Edmund Pacers	M70+			199			199
Leslie	Smart		M70+		198				198