

# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
f										
Odette ROBSON	FV45	Saint Edmund Pacers	500	500		500	499	499	2498	1999
Aiko HENINGTON	FV40	Colchester Harriers AC	499		500		498	498	1995	1995
Jessica GOODERHAM	FS	Saint Edmund Pacers	497	499	499	495	495		2485	1990
Alice GOODWIN	FS	Ipswich Harriers	487	496	496		492	495	2466	1979
Katie KING	FS	Saint Edmund Pacers	491	495	490	493			1969	1969
Rebecca PITTMAN	FV55	Springfield Striders RC	490	491	495	488	491	485	2940	1967
Christine ANTHONY	FV55	Saint Edmund Pacers	492	490			489	494	1965	1965
Gemma PORCH	FV35	Stowmarket Striders Running Club	494	497		491		479	1961	1961
Rachael HAMBLYN	FV35	Ipswich Jaffa RC		492	489	489		488	1958	1958
Emma MORTIMER	FS	Unattached	483	485	486	486	493	489	2922	1954
Rose MORTIMER	FU20	Unattached	482	486	488	485	490	487	2918	1951
Sarah FITCH	FV40	Felixstowe RRC	486	484	491	484	486		2431	1947
Ellie CUMNER	FV35	Colchester Harriers AC		488	492		483	481	1944	1944
Collette GREEN	FV35	Felixstowe RRC	484	482	481	483	484	483	2897	1934
Mary NAREY	FV50	Stowmarket Striders Running Club	485	481	484	481	479		2410	1931
Tracy ENGLISH	FV40	Southend-on-Sea AC	488	487	453			484	1912	1912
Jenny SHEAHAN	FV55	Unattached		474	477	477	475	474	2377	1903
Elizabeth CAHILL	FV50	Braintree & District AC	478	472	476	476	466	472	2840	1902
Emma THISTLETON	FS	Unattached	481		472	471	468	473	2365	1897
Magdalena	FV35	Great Bentley Running Club	467	469	475	474	473	469	2827	1891
Cheryl TYE	FV50	Ipswich Triathlon Club		475	478		470	464	1887	1887
Michelle HEWITT	FS	Framlingham Flyers		466	471	475	471		1883	1883
Hayley COATES	FS	Saint Edmund Pacers	468		473	473	467		1881	1881
Lisa DOVE	FV35	Sudbury Joggers	473	470	470	466		463	2342	1879
Marion PARKER	FV55	Felixstowe RRC		471	467		469	468	1875	1875
Jenny MORGAN	FV60	Saint Edmund Pacers	474	465	474			460	1873	1873
Shannon MACSEPHNEY	FU20	Ipswich Jaffa RC	469	461	462	454		466	2312	1858
Belinda GODBOLD	FV55	Ipswich Jaffa RC		464	464	467	462		1857	1857
Hien HOANG	FV35	Great Bentley Running Club	459		463	464	464		1850	1850
Kirsty WEAVERS	FV50	Saint Edmund Pacers	464		458	465		461	1848	1848
Joanne HARPER	FV35	Felixstowe RRC	462	460	454	463		447	2286	1839
Jan HART	FV45	Unattached	456	458	456	456		441	2267	1826
Christine GOODWIN	FV50	Unattached	454	459	457		453		1823	1823
Sharon WARLAND	FV50	Stowmarket Striders Running Club	458	447	452	453	456	454	2720	1821
Karen DEASY	FV35	Unattached	457	452			455	452	1816	1816
Bobbie SAUERZAPF	FV55	Bungay Black Dog RC	455	451	446	457	449	444	2702	1812
Sophie COLEMAN	FS	Ipswich Jaffa RC		453	455		441	456	1805	1805
Ruth COWLIN	FV50	Sudbury Joggers	448	444	449		447	450	2238	1794
Kendra BOAG	FS	Stowmarket Striders Running Club	449	442	445			457	1793	1793
Goldie YULE	FV45	Unattached	442	443	442	449	442	437	2655	1776
Lorraine REEVES	FV40	Unattached	447	439		442	446		1774	1774
Laura BROWN	FS	Stowmarket Striders Running Club	441	435		441	440	451	2208	1773
Jessica BUCKLES	FS	Unattached	445	448		443	436	432	2204	1772
Louise GODDARD	FV40	Stowmarket Striders Running Club	452	445	424	432		436	2189	1765
Cathy BEARD	FV60	Sudbury Joggers	443	434	440	445			1762	1762
Pam MORGAN	FV35	Framlingham Flyers			441	444	443	431	1759	1759
Karen HATTON	FV55	Saint Edmund Pacers		446	438		437	434	1755	1755
Karen HAMILTON	FV45	Stowmarket Striders Running Club	423	436	439			443	1741	1741
Marion BENNETT	FV35	Ipswich Jaffa RC		425	431	447	434	424	2161	1737

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Eloise BIRD	FV50	Saint Edmund Pacers		440	434	435		427	1736	1736
Helen SKINNER	FV40	Unattached	444		427	437	422	413	2143	1730
Karen CHAMBERLAIN	FV50	Ipswich Jaffa RC	446	429	423	413	412	407	2530	1711
Courtney TURNER	FU20	Felixstowe RRC	437	405	422	430		418	2112	1707
Juliet GARNHAM	FV40	Stowmarket Striders Running Club	430		405	440		430	1705	1705
Kathryn GERRY	FV45	Woodbridge Shufflers Running	436	428	418	423			1705	1705
Svitlana ZINCHENKO	FV35	Newmarket Joggers		438		424	426	416	1704	1704
Jenny MERRY	FV35	Sudbury Joggers		378	426	433	424	415	2076	1698
Joanne BROOKE	FV45	Felixstowe RRC	433		414	429	421	414	2111	1697
Amanda PRIOR	FV50	Capel Cheetahs RC	434	421	416		423	411	2105	1694
Jackie COLLINS	FV50	Felixstowe RRC		420	421	416	418	417	2092	1676
Claire TROTT	FV35	Unattached	440			417	414	405	1676	1676
Mandy GODBOLD	FV50	Ipswich Harriers	425	409	411		409		1654	1654
Bianca BURMAN	FS	Sudbury Joggers		377		415	430	423	1645	1645
Liza PUTWAIN	FV35	Stowmarket Striders Running Club	431	414		398	399		1642	1642
Vivienne TAYLOR	FV65+	Framlingham Flyers		411	410	411	408		1640	1640
Angela WHITING	FV55	Stowmarket Striders Running Club	418	401	393	408	391	403	2414	1630
Maria REED	FV55	Haverhill Running Club	423	415		410	379		1627	1627
Lucy DRIVER	FS	Felixstowe RRC	421	400	395	397	380	400	2393	1618
Amanda CHILDS	FV45	Ipswich Jaffa RC	416	397	394	405	390	397	2399	1615
Adriana HOUCHELL	FS	Ipswich Jaffa RC		406		409	389	398	1602	1602
Pippa SARGENT	FV35	Stowmarket Striders Running Club	422	393	389	394			1598	1598
Jenny LYNCH	FV50	Felixstowe RRC		408	403		388	393	1592	1592
Melonie EVANS	FV45	Sudbury Joggers	388	376	407	382		412	1965	1589
Jenny CHURCH	FV55	Felixstowe RRC		395	399		386	396	1576	1576
Sarah CLARKE	FS	Unattached	417	384	398			376	1575	1575
Niki MACSEPHENY	FV45	Unattached	411		382	392		389	1574	1574
Sally SOLOMON	FV50	Felixstowe RRC	408	381	381			395	1565	1565
Wendy KELLETT	FV45	Unattached	406	379	377	393			1555	1555
Gillian CHARLTON	FV60	Stowmarket Striders Running Club	394	392		389	378		1553	1553
Louise JUDGE	FV50	Unattached		402	404	377	370		1553	1553
Tracey TAYLOR	FV45	Unattached	402		373	391	383		1549	1549
Suzanne FROST	FV45	Sudbury Joggers	403	383	383			375	1544	1544
Emma NEWMAN	FV40	Unattached	395	348	372	380		372	1867	1519
Rachal BRETT	FS	Unattached		368	378	395	376		1517	1517
Jane MOON	FV55	Felixstowe RRC			368	381	373	388	1510	1510
Daisy GLOVER	FS	Newmarket Joggers	498			499	500		1497	1497
Heidi KNIGHT	FV45	Capel Cheetahs RC	391	356	370	366	357	369	2209	1496
Emma DRURY	FS	Sudbury Joggers		498	497		496		1491	1491
Jemma CLARRY	FS	Saint Edmund Pacers	496		498	494			1488	1488
Frances BARNARD	FS	Capel Cheetahs RC		363	364	373		382	1482	1482
Jane BAILEY	FV60	Felixstowe RRC		349	363	372	364	374	1822	1473
Hannah POLLARD	FV35	Newmarket Joggers		493		487		492	1472	1472
Jo DICKINSON	FV45	Felixstowe RRC	384	355	362		352	367	1820	1468
Tina CHURCH	FV45	Saxmundham Sports Running &		358	366	369	362	370	1825	1467
Anne OLIVER	FV60	Felixstowe RRC	375		358	367	353	360	1813	1460
Meera RAJOO-OAKLEY	FS	Great Bentley Running Club	489				480	478	1447	1447
Lucy SMITH	FV35	Saint Edmund Pacers			480	482		480	1442	1442
Terri GREEN	FV35	Ipswich Jaffa RC			485		476	475	1436	1436
Rachel BODSWORTH	FV35	Hadleigh Hares AC		477	482			476	1435	1435

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sue HUNTER	FV55	Stowmarket Striders Running Club	374	336	350	340	346	354	2100	1424
Sally-Ann HAMMOND	FV55	Unattached		350	360	359	355		1424	1424
Sue CRAWTE	FV55	Sudbury Joggers	377	334		342	342	356	1751	1417
Corinne SHOOLBRED	FV65+	Unattached	376	329	348	338	339	351	2081	1414
Claire JAY	FV50	Stowmarket Striders Running Club		337	347	341	344	348	1717	1380
Trish HOPKINS	FV65+	Felixstowe RRC		333	344	339	343	352	1711	1378
Rachel TERRY	FV45	Stowmarket Striders Running Club		456		462	457		1375	1375
Linda BAXTER	FV50	Unattached	460		450	458			1368	1368
Chris GAY	FV65+	Stowmarket Striders Running Club		328		337	341	347	1353	1353
Trish JARVIS	FV50	Unattached				452	452	448	1352	1352
Ruth KIERAN	FV40	Saint Edmund Pacers			439		438	459	1336	1336
Kate HUTSON	FV35	Ipswich Jaffa RC			437	448	444		1329	1329
Lorna MAYCOCK	FS	Capel Cheetahs RC		437			431	433	1301	1301
Sandy PHILLIPS	FV50	Ipswich Jaffa RC		427		446		419	1292	1292
Judith ADOLPHUS	FV55	Ipswich Jaffa RC	435		412		410		1257	1257
Ruth GREGGOR	FV50	Unattached		419	419		417		1255	1255
Rachael HATTEN	FS	Saint Edmund Pacers	407			399	404		1210	1210
Ruth GRAY	FS	Unattached		394			400	387	1181	1181
Annabel BENNETT	FV50	Felixstowe RRC		398	390	390			1178	1178
Sandy MALOY	FV50	Sudbury Joggers	400			385		385	1170	1170
Sarah COX	FV45	Unattached	401		374		381		1156	1156
Sian BARTLETT	FS	Unattached		362			401	386	1149	1149
Susan WHITING	FV50	Ipswich Jaffa RC	404				365	378	1147	1147
Lois MICKLEBURGH	FV45	Unattached		389	380		366		1135	1135
Amanda BREWSTER	FV40	Stowmarket Striders Running Club	380			379	371		1130	1130
Claire ROOKE	FV40	Sudbury Joggers		372		384	372		1128	1128
Ann ALEXANDER	FV50	Sudbury Joggers	393	371			356		1120	1120
Tracey PENNOCK	FV45	Unattached				362	360	377	1099	1099
Michelle HOLDEN	FV45	Stowmarket Striders Running Club	383		357	346			1086	1086
Maggie FLATT	FV55	Unattached	378	338				364	1080	1080
Anneli OSTLER	FV35	Felixstowe RRC			359		354	359	1072	1072
Doranne BREWSTER	FV35	Unattached		335	349		345		1029	1029
Angela JOINER-HANDY	FV45	Saint Edmund Pacers				498	497		995	995
Samantha BANKS	FV40	Ipswich Jaffa RC		494	494				988	988
Zohra ARMITAGE	FV40	Saint Edmund Pacers			493	490			983	983
Sally-Ann BOWEN	FV45	Sudbury Joggers		489			485		974	974
Val JENNINGS	FV50	Ipswich Jaffa RC		483			487		970	970
Nicola RANSON	FV50	Springfield Striders RC			483			482	965	965
Sharon PERRY	FV45	Saint Edmund Pacers		480			481		961	961
Laura BOURNE	FV45	Saint Edmund Pacers		478		478			956	956
Jasmine BILNER	FU20	Ipswich Jaffa RC				479		477	956	956
Sandy PAGE	FV40	Unattached			479			471	950	950
Anna KEEBLE	FU20	Ipswich Harriers		473			472		945	945
Chloe STUTELEY	FS	Unattached				470	474		944	944
Jackie HANN	FV50	Sudbury Joggers	476	467					943	943
Sandra WEBB	FV45	Saint Edmund Pacers		476	461				937	937
Helen BARBER	FV35	Framlingham Flyers			469		465		934	934
Kirsty THOMSON	FV35	Unattached			466	468			934	934
Kate SCOTTER	FV35	Ipswich Jaffa RC	470	463					933	933
Felicity BURDEN	FV40	Unattached		468				462	930	930

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Lynn TANNER	FV65+	Springfield Striders RC			459			458	917	917
Clare MOODIE	FV40	Framlingham Flyers				455	460		915	915
Jo PARDEN	FV50	Framlingham Flyers	453		460				913	913
Michaela COWELL	FV40	Haverhill Running Club	451			460			911	911
Laura COLLINSON	FV45	Unattached		457	448				905	905
Nicola WHITLEY	FV45	Capel Cheetahs RC		454	451				905	905
Claire BLANCHFORD	FV35	Unattached				459	445		904	904
Christine MARSH	FV60	Unattached			447		454		901	901
Leah KNEE	FV40	Unattached				450	451		901	901
Deirdre OWEN	FV45	Stowmarket Striders Running Club		449		451			900	900
Ruth GOODCHILD	FV40	Unattached				428	458		886	886
Amber FOX-HAMMOND	FS	Unattached	450					426	876	876
Amanda DUNN	FV40	Hadleigh Hares AC	438		432				870	870
Maxine BISHOP	FV50	Unattached			428	438			866	866
Kate WOOD	FV50	Woodbridge Shufflers Running			433		433		866	866
Hannah LINGER	FS	Ipswich Triathlon Club		433				425	858	858
Claire WALDEN	FS	Unattached			417	412			829	829
Niamh NORRIS	FU20	Unattached				401	428		829	829
Steph LING	FV35	Unattached	419			407			826	826
Scarlett ANGOVE	FU20	Stowmarket Striders Running Club				431	392		823	823
Jessica THORPE	FS	Stowmarket Striders Running Club				425	397		822	822
Hollie SUTHERLAND	FS	Felixstowe RRC		416				399	815	815
Moira PINKNEY	FV65+	Ipswich Triathlon Club		404		406			810	810
Rachel SOUTHGATE	FV35	Unattached					402	404	806	806
Alison TAYLOR	FV50	Unattached	412	390					802	802
Samantha STARLING	FV45	Saint Edmund Pacers				400	393		793	793
Rebecca JENNINGS	FV50	Unattached				402	387		789	789
Julie HASELWOOD	FV65+	Ipswich Jaffa RC		388			384		772	772
Julia MOSS-ECCAARDT	FV45	Stowmarket Striders Running Club				396	374		770	770
Charlotte RICHARDSON	FV35	Sudbury Joggers				383		384	767	767
Sara BLOOR	FV50	Unattached		375	386				761	761
Tracy HUMPHREYS	FV55	Stowmarket Striders Running Club				386	375		761	761
Aimee RAWE	FS	Unattached		374	376				750	750
Christine MCCOLL	FV50	Unattached	387			361			748	748
Kara	FV45	Ipswich Jaffa RC		373	375				748	748
Maria BILNER	FV40	Ipswich Jaffa RC				376		371	747	747
Keeley WHITE	FS	Haverhill Running Club		365				380	745	745
Jacquelyn COBBOLD	FV40	Hadleigh Hares AC			369	374			743	743
Hannah TRICKER	FS	Unattached			365		377		742	742
Suzanne GEORGE	FV55	Unattached	386			353			739	739
Marion GREENWOOD	FV50	Unattached	385			351			736	736
Kara MOORE-DAMANT	FV35	Stowmarket Striders Running Club			371	365			736	736
Angela BRENNAN	FS	Unattached				371	363		734	734
Alison RENSHAW	FV35	Ipswich Jaffa RC	382				348		730	730
Jenny WHITAKER	FV35	Unattached		359			359		718	718
Liz ATKINS	FV35	Unattached		360			358		718	718
Claire BUTCHER	FV35	Felixstowe RRC		353			351		704	704
Jacqueline Colette	FV35	Ipswich Jaffa RC		345	356				701	701
Leonora CHANDLER	FV45	Woodbridge Shufflers Running		343		356			699	699
Agnieszka ANDRZEJAK	FV35	Unattached		346		352			698	698

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Lo-Anne LEWIS	FV35	Unattached		342		349			691	691
Helen SAAGI	FV50	Unattached		341		347			688	688
Karen HINTON	FV35	Stowmarket Striders Running Club		332	352				684	684
Lucy AINSLEY	FS	Unattached		330			347		677	677
Tamara JORDAN	FV40	Unattached				497			497	497
Rebecca WHITE	FV35	Saffron Striders RC				496			496	496
Kerry DENNETT	FV35	Unattached	495						495	495
Sally HUGHES	FS	West Suffolk AC					494		494	494
Lucy COWLIN	FS	Sudbury Joggers	493						493	493
Sandy THOROGOOD	FV50	Sudbury Joggers				492			492	492
Rosie HORSFIELD	FS	Ipswich Jaffa RC					488		488	488
Geraldine CLARKE	FV45	Framlingham Flyers			487				487	487
Carys DURIE	FS	San Domenico RRC					482		482	482
Kirsty MILLARD	FV35	Haverhill Running Club	480						480	480
Michelle BELL	FV40	Unattached				480			480	480
Sam LINASSI	FV40	Felixstowe RRC	479						479	479
Mel SHERMAN	FV40	Ipswich Jaffa RC		479					479	479
Lisa HALL	FV40	Unattached					478		478	478
Maria WARD	FV45	Hadleigh Hares AC	477						477	477
Clare DOUGLAS	FS	Stowmarket Striders Running Club					477		477	477
Dee ST LEDGER	FV50	Sudbury Joggers	475						475	475
Erika DOWNS	FV35	Felixstowe RRC	472						472	472
Shirley FOWLER	FV50	Haverhill Running Club				472			472	472
Elaine TURNER	FS	Hadleigh Hares AC	471						471	471
Yvonne	FV40	Unattached				469			469	469
Holly BURROWS	FS	Framlingham Flyers			468				468	468
Sarah HIBBLE	FV45	Unattached	466						466	466
Cheryl TRUNDLE	FV60	Haverhill Running Club	465						465	465
Helen JERROLD	FV35	Unattached			465				465	465
Catherine WALSH	FV50	Felixstowe RRC	463						463	463
Victoria Alice	FV35	Saint Edmund Pacers					463		463	463
Marina ALMENDROS	FV35	Ipswich Jaffa RC		462					462	462
Teresa FRANKLIN	FV50	Haverhill Running Club	461						461	461
Alison BLACKWELL	FV45	Saint Edmund Pacers				461			461	461
Jemma MADDAMS	FV35	Unattached					461		461	461
Ruth BAKER	FV40	Ipswich Jaffa RC					459		459	459
Melanie TOOLEY	FV45	Unattached		455					455	455
Caitlin FOSKER	FU20	Hadleigh Hares AC		450					450	450
Ruth ACWORTH	FV55	Unattached					450		450	450
Rebecca RICHARDS	FS	Saint Edmund Pacers					448		448	448
Nikki	FV45	Bungay Black Dog RC			444				444	444
Tara BAXTER	FU20	Bure Valley Harriers			443				443	443
Marion SIMMONS	FV50	Great Bentley Running Club		441					441	441
Kristina BRIGHT	FV35	Haverhill Running Club	439						439	439
Natalie BLAND	FS	Unattached					439		439	439
Claire SUMPTON	FV40	Unattached				436			436	436
Mary BURGESS	FV60	Felixstowe RRC		436					436	436
Lydia KIRK	FS	Framlingham Flyers			435				435	435
Claire PIZZEY	FV40	Unattached					435		435	435
Grace JUDGE	FV50	Haverhill Running Club				434			434	434

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Nicola STEVENSON	FV55	Felixstowe RRC	432						432	432
Ellen HOLLINGWORTH	FV50	Stowmarket Striders Running Club		432					432	432
Laura BEALE	FS	Unattached					432		432	432
Diane CHILVERS	FV50	Unattached		431					431	431
Laura EDWARDS	FS	Unattached		430					430	430
Lucy DENNY	FS	Unattached			430				430	430
Nathalie HOOPER	FV50	Unattached	429						429	429
Lynsey GROOM	FV35	Unattached			429				429	429
Hannah JEWERS	FV40	Unattached					429		429	429
Sarah JEGGO	FV40	Sudbury Joggers	428						428	428
Sarah FARLEY	FS	Unattached	427						427	427
Caroline ADALBERT	FV40	Unattached				427			427	427
Ellen TURNER	FS	Unattached					427		427	427
Jo VICKERY	FV35	Haverhill Running Club	426						426	426
Colleen MORGAN	FV50	Unattached		426					426	426
Susan DUNNE	FV55	Unattached				426			426	426
Sally LIGHTFOOT	FS	Unattached			425				425	425
Emma CUMMINGS	FV40	Unattached					425		425	425
Charlotte DOWNING	FV40	Unattached		424					424	424
Beverley REYNOLDS	FV55	Haverhill Running Club	424						424	424
Kate HEEKS	FU20	Stowmarket Striders Running Club		422					422	422
Hannah DARVELL	FS	Saint Edmund Pacers				422			422	422
Francesca LAUGHTON	FS	Unattached				421			421	421
Sarah OSBORNE	FV35	Unattached	420						420	420
Lynn WHITTINGSTALL	FV40	Unattached			420				420	420
Rebecca MORGAN	FS	Saint Edmund Pacers				420			420	420
Victoria SIMONDS	FS	Stowmarket Striders Running Club					420		420	420
Beverley JUDD	FV45	Unattached				419			419	419
Carole CHALLIS	FV50	Ipswich Jaffa RC					419		419	419
Oliwia LASKOWSKA	FS	Unattached		418					418	418
Faye HUBBARD	FV35	Woodbridge Shufflers Running				418			418	418
Amanda FRASER FISH	FV40	Woodbridge Shufflers Running		417					417	417
Alison GROGAN	FV40	Unattached					416		416	416
Martina BYRNE	FV50	Witham RC	415						415	415
Jo CRESDEE	FV35	Woodbridge Shufflers Running			415				415	415
Tracie EMERSON	FV45	Stowmarket Striders Running Club					415		415	415
Sandra HISCOX	FV55	Haverhill Running Club	414						414	414
Geraldine CLIFFORD	FV40	Sudbury Joggers				414			414	414
Dawn BUCKLAND	FV35	Unattached	413						413	413
Tabetha SNAPE	FV40	Unattached		413					413	413
Prue BATTLE	FV35	Unattached			413				413	413
Karen SHELLEY	FV50	Capel Cheetahs RC					413		413	413
Belinda HUGHES	FV45	Unattached		412					412	412
Christine ASHE	FV55	Bungay Black Dog RC					411		411	411
Carly MOODY	FV35	Unattached	410						410	410
Tamsin HEGARTY	FV40	Felixstowe RRC		410					410	410
Sharon BREWARD	FV45	Sudbury Joggers	409						409	409
Sarah STACEY	FV40	Saxmundham Sports Running &			409				409	409
Trudie TIMMS	FV45	Framlingham Flyers			408				408	408
Anita BOND	FV55	Eastern Veterans AC		407					407	407

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## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Samantha	FV50	Bungay Black Dog RC					407		407	407
Jackie BELL	FV55	Bungay Black Dog RC			406				406	406
Pam MORGAN	FV65+	Suffolk Trail Runners					406		406	406
Angela SOAMES	FV40	Felixstowe RRC	405						405	405
Karen GEDGE	FV50	Bungay Black Dog RC					405		405	405
Jenni HEFFER	FV35	Unattached				404			404	404
Heidi MORRIS	FV35	Unattached		403					403	403
Georgie SWIFT	FS	Unattached				403			403	403
Dawn GILLETT	FV50	Unattached					403		403	403
Tracey WADE	FV45	Unattached			402				402	402
Sophie OUAZZANI	FS	Unattached			401				401	401
Leslie PLACIDE	FS	Unattached			400				400	400
Caroline HOLT	FV55	Sudbury Joggers	399						399	399
Nina SIMMONS	FS	Great Bentley Running Club		399					399	399
Gillian ROGERS	FV60	Unattached	398						398	398
Hannah BERE	FS	Unattached					398		398	398
Danielle WILLIS	FS	Unattached	397						397	397
Kate MAWSON	FV45	Framlingham Flyers			397				397	397
Jules COOPER	FV45	Sudbury Joggers	396						396	396
Kelly DEAVES	FV45	Unattached		396					396	396
Fiona MASON	FV40	Framlingham Flyers			396				396	396
Heather RUFF	FV50	Capel Cheetahs RC					396		396	396
Vicki HOBBS	FS	Stowmarket Striders Running Club					395		395	395
Stephen NEWHALL	FV40	Unattached					394		394	394
Fee PARK	FV45	Unattached	392						392	392
Catherine BANK	FV45	Unattached			392				392	392
Maria RIERA-TURRO	FS	Unattached		391					391	391
Deirdre DUFFY	FV35	Unattached			391				391	391
Natalie JONES	FS	Sudbury Joggers	390						390	390
Lindsay HOBDEN	FV45	Unattached	389						389	389
Anne PARKINSON	FV55	Unattached			388				388	388
Jacqueline CHUBB	FV50	Ipswich Triathlon Club				388			388	388
Tamsin ABERDEIN	FV40	Unattached		387					387	387
Riitta WOOD	FV60	Framlingham Flyers			387				387	387
Sarah MORRIS	FS	Isle Of Wight RRC				387			387	387
Kirsty ABERDEIN	FV45	Unattached		386					386	386
Sophie MAITLAND	FS	Unattached		385					385	385
Demelza HAMMOND	FV35	Waveney Valley AC			385				385	385
Chris ALDERTON	FV40	Stowmarket Striders Running Club					385		385	385
Anna PHILLIPS	FV35	Unattached			384				384	384
Helen SUGARS	FV50	Unattached		382					382	382
Amy SAUNDERS	FS	Stowmarket Striders Running Club					382		382	382
Helene TYLER	FV50	Great Bentley Running Club	381						381	381
Karen EATON	FV45	Felixstowe RRC		380					380	380
Jodie BUDD	FV40	Sudbury Joggers	379						379	379
Annette HUGGINS	FV65+	Framlingham Flyers			379				379	379
Teresa FARMER	FV45	Great Bentley Running Club				378			378	378
Dawn DIXON	FV40	Haverhill Running Club				375			375	375
Emma CLIFTON	FS	Unattached		370					370	370
Juliet TILLYARD	FV50	Unattached				370			370	370

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## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sally HOPE	FV55	Unattached		369					369	369
Hedydd DAVIS	FS	Unattached					369		369	369
Karen PAYNE	FV50	Unattached				368			368	368
Jackie CUNINGHAME	FV60	Stowmarket Striders Running Club					368		368	368
Maureen WRIGHT	FV65+	Ipswich Jaffa RC		367					367	367
Gemma BERRY	FS	Unattached			367				367	367
Samantha EMMS	FV35	Unattached					367		367	367
Sarah GEBHARD	FV45	Unattached		366					366	366
Sam ANDERSON	FS	Unattached		364					364	364
Helen STACY	FV50	Unattached				364			364	364
Rachel ORRISS	FV40	Unattached				363			363	363
Rachel PALMER	FV35	Felixstowe RRC		361					361	361
Wendy GLADDING	FV45	Unattached			361				361	361
Karina HUNT	FV35	Haverhill Running Club					361		361	361
Donna BELL	FV40	Unattached				360			360	360
Susan BLOOMFIELD	FV50	Unattached				358			358	358
Vicki HENSBY	FV35	Unattached		357					357	357
Bernice TRODD	FV65+	Unattached				357			357	357
Jo WHELAN	FV55	Felixstowe RRC			355				355	355
Adriana LUPSA	FV35	Unattached				355			355	355
Joanna SEALE	FV40	Unattached		354					354	354
Helen HOLLINGSWORTH	FV40	Felixstowe RRC			354				354	354
Cherie MILBOURN	FV35	Unattached				354			354	354
Rachael MILLER	FS	Felixstowe RRC			353				353	353
Sharon HAYFIELD	FV45	Unattached		352					352	352
Sally JACOBS	FV60	Unattached		351					351	351
Jessica GOODCHILD	FS	Unattached			351				351	351
Joanna MEYER	FV60	Unattached				350			350	350
Jayne WOODGATE	FV55	Unattached					350		350	350
Sarah MONK	FS	Unattached					349		349	349
Katie BRAMWELL	FV55	Unattached				348			348	348
Lara ROBINSON	FU20	Unattached		347					347	347
Ellie FOREMAN	FV35	Unattached			346				346	346
Anna NOBBS	FV35	Unattached			345				345	345
Julie ABERNETHY	FV40	Ipswich Jaffa RC				345			345	345
Liz HICKS	FV50	Unattached		344					344	344
Geraldine MCKEAG	FV55	Unattached				344			344	344
Jess CURTIS	FV35	Unattached			343				343	343
Lauren	FS	Unattached				343			343	343
Gaye FARRAR	FV65+	Framlingham Flyers			342				342	342
Nicki WALKER	FV45	Unattached		340					340	340
Mary HOPE	FV60	Unattached					340		340	340
Katherine AYKROYD	FS	Unattached		339					339	339
Michaela WOODLEY	FV35	Unattached		331					331	331



# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
m										
Benjamin TURLEY	MS	Ipswich Jaffa RC		496	498		498	499	1991	1991
Neil POLLARD	MV40	Newmarket Joggers		495	495		497	493	1980	1980
Kieran HAYLES	MS	Sudbury Joggers	498	494	494		494		1980	1980
Samuel BURDETT	MS	Stowmarket Striders Running Club		491	492	498	495		1976	1976
Tom ADAMS	MU20	Ipswich Harriers	500	489			490	488	1967	1967
Tony GAVIN	MS	Felixstowe RRC		488		494	493	491	1966	1966
Nicholas CLARKE	MS	Ipswich Jaffa RC	494	484	484	492	492	486	2932	1964
Adam HOWLETT	MV45	Framlingham Flyers	496	486	491			489	1962	1962
Scott MANNING	MS	Framlingham Flyers	492	487	489	488			1956	1956
Chris COOKE	MV55	Saint Edmund Pacers	489	479	480	490	491	483	2912	1953
Paul PRESTON	MV45	Colchester Harriers AC	476	474	485	491	485	478	2889	1939
Tom WALKER	MS	Saint Edmund Pacers		477	487	447	487	482	2380	1933
Steve LANGLEY	MV55	Ipswich Jaffa RC	488	471	476	482	481	481	2879	1932
Gavin SCANLAN	MS	Colchester Harriers AC	477	482	483	481	484	480	2887	1930
Thomas ABBOTT	MU20	Ipswich Harriers		458	488	489	475	476	2386	1928
Benjamin JACOBS	MV40	Felixstowe RRC	414	476	478	484	482	477	2811	1921
Matthew BENNETT	MU20	Ipswich Harriers	485		486	478	471	470	2390	1920
Joe ROBSON	MU20	Saint Edmund Pacers		467		486	489	473	1915	1915
Wilfred CAMPBELL	MV50	Ipswich Jaffa RC		475	481	487		472	1915	1915
Joe ADAMS	MV45	Unattached	486	465		472	479	471	2373	1908
Steve BROOKE	MV45	Felixstowe RRC	481	452	466	473	478	460	2810	1898
James CORNISH	MV40	Woodbridge Shufflers Running	487	468	475	467		455	2352	1897
John THORPE	MV45	Ipswich Jaffa RC		473	477		477	468	1895	1895
Peter WEST	MV50	Colchester Harriers AC	483	459	472	475			1889	1889
Piotr BULACZ	MV45	Sudbury Joggers	479	461	468	471	469		2348	1887
Nick PALMER	MV40	Stowmarket Striders Running Club	484	460	474			459	1877	1877
Scott MACSEPHNEY	MV50	Ipswich Jaffa RC	474	456	473	469		453	2325	1872
Dylan FOTHERGILL	MU20	Felixstowe RRC	480	472		462		451	1865	1865
Mark HAYDEN	MV45	Ipswich Harriers	475	457	460		467		1859	1859
Gary TAYLOR	MS	Felixstowe RRC	469	447	464	477			1857	1857
Alastair READ	MV40	Felixstowe RRC	467		456	466	466	448	2303	1855
Westley WALKER	MV40	Haverhill Running Club	471	455		468		458	1852	1852
Daniel INGLEBY	MS	Ipswich Jaffa RC		453	461	463	465	454	2296	1843
Charlie KEITCH	MV40	Great Bentley Running Club	465		458		468	452	1843	1843
Robin HARPER	MV40	Felixstowe RRC	447	435	459	465	464	450	2720	1838
Howard BEASLEY	MV55	Saint Edmund Pacers	462	448	454	455	462	437	2718	1833
Jason WING	MV45	Unattached	472	450		449	459		1830	1830
Tim HANMAN	MV45	Ipswich Jaffa RC	463	444	448	442	452	430	2679	1807
Alex ARCHER	MS	Unattached	453	442	453	458		442	2248	1806
Melvyn MAYCOCK	MS	Ipswich Jaffa RC	470	451		425	454	426	2226	1801
Steve PAUL	MV55	Eastern Veterans AC	456	445	455	430	439	423	2648	1795
Dave BEIGHTON	MV40	Saint Edmund Pacers	445	441	355	444	457	440	2582	1787
Peter CLARKE	MV55	Diss & District AC		427	442	453	460		1782	1782
Lee MORGAN	MV45	Felixstowe RRC		429	436	454	455	434	2208	1779
Jan KADING	MV45	Stowmarket Striders Running Club	440	428	444	441	450	422	2625	1775
Callum CAHILL	MU20	Colchester & Tendring AC	443	436	441		443	443	2206	1770
Ben CUTHBERT	MV40	Sudbury Joggers		431		452	451	427	1761	1761
Adrian FROST	MV45	Sudbury Joggers	442	421	435	434	446	421	2599	1757
Jeremy BELL	MV45	Unattached	438	425	428	431	441	417	2580	1738

# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Shaun NICHOLLS	MS	Ipswich Jaffa RC		423	430	414	453	399	2119	1720
Leonard SAUNDERS	MV40	Felixstowe RRC	432	397	420	419	438	408	2514	1709
Rob PAGE	MS	Ipswich Jaffa RC	441	420		427	419	413	2120	1707
Peter BIRD	MV40	Saint Edmund Pacers	418	432	434	420		416	2120	1704
Dylan BRADNAM	MU20	Saint Edmund Pacers	430	409	419	413	432	406	2509	1694
Alan JACKSON	MV55	Ipswich Jaffa RC	435	407	421	409	428	402	2502	1693
Jordan SMITH	MS	Ipswich Jaffa RC		415	425		437	410	1687	1687
Andy ECCLES	MV45	Saint Edmund Pacers	425			411	431	396	1663	1663
Simon STAFFORD	MV45	Unattached		410		417	426	405	1658	1658
Matt BENSON	MV40	Sudbury Joggers	421	405	406	405	420	388	2445	1652
Martin JARVIS	MV40	Unattached	409	393	414	398	423	397	2434	1644
Neil BARNETT	MS	Unattached		422	429	401		391	1643	1643
Thomas HAYDEN	MU20	Ipswich Harriers	415	396	400		430		1641	1641
Chris TYE	MV50	Ipswich Triathlon Club		434	395		409	403	1641	1641
Chris CHORLEY	MV50	Bungay Black Dog RC	428	395	366	396	421	376	2382	1640
Paul COOLEGE	MU20	Unattached	406	406	409	408			1629	1629
Neil WILLIAMSON	MV40	Newmarket Joggers	410	400	410	407	399		2026	1627
Stephen PRETTY	MV60	Stowmarket Striders Running Club	420	398	412	391			1621	1621
Kerry BUCKLEY	MV45	Unattached	403	381	408	394	414	296	2296	1619
Neville CLARKE	MV60	Newmarket Joggers		388	404	395	413	381	1981	1600
Stephen HATTEN	MV50	Saint Edmund Pacers	416	392	394		391		1593	1593
Steve RITSON	MV50	Stowmarket Striders Running Club	397	378	389	389	407	371	2331	1582
Ian GOODERHAM	MV50	Saint Edmund Pacers	394	373	391		404	367	1929	1562
Karl OSBORN	MV40	Unattached	389			379	410	378	1556	1556
Stephen NEUMANN	MS	Unattached	396		375	387	393		1551	1551
Mark JOHNSTONWOOD	MV55	Sudbury Joggers	404	372	381	238	390	364	2149	1547
Brian MUNNS	MV50	Newmarket Joggers	407	376	361	362	394	365	2265	1542
Russel BREYER	MV55	Ipswich Triathlon Club	401		380	372	384	363	1900	1537
Philip WINTER	MV40	Unattached	385	357		377	406		1525	1525
Jamie BENNETT	MV40	Ipswich Jaffa RC	398	352	372	366	387	354	2229	1523
Peter WARLAND	MV50	Stowmarket Striders Running Club	393	371		374	380	357	1875	1518
Simon GOLDSMITH	MV40	Ipswich Jaffa RC	391	375	376	375	323		1840	1517
Steven JEGGO	MV45	Sudbury Joggers	363	377		382	395		1517	1517
Lee GODDARD	MV45	Stowmarket Striders Running Club	386	367	384	360	374	350	2221	1511
Duncan CHENERY	MV55	Ipswich Jaffa RC	392	363	379	353	371	333	2191	1505
Scott SMITH	MS	Unattached	357	339	356	338	408	383	2181	1504
David HOSKING	MS	Unattached		364		384	396	355	1499	1499
Gareth PARKER	MV45	Unattached	383		371	364	378	360	1856	1496
Tim HIGGINS	MV50	Ipswich Jaffa RC	379	366		369	381	362	1857	1495
Jim LAST	MV40	Framlingham Flyers			493	499		497	1489	1489
Erneas AFEWERKI	MU20	Colchester Harriers AC	499				496	485	1480	1480
Daniel AGER	MV45	Ipswich Jaffa RC		359	387		379	351	1476	1476
Peter DAVY	MV40	Sudbury Joggers	495			495		484	1474	1474
Simon DOWNEY	MV45	Unattached	321	380	396			377	1474	1474
Richard DEMPSEY	MV50	Woodbridge Shufflers Running	378	365		351	375	341	1810	1469
Mark SKINNER	MV45	Unattached	381		358	340	376	352	1807	1467
David MARSH	MV40	Unattached	375	343			389	358	1465	1465
Justin RABETT	MV50	Unattached	387	362	348		367	321	1785	1464
Harry FITZGERALD	MU20	Ipswich Harriers	491	485		485			1461	1461
James CALVERT	MV40	Ipswich Jaffa RC		497	499			463	1459	1459

# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ian COTTEE	MV45	Harwich Runners	384			348	377	348	1457	1457
Robert REASON	MV50	Stowmarket Striders Running Club	374	355	367	344	356	336	2132	1452
Mark AVERY	MV50	Ipswich Jaffa RC	370	353	370	358		332	1783	1451
Mark ROSE	MV40	Ipswich Jaffa RC		386		381	416	267	1450	1450
Chris HALL	MS	Bungay Black Dog RC		478		483	488		1449	1449
Matthew RAWLINGS	MV40	Saint Edmund Pacers	376		362	341	368		1447	1447
Jimmy SECKER	MV40	Sudbury Joggers	362	349	365	347	370	314	2107	1446
Paul GILSON	MV55	Ipswich Jaffa RC		360	373		372	337	1442	1442
Mike BULL	MV70	Unattached		358		368	383	327	1436	1436
Steve SHAW	MS	Unattached		368	369	359		339	1435	1435
Peter KERRY	MV40	Ipswich Triathlon Club		470	482	479			1431	1431
Phil HYMERS	MV65	Saint Edmund Pacers	377	344	346	352	352	335	2106	1427
Cliff MANNING	MV55	Sudbury Joggers	372	350	343		362	325	1752	1427
Mark GODBOLD	MV50	Ipswich Harriers	382	341	344		357		1424	1424
Kyle CHURCH	MU20	Saxmundham Sports Running &			319	378	400	326	1423	1423
Ashley SMY	MS	Ipswich Jaffa RC				474	470	464	1408	1408
Marc BRIGGS	MS	Ipswich Jaffa RC		469	471			461	1401	1401
Gary INGRAM	MS	Ipswich Jaffa RC	342	332	350	330		359	1713	1383
Trevor BUNCH	MV40	Saint Edmund Pacers	482	462				439	1383	1383
Marcus CATLIN	MV40	Ipswich Jaffa RC	466		465	450			1381	1381
Jason COWLES	MS	Unattached		335	363	315	348	334	1695	1380
Steve OGLESBY	MS	Haverhill Running Club	352		331	329	364		1376	1376
John SCAIFE	MV40	Hadleigh Hares AC		493	386			494	1373	1373
Paul MAYCOCK	MV60	Capel Cheetahs RC	356	331		336	344	323	1690	1367
Andrew BUCK	MV50	Sudbury Joggers	468		447	451			1366	1366
David SHEAHAN	MV55	Unattached		338	349	322	353	320	1682	1362
Yusuf FIRAT	MV55	Haverhill Running Club	434	251		249	427		1361	1361
Peter JAY	MV55	Saint Edmund Pacers	365	327	335	331			1358	1358
Tom HOBLYN	MV50	Saint Edmund Pacers	359	329	342	325		311	1666	1355
Terry BACK	MV60	Ipswich Jaffa RC		440	452	461			1353	1353
Mick TAYLOR	MV60	Unattached	348	321	337	314	345	318	1983	1351
Keelan SMITH	MS	Saxmundham Sports Running &	347	322	336	308	343	287	1943	1348
Richard BODEN	MV50	Colchester Harriers AC	461		451			428	1340	1340
Conner BILNER	MU20	Ipswich Jaffa RC		443		459		438	1340	1340
George FIRTH	MS	Stowmarket Striders Running Club	341	309	322	318	355	317	1962	1336
Todd LEWIS	MV55	Sudbury Joggers	451		438	446			1335	1335
Keith BORRETT	MV60	Unattached	343	298	332	321	338	307	1939	1334
Charles SHOOLBRED	MV65	Ipswich Jaffa RC	350	310	328	312	340	309	1949	1330
Mark ALLEN	MV50	Unattached			433	436	456		1325	1325
Henry MORRISON	MV40	Unattached	439		443	435			1317	1317
Rob BLACKMAN	MS	Great Bentley Running Club	444		445	428			1317	1317
Andy HAYWARD	MS	Stowmarket Striders Running Club	358	328	329	301	285	275	1876	1316
Marcus BOON	MS	Ipswich Jaffa RC			449	437		429	1315	1315
David SEYMOUR	MV55	Felixstowe RRC	353	315	301	296	335	306	1906	1309
Graham WIGLEY	MV60	Framlingham Flyers			313	313	360	322	1308	1308
Robert MORGAN	MV55	Saint Edmund Pacers	346	325	333			297	1301	1301
Frank GARDINER	MV60	Great Bentley Running Club	330	293	307	319	334	289	1872	1290
Mon LEE	MV60	Ipswich Jaffa RC		316	327	304	337	304	1588	1284
Keith WILLIAMS	MV45	Ipswich Jaffa RC		430	440			407	1277	1277
Oliver WATSON	MS	Ipswich Jaffa RC				416	436	425	1277	1277

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## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jamie FITTOCK	MS	Sudbury Joggers		417	422		434		1273	1273
Matt REASON	MS	Stowmarket Striders Running Club	337		325	297	308	291	1558	1267
Howard ALLEN	MV50	Ipswich Jaffa RC	354		326	284		293	1257	1257
Duncan CHAMBERLAIN	MV50	Ipswich Jaffa RC	334	304	318	258	299	252	1765	1255
Mark ALLEN	MV60	Woodbridge Shufflers Running	345		304		325	280	1254	1254
Stephen WINSER	MV45	Unattached	327	277	299	293	326	288	1810	1245
James WOOD	MV50	Sudbury Joggers	426		289	271		257	1243	1243
Neil CATLEY	MS	Felixstowe RRC		411	427			401	1239	1239
Steve HALL	MV40	Framlingham Flyers			417	418		404	1239	1239
Jim WITHERS	MV60	Newmarket Joggers	329	285	305	285	318	277	1799	1237
Ross ARNOLD	MS	Haverhill Running Club	315		330	291		292	1228	1228
Andrew BUDD	MV55	Capel Cheetahs RC	429	401				395	1225	1225
Steven NEAL	MV50	Brandon Fern Hoppers	412			400	412		1224	1224
Chris SERVANT	MV50	Ipswich Jaffa RC		390		410	424		1224	1224
Paul MCALLISTER	MV50	Hadleigh Hares AC	314	291	292	286	324	278	1785	1221
Gi Kwong CHEUNG	MV50	Ipswich Jaffa RC	325	287		281	315	263	1471	1208
Peter FINCH	MV55	Ipswich Jaffa RC		297	321	299		285	1202	1202
John CHELL	MS	Ipswich Jaffa RC	323	289		279	309	264	1464	1200
Kirk VAUGHAN	MS	Unattached	431	408				361	1200	1200
David CHURCH	MV45	Felixstowe RRC		283	302	290	312	269	1456	1187
Iain HUNTER	MV60	Stowmarket Striders Running Club	285	294	314	280	291	265	1729	1184
David TAYLOR	MV65	Framlingham Flyers		281	297	283	321		1182	1182
Neil STALLARD	MV45	Unattached	316	276	283	277	301		1453	1177
Richard SMITH	MV55	Felixstowe RRC	320		298	287		272	1177	1177
Carl ROBINSON	MV45	Unattached		282	306	276	313		1177	1177
Warren NEWELL	MV55	Unattached			398	373	397		1168	1168
Steve BRIGHT	MV55	Unattached		286	303	278	298	273	1438	1165
Rob EVANS	MV45	Unattached	395		385	383			1163	1163
Adrian COLE	MV55	Stowmarket Striders Running Club	298	269	293	268	290	250	1668	1150
Joe NAUGHTON	MV55	Stowmarket Striders Running Club	304	279	268	261	295	248	1655	1146
David COLEY	MV65	Ipswich Jaffa RC	319	263	294	270		249	1395	1146
Chris AYLMER	MV65	Newmarket Joggers	306	258	274	267	284		1389	1131
Kim SWAN	MV60	Saint Edmund Pacers	400	382				347	1129	1129
Ant WHITAKER	MV50	Unattached	308	259	277	260	280		1384	1125
John CULLUM	MV70	Saint Edmund Pacers	305	260	272	262	279		1378	1118
Kieron PERRY	MV40	Unattached	302	254	271		270		1097	1097
Martin JONES	MV45	Unattached		354	378		365		1097	1097
Ricky DEASY	MS	Unattached	380	369				345	1094	1094
Christopher HOWARD	MV45	Sudbury Joggers	303	256	260	259	271	243	1592	1093
Morgan MOORE	MU20	Stowmarket Striders Running Club			320	354	411		1085	1085
Stuart SHEPHERD	MV50	Saint Edmund Pacers	294	248	278	263		244	1327	1083
David TILLET	MV45	Felixstowe RRC		257	269	265	288	255	1334	1079
Stephen WILLIAMS	MV60	Saint Edmund Pacers			265	264	292	258	1079	1079
Paul BROUGH	MV50	Haverhill Running Club	366			342	366		1074	1074
Stuart APPLEBY	MV50	Unattached	369	347	357				1073	1073
Robert KEMP	MS	Felixstowe RRC	291	234	259	251	266	239	1540	1067
Mark NEWMAN	MV40	Unattached	287	232	311			234	1064	1064
Josh IRON	MS	Haverhill Running Club	299	250		248	265	235	1297	1062
Guy WHITING	MV50	Unattached	295	242			276	245	1058	1058
John BUSH	MV50	Great Bentley Running Club	288		257	246	264		1055	1055

# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Christopher	MS	Saint Edmund Pacers	361			343	342		1046	1046
Steven REYNOLDS	MV55	Unattached		246	261	256	283		1046	1046
Steve ROBERTS	MS	Sudbury Joggers	286	230	255	243	260	232	1506	1044
Tom MCGINTY	MS	Unattached		334	341		361		1036	1036
David BREWSTER	MS	Unattached		319	345		363		1027	1027
Mark FRISTON	MV50	Woodbridge Shufflers Running		383	383			260	1026	1026
Dave YOUNG	MV45	Unattached		346	360			312	1018	1018
Jack AXFORD	MU20	Unattached				326	359	328	1013	1013
Philip BEER	MV50	Stowmarket Striders Running Club			315	356		338	1009	1009
Chris JOHNS	MV60	Woodbridge Shufflers Running	364	345	296				1005	1005
Alex MCGREGOR	MS	Unattached		295		337	369		1001	1001
Andrew ROOKE	MS	Framlingham Flyers		500	500				1000	1000
Rod MACGREGOR	MV55	Felixstowe RRC		235	262	255		238	990	990
Kevin MURPHY	MV40	Saint Edmund Pacers	493			496			989	989
Alex TRIPP	MU20	Ipswich Harriers		490	497				987	987
Paul WAIN	MU20	Ipswich Jaffa RC			490			490	980	980
Chris AXFORD	MV50	Unattached				307	354	315	976	976
Tony BACON	MS	Haverhill Running Club				480	483		963	963
David MARTIN	MV60	Unattached		306		309	341		956	956
Steve MASON	MS	Haverhill Running Club				476		475	951	951
Robert SMITH	MS	Colchester Harriers AC	473				473		946	946
Lee BARBER	MS	Framlingham Flyers			463		480		943	943
Geraint WHITE	MS	Ipswich Jaffa RC			462		476		938	938
Matthew PAYNE	MS	Unattached		463	469				932	932
Craig SISSON	MS	Haverhill Running Club				470		456	926	926
Tony ADOLPHUS	MV60	Ipswich Jaffa RC	328		290		307		925	925
John WATERSON	MV45	Saint Edmund Pacers				460	463		923	923
Jack COTTEE	MU20	Unattached	326				322	270	918	918
Lee CORNWELL	MV40	Ipswich Jaffa RC		318		310		290	918	918
Phil DAVIES	MV50	Ipswich Jaffa RC		305		288	319		912	912
Anton NIGHTINGALE	MV40	Ipswich Triathlon Club		449		457			906	906
Alexander HOSKING	MS	Ipswich Jaffa RC			470			432	902	902
Mark WHITE	MV45	Haverhill Running Club	457					444	901	901
Chris MOWER	MV40	Saint Edmund Pacers	450				447		897	897
Darren COOK	MV40	Felixstowe RRC	459					435	894	894
Alex KUCZER	MV50	Unattached		299	323			271	893	893
Martin PEARSON	MV45	Unattached				445	448		893	893
Charles HANN	MV50	Sudbury Joggers	454	438					892	892
Ross WILCOX	MV40	Stowmarket Striders Running Club				443	449		892	892
Gavin BOAG	MS	Stowmarket Striders Running Club	309		284		297		890	890
Steven HUGHES	MV50	Stowmarket Striders Running Club	448			439			887	887
John ALDRED	MS	Framlingham Flyers		433	450				883	883
Phil BRACKENBURY	MV45	Unattached		424			458		882	882
Stuart BUCHAN	MS	Ipswich Jaffa RC				448		433	881	881
Justin POTTER	MS	Stowmarket Striders Running Club				424	445		869	869
Richard LEEDER	MV40	Stowmarket Striders Running Club				432		424	856	856
Ben DEAN	MS	Diss & District AC				421	435		856	856
Paul BROWN	MV50	Framlingham Flyers		419	432				851	851
Daniel SUMMERSGILL	MS	Ipswich Jaffa RC		416		433			849	849
Paul GARDINER	MV45	Unattached	422		426				848	848

# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Richard FELLINGHAM	MV65	Stowmarket Striders Running Club			285	273	289		847	847
Adam GERRISH	MS	Colchester Harriers AC				429		418	847	847
Brian ROGERS	MV60	Ipswich Jaffa RC			431			414	845	845
Dominic MELERO	MV40	Unattached				415	429		844	844
Lee BROWN	MS	Haverhill Running Club				426		415	841	841
Alistair DICK	MV55	Ipswich Jaffa RC		414	423				837	837
Paul HALES	MV50	Capel Cheetahs RC		278			296	262	836	836
Stephen HICKS	MV55	Unattached			424			411	835	835
Richard JAQUES	MV55	Unattached		262	280		287		829	829
Tim NEWTON	MV65	Ipswich Jaffa RC	411		413				824	824
Stuart MATHIESON	MS	Sudbury Joggers	289			257	275		821	821
Kevin MILLARD	MS	Haverhill Running Club	417			403			820	820
Rod PRIME	MV50	Unattached	419	399					818	818
Nigel SCHOFIELD	MV50	Saint Edmund Pacers			401		415		816	816
Vince WEBB	MV45	Saint Edmund Pacers		403	411				814	814
Stuart PRICE	MS	Unattached					417	387	804	804
Vince CALVER	MV45	Felixstowe RRC			403	399			802	802
Jamie RANDALL	MV50	Haverhill Running Club	408			393			801	801
Matt DAVEY	MV40	Tiptree RRC			415			385	800	800
Colin FARMER	MV50	Great Bentley Running Club				406		392	798	798
Martin WEST	MV65	Great Bentley Running Club		266	282			247	795	795
Ron MCCULLOUGH	MV70	Ipswich Jaffa RC		385				398	783	783
Adam MUMFORD	MV45	Sudbury Joggers	427			355			782	782
Adam CLARKE	MS	Saint Edmund Pacers			397			380	777	777
Gabriel MARTINS	MV45	Ipswich Jaffa RC		384	392				776	776
Will JOHNSTON-WOOD	MU20	Sudbury Joggers				390		386	776	776
Vaughan MORRIS	MV55	Stowmarket Striders Running Club				371	403		774	774
Peter WOODS	MS	Felixstowe RRC	390		382				772	772
James WILLINGHAM	MS	Unattached			368		402		770	770
James ELLUL	MS	Felixstowe RRC		394				375	769	769
Mark VINCE	MV45	Woodbridge Shufflers Running			377		392		769	769
Gary PERRYMAN	MV40	Tiptree RRC				397		369	766	766
David JONES	MV65	Stowmarket Striders Running Club	292	237				233	762	762
Andrew REED	MV50	Unattached			354		398		752	752
Jake CHURCH	MS	Saxmundham Sports Running &	371				358		729	729
Derek HOOD	MV40	Ipswich Jaffa RC		379				349	728	728
Wayne MUMFORD	MV50	Sudbury Joggers			364	357			721	721
Robert DARNELL	MV65	Unattached		229	252	239			720	720
Derek DALY	MV55	Saxmundham Sports Running &		348	359				707	707
Stephen WADE	MV45	Unattached		342	347				689	689
Neil SMITH	MV40	Unattached			339	349			688	688
Tim ATTWOOD	MS	Unattached		336	351				687	687
Glen AVIS	MV50	Hadleigh Hares AC	360	326					686	686
Phil CLARKE	MV45	Unattached	351			334			685	685
Alan BURGIN	MV65	Huntingdon AC				345		340	685	685
Glenn PROCTOR	MV45	Stowmarket Striders Running Club				333	346		679	679
Bill BESLEY	MV45	Stowmarket Striders Running Club				328	349		677	677
Dave STEWARD	MV55	Woodbridge Shufflers Running		317	338				655	655
Graham ROOKE	MV45	Unattached		313		335			648	648
Jack WICKS	MS	Great Bentley Running Club	336	303					639	639

# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Alex RUSSO	MS	Unattached		288			350		638	638
Malcolm SAVAGE	MV70	Springfield Striders RC	339			298			637	637
Robin ASHE	MV65	Bungay Black Dog RC			300		327		627	627
Mathew COWELL	MV40	Haverhill Running Club	331			295			626	626
Wayne CLOSE	MS	Unattached		320		306			626	626
Mike COOPER	MV60	Woodbridge Shufflers Running		307	317				624	624
Richard SMITH	MV50	Saint Edmund Pacers			324			300	624	624
Robert GOODCHILD	MV45	Unattached				294	330		624	624
Simon HAFFENDEN	MV55	Saint Edmund Pacers	318				305		623	623
Robert BRIERLY	MV45	Unattached		314	309				623	623
Ryan BRUTY	MS	Unattached				292	328		620	620
Francis MILLS	MS	Harwich Runners		311				303	614	614
Paul CAUSON	MV40	Unattached		312				295	607	607
Paul BESTLEY	MV45	Unattached		324				282	606	606
William MEADER	MV50	Unattached		308				298	606	606
Alistair GOODIER	MV50	Ipswich Jaffa RC		301		305			606	606
Adam HOCKEN	MV50	Witham RC	335					268	603	603
Stuart HUNT	MS	Hadleigh Hares AC	317					276	593	593
David DAMANT	MV45	Stowmarket Striders Running Club			258		333		591	591
George WICKER	MV60	Saint Edmund Pacers	310	275					585	585
Richard CHECKETTS	MV45	Framlingham Flyers			279		304		583	583
Tom AYKROYD	MS	Unattached		292			286		578	578
Mike ROSBROOK	MV70	Hadleigh Hares AC	300				277		577	577
Ben NAUGHTON	MS	Unattached	324					253	577	577
Gregory STOWE	MV40	Stowmarket Striders Running Club				274	302		576	576
Grahame	MV55	Unattached	307		267				574	574
Ross BOURNE	MV50	Unattached		284		289			573	573
Andrew TERRY	MV45	Stowmarket Striders Running Club		272			300		572	572
William BURDETT	MV55	Stowmarket Striders Running Club			295	272			567	567
Alan HILLYARD	MV55	Unattached			291	275			566	566
Paul BELAND	MV60	Unattached			276		281		557	557
Stuart HOLLINGSWORTH	MV45	Felixstowe RRC	261	286					547	547
Robbie BURT	MV50	Saint Edmund Pacers			288			259	547	547
Phil NORRIS	MV50	Unattached				252	294		546	546
Andrew CLIFTON	MV50	Felixstowe RRC		267			274		541	541
Paul WINTER	MV65	Stowmarket Striders Running Club			264		273		537	537
Jason DEAR	MV45	Unattached				253	282		535	535
Lee CLOSE	MS	Unattached		265		266			531	531
Terry HUNTER	MV60	Stowmarket Striders Running Club	290	240					530	530
Andrew SARGENT	MS	Stowmarket Striders Running Club			275			251	526	526
Calum DYES	MS	Unattached			254		268		522	522
Michael GILBERT	MS	Haverhill Running Club				500			500	500
Sebastian ANTHONY	MS	West Suffolk AC					500		500	500
Chris BURGOYNE	MS	Springfield Striders RC		499					499	499
Adam HOLLAND	MS	Tavistock Run Project					499		499	499
Lee COOK	MS	Waveney Valley AC		498					498	498
Adam WADE	MS	Ipswich Jaffa RC	497						497	497
Tom HENSON	MU20	Saint Edmund Pacers				497			497	497
Matthew SPENCER	MS	Bungay Black Dog RC			496				496	496
Nick SMITH	MS	Saint Edmund Pacers				493			493	493

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## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Keith TILLEY	MV45	Ipswich Jaffa RC		492					492	492
Matthew AXTON	MS	Saint Edmund Pacers	490						490	490
Gavin DAVIES	MS	Ipswich Jaffa RC					486		486	486
Wesley ATKINS	MS	Halstead Road Runners		483					483	483
James HAYWARD	MS	Ipswich Jaffa RC		481					481	481
Stewart ELLIS	MV40	Halstead Road Runners		480					480	480
Oliver MANNING	MS	Unattached			479				479	479
Ben CAISEY	MV40	Ipswich Triathlon Club	478						478	478
Kieran MOODY	MU20	Saint Edmund Pacers					474		474	474
Christopher POULDING	MS	Saint Edmund Pacers					472		472	472
Nick HAMMOND	MV45	Framlingham Flyers			467				467	467
Wayne COOK	MV45	Colchester Harriers AC		466					466	466
Ben TROUGHTON	MV40	Unattached	464						464	464
Kevin PEIRCE	MV40	Ipswich Harriers		464					464	464
Paul CONNELL	MV45	Great Bentley Running Club				464			464	464
Christopher JAMES	MS	Unattached					461		461	461
Roger STONE	MV45	Felixstowe RRC	460						460	460
Ian LEDIEN	MS	Unattached	458						458	458
Chris LEEK	MV40	Framlingham Flyers			457				457	457
Gavin FISHER	MV40	Unattached				456			456	456
Andrew TURNER	MS	Hadleigh Hares AC	455						455	455
Greg DAVIS	MV55	Newmarket Joggers		454					454	454
Richard SMITH	MV40	Sudbury Joggers	452						452	452
Simon DANIEL	MS	Unattached	449						449	449
Darren BARFIELD	MS	Sudbury Joggers	446						446	446
Will ALDRED	MV45	Framlingham Flyers			446				446	446
Tom STEWART	MV45	Woodbridge Shufflers Running		446					446	446
Gergely VACI	MS	Unattached					444		444	444
Andrew CRAIG	MV40	Woodbridge Shufflers Running					442		442	442
Michael FALCONE	MS	Saint Edmund Pacers				440			440	440
Jason BRUNT	MV45	Norfolk Gazelles AC					440		440	440
Robert WRIGHT	MS	Ipswich Triathlon Club		439					439	439
Kevin COLLINS	MV40	Unattached			439				439	439
Chris SUGARS	MV45	Felixstowe RRC				438			438	438
Cameron THICK	MS	Ipswich Jaffa RC			437				437	437
Jonathan BARNES	MV40	Woodbridge Shufflers Running	437						437	437
Tom ALEXANDER	MV40	Woodbridge Shufflers Running		437					437	437
James HENDERSON	MV50	Unattached	436						436	436
Richard SMITH	MS	Unattached	433						433	433
Ricky O'NEILL	MS	Ipswich Jaffa RC					433		433	433
Andy TAYLOR	MS	Unattached		426					426	426
Michael MARRIOTT	MV60	Unattached					425		425	425
James STUBBS	MS	Haverhill Running Club	424						424	424
Clive DAVEY	MV45	Sudbury Joggers	423						423	423
Darren JUDD	MV45	Unattached				423			423	423
Miles WEAVER	MV40	Unattached				422			422	422
Rob JEWERS	MV40	Unattached					422		422	422
Alex MCCARTHY	MS	Unattached		418					418	418
John BAXTER	MV60	Bure Valley Harriers			418				418	418
Oliver BINGHAM	MU20	Stowmarket Striders Running Club					418		418	418



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## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ashleigh RANSON	MV40	Road Runners Club			416				416	416
Ian RATTRAY	MV45	Colchester Harriers AC	413						413	413
Stuart SIMMONS	MV40	Ipswich Jaffa RC		413					413	413
Alexander FOX	MS	Saint Edmund Pacers				412			412	412
Joseph WEBB	MU20	Saint Edmund Pacers		412					412	412
David SMITH	MV50	Unattached			407				407	407
Steve HENNINGS	MV50	Witham RC	405						405	405
Chuck LAYZELL	MS	Unattached			405				405	405
Mark DOWNEY	MV45	Unattached					405		405	405
Stuart GREEN	MV55	Stowmarket Striders Running Club	404						404	404
Simon SINCLAIR	MV50	Unattached				404			404	404
Martin AVIS	MV45	Saint Edmund Pacers	402						402	402
Tom GOODWIN	MS	Unattached		402					402	402
Mark GOODWIN	MV45	Felixstowe RRC			402				402	402
Simon RANSOME	MV50	Unattached				402			402	402
Steve PALFREY	MV45	Unattached					401		401	401
Michael MOORE	MS	Stowmarket Striders Running Club	399						399	399
Simon TINKLER	MV40	Framlingham Flyers			399				399	399
Stephen DIXON	MV50	Ipswich Jaffa RC			393				393	393
Ryan OSMAN	MS	Unattached				392			392	392
Shaun GOOD	MV50	Felixstowe RRC		391					391	391
Daniel COATES-MELTON	MS	Unattached			390				390	390
Richard SMITH	MV40	Chippenham Harriers		389					389	389
Chris AYLETT	MS	Unattached	388						388	388
Thomas BEECROFT	MS	Unattached			388				388	388
Chris WELLS	MS	Sudbury Joggers				388			388	388
Jim ALDRIDGE	MV40	Unattached					388		388	388
Richard HIGGINS	MV50	Framlingham Flyers		387					387	387
Marc BENSON	MS	Haverhill Running Club				386			386	386
Damien MAGEE	MV40	Unattached					386		386	386
Michael MCKINSTRY	MV50	Unattached				385			385	385
Daniel SELFE	MV40	Stowmarket Striders Running Club					385		385	385
Stuart WRIGHT	MV40	Unattached					382		382	382
Scott GAGE	MS	Unattached				380			380	380
Richard TAYLOR	MV60	Springfield Striders RC				376			376	376
Kevin LINSELL	MV45	Unattached		374					374	374
Andy CARR	MV50	Unattached			374				374	374
Glenn FRUISH	MV55	Newmarket Cycling & Triathlon	373						373	373
Mark HUGHES	MV45	Stowmarket Striders Running Club					373		373	373
Dave HOWGEGO	MV50	Felixstowe RRC		370					370	370
Simon WALLIS	MS	Haverhill Running Club				370			370	370
Neil DENNIS	MS	Stowmarket Striders Running Club	368						368	368
Tomasz KOMOROWSKI	MS	Great Bentley Running Club	367						367	367
Michael KERRY	MV40	Unattached				367			367	367
Philip BROWN	MV50	Saint Edmund Pacers				365			365	365
Steven RUE	MV65	Saint Edmund Pacers				363			363	363
Dan CLARK	MV40	Felixstowe RRC		361					361	361
Oliver SCHOFIELD	MS	Saint Edmund Pacers				361			361	361
Graeme TAYLER	MV55	Unattached		356					356	356
Chris FOX	MV50	Woodbridge Shufflers Running	355						355	355

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## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Andrew GEMMELL	MV50	Unattached			353				353	353
Andy BAILEY	MV45	Bungay Black Dog RC			352				352	352
Stephen SHAW	MV45	Felixstowe RRC		351					351	351
Andre EDWARDS	MV40	Unattached					351		351	351
Greg MILLS	MV60	Unattached				350			350	350
Mik CARR	MV60	Bungay Black Dog RC	349						349	349
Pat MORGAN	MV65	Suffolk Trail Runners					347		347	347
Gavin RIDGEON	MV40	Unattached				346			346	346
Shaun HARRIS	MS	Ipswich Jaffa RC	344						344	344
Tony SMART	MS	Unattached	340						340	340
Mark DAVEY	MV50	Unattached		340					340	340
Graham WAUDBY	MV45	Unattached			340				340	340
John NEVIN	MV65	Haverhill Running Club					339		339	339
David SALTER	MV55	Thetford AC				339			339	339
Luke GROVES	MS	Great Bentley Running Club	338						338	338
Jomeil BOBO	MS	Unattached		337					337	337
Eddie DOUGLAS	MV60	Stowmarket Striders Running Club					336		336	336
Robert MAWSON	MV60	Framlingham Flyers			334				334	334
Ian SILLETT	MV60	Felixstowe RRC	333						333	333
Tom MINNS	MS	Unattached		333					333	333
Anthony SMITH	MV55	Witham RC	332						332	332
Andrew SMITH	MV45	Thetford AC				332			332	332
Mark WEBSTER	MV55	Unattached					332		332	332
Steve MCNAMARA	MV45	Stowmarket Striders Running Club					331		331	331
Darin MILLS	MV45	Unattached		330					330	330
Rhodri DURIE	MS	Unattached					329		329	329
Phil MARSDEN	MV55	Unattached				327			327	327
Steven BIGGS	MV45	Unattached				324			324	324
Bernard MORGAN	MV45	Unattached		323					323	323
Steve ROBINSON	MV60	Stowmarket Striders Running Club				323			323	323
John SHATFORD	MV50	Unattached	322						322	322
David CAHILL	MV50	Colchester & Tendring AC				320			320	320
Ben RIDGEON	MS	Unattached					320		320	320
Jonny RANKIN	MS	Saint Edmund Pacers				317			317	317
Robert DUNCOMBE	MV50	Unattached					317		317	317
Daniel SNOWDEN	MS	Unattached			316				316	316
Graham DIXON	MV40	Haverhill Running Club				316			316	316
Will BARROW	MS	Unattached					316		316	316
Steve BRODIE	MV45	Brandon Fern Hoppers					314		314	314
Mark BANHAM	MV50	Felixstowe RRC	313						313	313
Jeremy HOLT	MV55	Sudbury Joggers	312						312	312
Richard MOSS	MS	Unattached			312				312	312
Mark NIXON	MS	Unattached	311						311	311
Mark ROSS	MV55	Great Bentley Running Club				311			311	311
Grant USHER	MV45	Ipswich Jaffa RC					311		311	311
Stuart CLARKE	MS	Unattached			310				310	310
Joe ROBERTS	MS	Unattached					310		310	310
Richard HARRISON	MV55	Unattached			308				308	308
Kieran HARTIGAN	MV45	Stowmarket Striders Running Club					306		306	306
Stephen CHAPMAN	MV45	Stowmarket Striders Running Club				303			303	303

# Friday 5 Championship File 2018

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jonathan NEWELL	MV50	Saint Edmund Pacers					303		303	303
Rob ANDERSON	MV45	Felixstowe RRC		302					302	302
Martin BRIGDEN	MV60	Unattached				302			302	302
Alan Paul FOSKER	MV45	Hadleigh Hares AC	301						301	301
Jimmy RUSSELL	MV50	Felixstowe RRC		300					300	300
Carl FRANCIS	MV50	Unattached				300			300	300
Glen ROBERTSON	MV55	Lancing Eagles RC	297						297	297
Chris CHANDLER	MS	100 Marathon Club	296						296	296
Paul HEEKS	MV50	Stowmarket Striders Running Club		296					296	296
David SWALES	MV50	Saint Edmund Pacers	293						293	293
Richard SORE	MV45	Ipswich Jaffa RC					293		293	293
David MAYES	MS	Felixstowe RRC		290					290	290
Jonny BOLTON	MS	Ipswich Jaffa RC			287				287	287
Tom TAWELL	MS	Unattached				282			282	282
Bryan HARWOOD	MV50	Framlingham Flyers			281				281	281
Mark OXFORD	MS	Ipswich Triathlon Club		280					280	280
Jez SORE	MV50	Unattached					278		278	278
Dave LAMPARD	MV50	Felixstowe RRC		274					274	274
Alex GREGGOR	MS	Unattached		273					273	273
Kevin HAYWARD	MV50	Unattached			273				273	273
Robert TILLYARD	MV50	Saint Edmund Pacers					272		272	272
Carl NEWELL	MV40	Felixstowe RRC		271					271	271
Christopher TRANTER	MV45	Unattached		270					270	270
Jos WHATELY-SMITH	MV60	Unattached			270				270	270
Crispin DUNNE	MV55	Unattached				269			269	269
Malcolm	MV55	Bungay Black Dog RC					269		269	269
Malcolm HOGARTH	MV60	Woodbridge Shufflers Running		268					268	268
Mark WOODS	MV45	Unattached					267		267	267
Mark FINCH	MV50	Unattached			266				266	266
Dave MANNING	MV60	Unattached		264					264	264
Alan THORNHILL	MV65	Newmarket Joggers			263				263	263
Nigel JOHNS	MV50	Capel Cheetahs RC					263		263	263
Tony HOLLAND	MV45	Ipswich Jaffa RC					262		262	262
Rob COOK	MS	Unattached					261		261	261
Martin TILLEY	MV70	Saint Edmund Pacers					259		259	259
Eric ALLRIGHT	MV55	Unattached			256				256	256
Carl WRIGHT	MS	Unattached		255					255	255
Andrew DENNY	MV45	Unattached				254			254	254
Philip	MS	Unattached		253					253	253
Barry MUDD	MV65	Unattached			253				253	253
Alan FOSKER	MV45	Hadleigh Hares AC		252					252	252
Lee TAYLOR	MV45	Haverhill Running Club				250			250	250
Kevin WILDIG	MV55	Unattached		249					249	249
Robert GRIMSEY	MS	Hadleigh Hares AC		247					247	247
Stephen SPENCER	MV60	Brandon Fern Hoppers				247			247	247
Matt MAKIN	MS	Felixstowe RRC		245					245	245
Tim SKELTON	MV60	Unattached				245			245	245
Justin OSTLER	MV45	Felixstowe RRC		244					244	244
Aaron SELF	MS	Unattached				244			244	244
Matt WILLIAMS	MS	Unattached		243					243	243

## Friday 5 Championship File 2018

### Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Graham PAGE	MV60	Unattached				242			242	242
Mark PARKER	MV50	Unattached		241					241	241
Harry MYHILL	MU20	Unattached				241			241	241
Mel CHITTOCK	MV60	Unattached				240			240	240
John DRIVER	MV60	Felixstowe RRC		239					239	239
Wyn JONES	MV60	Felixstowe RRC		238					238	238
George HINDS	MS	Unattached		236					236	236
Ian LIGHTFOOT	MS	Unattached		233					233	233
Oliver WATSON	MS	Unattached		231					231	231
Colin HOPE	MV55	Unattached		228					228	228

Number of records: 952