

Friday 5 Championship File 2018

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jessica GOODERHAM	FS	Saint Edmund Pacers	499	500	500	499	498		2496	1998
Alice GOODWIN	FS	Ipswich Harriers	494	498	497		495	498	2482	1988
Katie KING	FS	Saint Edmund Pacers	496	497	496	497			1986	1986
Emma MORTIMER	FS	Unattached	493	496	495	496	496	496	2972	1984
Emma THISTLETON	FS	Unattached	492		493	493	488	494	2460	1972
Michelle HEWITT	FS	Framlingham Flyers		495	492	495	489		1971	1971
Hayley COATES	FS	Saint Edmund Pacers	490		494	494	487		1965	1965
Kendra BOAG	FS	Stowmarket Striders Running Club	488	492	489			492	1961	1961
Sophie COLEMAN	FS	Ipswich Jaffa RC		494	490		485	491	1960	1960
Jessica BUCKLES	FS	Unattached	487	493		491	482	485	2438	1956
Laura BROWN	FS	Stowmarket Striders Running Club	486	490		490	484	489	2439	1955
Lucy DRIVER	FS	Felixstowe RRC	484	484	481	480	468	480	2877	1929
Bianca BURMAN	FS	Sudbury Joggers		478		485	479	482	1924	1924
Adriana HOUCHELL	FS	Ipswich Jaffa RC		485		483	470	478	1916	1916
Sarah CLARKE	FS	Unattached	483	479	482			472	1916	1916
Rachal BRETT	FS	Unattached		475	480	479	466		1900	1900
Frances BARNARD	FS	Capel Cheetahs RC		472	476	477		474	1899	1899
Daisy GLOVER	FS	Newmarket Joggers	500			500	500		1500	1500
Emma DRURY	FS	Sudbury Joggers		499	498		499		1496	1496
Jemma CLARRY	FS	Saint Edmund Pacers	498		499	498			1495	1495
Meera RAJOO-OAKLEY	FS	Great Bentley Running Club	495				492	495	1482	1482
Lorna MAYCOCK	FS	Capel Cheetahs RC		491			480	486	1457	1457
Rachael HATTEN	FS	Saint Edmund Pacers	482			481	476		1439	1439
Ruth GRAY	FS	Unattached		482			474	476	1432	1432
Sian BARTLETT	FS	Unattached		471			475	475	1421	1421
Chloe STUTELEY	FS	Unattached				492	490		982	982
Amber FOX-HAMMOND	FS	Unattached	489					484	973	973
Hannah LINGER	FS	Ipswich Triathlon Club		489				483	972	972
Claire WALDEN	FS	Unattached			485	484			969	969
Hollie SUTHERLAND	FS	Felixstowe RRC		486				479	965	965
Jessica THORPE	FS	Stowmarket Striders Running Club				489	472		961	961
Aimee RAWE	FS	Unattached		477	479				956	956
Keeley WHITE	FS	Haverhill Running Club		474				473	947	947
Hannah TRICKER	FS	Unattached			477		467		944	944
Angela BRENNAN	FS	Unattached				476	464		940	940
Lucy AINSLEY	FS	Unattached		469			462		931	931
Lucy COWLIN	FS	Sudbury Joggers	497						497	497
Sally HUGHES	FS	West Suffolk AC					497		497	497
Rosie HORSFIELD	FS	Ipswich Jaffa RC					494		494	494
Carys DURIE	FS	San Domenico RRC					493		493	493
Elaine TURNER	FS	Hadleigh Hares AC	491						491	491
Holly BURROWS	FS	Framlingham Flyers			491				491	491
Clare DOUGLAS	FS	Stowmarket Striders Running Club					491		491	491
Laura EDWARDS	FS	Unattached		488					488	488
Lydia KIRK	FS	Framlingham Flyers			488				488	488
Hannah DARVELL	FS	Saint Edmund Pacers				488			488	488
Oliwia LASKOWSKA	FS	Unattached		487					487	487
Lucy DENNY	FS	Unattached			487				487	487
Francesca LAUGHTON	FS	Unattached				487			487	487
Sally LIGHTFOOT	FS	Unattached			486				486	486

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rebecca MORGAN	FS	Saint Edmund Pacers				486			486	486
Rebecca RICHARDS	FS	Saint Edmund Pacers					486		486	486
Sarah FARLEY	FS	Unattached	485						485	485
Sophie OUZZANI	FS	Unattached			484				484	484
Nina SIMMONS	FS	Great Bentley Running Club		483					483	483
Leslie PLACIDE	FS	Unattached			483				483	483
Natalie BLAND	FS	Unattached					483		483	483
Georgie SWIFT	FS	Unattached				482			482	482
Danielle WILLIS	FS	Unattached	481						481	481
Maria RIERA-TURRO	FS	Unattached		481					481	481
Laura BEALE	FS	Unattached					481		481	481
Natalie JONES	FS	Sudbury Joggers	480						480	480
Sophie MAITLAND	FS	Unattached		480					480	480
Gemma BERRY	FS	Unattached			478				478	478
Sarah MORRIS	FS	Isle Of Wight RRC				478			478	478
Ellen TURNER	FS	Unattached					478		478	478
Victoria SIMONDS	FS	Stowmarket Striders Running Club					477		477	477
Emma CLIFTON	FS	Unattached		476					476	476
Rachael MILLER	FS	Felixstowe RRC			475				475	475
Lauren	FS	Unattached				475			475	475
Jessica GOODCHILD	FS	Unattached			474				474	474
Sam ANDERSON	FS	Unattached		473					473	473
Hannah BERE	FS	Unattached					473		473	473
Vicki HOBBS	FS	Stowmarket Striders Running Club					471		471	471
Katherine AYKROYD	FS	Unattached		470					470	470
Amy SAUNDERS	FS	Stowmarket Striders Running Club					469		469	469
Hedydd DAVIS	FS	Unattached					465		465	465
Sarah MONK	FS	Unattached					463		463	463

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rose MORTIMER	FU20	Unattached	500	500	500	500	500	500	3000	2000
Shannon MACSEPHNEY	FU20	Ipswich Jaffa RC	499	498	499	498		498	2492	1994
Courtney TURNER	FU20	Felixstowe RRC	498	495	497	496		497	2483	1988
Anna KEEBLE	FU20	Ipswich Harriers		499			499		998	998
Jasmine BILNER	FU20	Ipswich Jaffa RC				499		499	998	998
Scarlett ANGOVE	FU20	Stowmarket Striders Running Club				497	497		994	994
Niamh NORRIS	FU20	Unattached				495	498		993	993
Tara BAXTER	FU20	Bure Valley Harriers			498				498	498
Caitlin FOSKER	FU20	Hadleigh Hares AC		497					497	497
Kate HEEKS	FU20	Stowmarket Striders Running Club		496					496	496
Lara ROBINSON	FU20	Unattached		494					494	494

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rachael HAMBLYN	FV35	Ipswich Jaffa RC		498	499	498		497	1992	1992
Gemma PORCH	FV35	Stowmarket Striders Running Club	499	500		499		493	1991	1991
Ellie CUMNER	FV35	Colchester Harriers AC		497	500		499	495	1991	1991
Collette GREEN	FV35	Felixstowe RRC	498	496	496	496	500	496	2982	1990
Magdalena	FV35	Great Bentley Running Club	493	493	494	494	497	490	2961	1978
Lisa DOVE	FV35	Sudbury Joggers	496	494	493	492		489	2464	1975
Hien HOANG	FV35	Great Bentley Running Club	491		489	491	495		1966	1966
Joanne HARPER	FV35	Felixstowe RRC	492	490	488	490		487	2447	1960
Karen DEASY	FV35	Unattached	490	489			492	488	1959	1959
Marion BENNETT	FV35	Ipswich Jaffa RC		487	485	487	488	483	2430	1947
Pam MORGAN	FV35	Framlingham Flyers			487	486	489	484	1946	1946
Svitlana ZINCHENKO	FV35	Newmarket Joggers		488		484	487	481	1940	1940
Jenny MERRY	FV35	Sudbury Joggers		483	483	485	486	480	2417	1937
Claire TROTT	FV35	Unattached	489			482	485	479	1935	1935
Liza PUTWAIN	FV35	Stowmarket Striders Running Club	487	486		479	483		1935	1935
Pippa SARGENT	FV35	Stowmarket Striders Running Club	485	484	479	478			1926	1926
Hannah POLLARD	FV35	Newmarket Joggers		499		497		499	1495	1495
Terri GREEN	FV35	Ipswich Jaffa RC			498		498	491	1487	1487
Rachel BODSWORTH	FV35	Hadleigh Hares AC		495	497			492	1484	1484
Lucy SMITH	FV35	Saint Edmund Pacers			495	495		494	1484	1484
Kate HUTSON	FV35	Ipswich Jaffa RC			486	488	490		1464	1464
Anneli OSTLER	FV35	Felixstowe RRC			475		478	474	1427	1427
Doranne BREWSTER	FV35	Unattached		474	472		475		1421	1421
Helen BARBER	FV35	Framlingham Flyers			492		496		988	988
Kate SCOTTER	FV35	Ipswich Jaffa RC	494	492					986	986
Kirsty THOMSON	FV35	Unattached			491	493			984	984
Claire BLANCHFORD	FV35	Unattached				489	491		980	980
Steph LING	FV35	Unattached	483			481			964	964
Rachel SOUTHGATE	FV35	Unattached					484	478	962	962
Jenny WHITAKER	FV35	Unattached		480			480		960	960
Liz ATKINS	FV35	Unattached		481			479		960	960
Alison RENSHAW	FV35	Ipswich Jaffa RC	480				476		956	956
Claire BUTCHER	FV35	Felixstowe RRC		478			477		955	955
Charlotte RICHARDSON	FV35	Sudbury Joggers				477		476	953	953
Kara MOORE-DAMANT	FV35	Stowmarket Striders Running Club			476	476			952	952
Agnieszka ANDRZEJAK	FV35	Unattached		477		473			950	950
Jacqueline Colette	FV35	Ipswich Jaffa RC		476	474				950	950
Lo-Anne LEWIS	FV35	Unattached		475		472			947	947
Karen HINTON	FV35	Stowmarket Striders Running Club		473	473				946	946
Kerry DENNETT	FV35	Unattached	500						500	500
Rebecca WHITE	FV35	Saffron Striders RC				500			500	500
Kirsty MILLARD	FV35	Haverhill Running Club	497						497	497
Erika DOWNS	FV35	Felixstowe RRC	495						495	495
Victoria Alice	FV35	Saint Edmund Pacers					494		494	494
Jemma MADDAMS	FV35	Unattached					493		493	493
Marina ALMENDROS	FV35	Ipswich Jaffa RC		491					491	491
Helen JERROLD	FV35	Unattached			490				490	490
Kristina BRIGHT	FV35	Haverhill Running Club	488						488	488
Jo VICKERY	FV35	Haverhill Running Club	486						486	486
Heidi MORRIS	FV35	Unattached		485					485	485

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sarah OSBORNE	FV35	Unattached	484						484	484
Lynsey GROOM	FV35	Unattached			484				484	484
Faye HUBBARD	FV35	Woodbridge Shufflers Running				483			483	483
Dawn BUCKLAND	FV35	Unattached	482						482	482
Rachel PALMER	FV35	Felixstowe RRC		482					482	482
Jo CRESDEE	FV35	Woodbridge Shufflers Running			482				482	482
Samantha EMMS	FV35	Unattached					482		482	482
Carly MOODY	FV35	Unattached	481						481	481
Prue BATTLE	FV35	Unattached			481				481	481
Karina HUNT	FV35	Haverhill Running Club					481		481	481
Deirdre DUFFY	FV35	Unattached			480				480	480
Jenni HEFFER	FV35	Unattached				480			480	480
Vicki HENSBY	FV35	Unattached		479					479	479
Demelza HAMMOND	FV35	Waveney Valley AC			478				478	478
Anna PHILLIPS	FV35	Unattached			477				477	477
Adriana LUPSA	FV35	Unattached				475			475	475
Cherie MILBOURN	FV35	Unattached				474			474	474
Michaela WOODLEY	FV35	Unattached		472					472	472
Ellie FOREMAN	FV35	Unattached			471				471	471
Anna NOBBS	FV35	Unattached			470				470	470
Jess CURTIS	FV35	Unattached			469				469	469

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Aiko HENINGTON	FV40	Colchester Harriers AC	500		500		500	500	2000	2000
Sarah FITCH	FV40	Felixstowe RRC	498	498	497	498	499		2490	1993
Tracy ENGLISH	FV40	Southend-on-Sea AC	499	499	495			499	1992	1992
Louise GODDARD	FV40	Stowmarket Striders Running Club	496	495	491	488		494	2464	1976
Lorraine REEVES	FV40	Unattached	494	494		492	493		1973	1973
Helen SKINNER	FV40	Unattached	493		492	490	488	491	2454	1966
Juliet GARNHAM	FV40	Stowmarket Striders Running Club	491		488	491		493	1963	1963
Emma NEWMAN	FV40	Unattached	488	486	486	483		487	2430	1947
Ruth KIERAN	FV40	Saint Edmund Pacers			494		492	495	1481	1481
Claire ROOKE	FV40	Sudbury Joggers		488		484	484		1456	1456
Amanda BREWSTER	FV40	Stowmarket Striders Running Club	487			482	483		1452	1452
Samantha BANKS	FV40	Ipswich Jaffa RC		500	499				999	999
Zohra ARMITAGE	FV40	Saint Edmund Pacers			498	499			997	997
Sandy PAGE	FV40	Unattached			496			498	994	994
Felicity BURDEN	FV40	Unattached		496				496	992	992
Clare MOODIE	FV40	Framlingham Flyers				494	497		991	991
Michaela COWELL	FV40	Haverhill Running Club	495			495			990	990
Leah KNEE	FV40	Unattached				493	494		987	987
Amanda DUNN	FV40	Hadleigh Hares AC	492		493				985	985
Ruth GOODCHILD	FV40	Unattached				487	495		982	982
Maria BILNER	FV40	Ipswich Jaffa RC				481		486	967	967
Jacquelyn COBBOLD	FV40	Hadleigh Hares AC			485	479			964	964
Tamara JORDAN	FV40	Unattached				500			500	500
Lisa HALL	FV40	Unattached					498		498	498
Sam LINASSI	FV40	Felixstowe RRC	497						497	497
Mel SHERMAN	FV40	Ipswich Jaffa RC		497					497	497
Michelle BELL	FV40	Unattached				497			497	497
Yvonne	FV40	Unattached				496			496	496
Ruth BAKER	FV40	Ipswich Jaffa RC					496		496	496
Charlotte DOWNING	FV40	Unattached		493					493	493
Amanda FRASER FISH	FV40	Woodbridge Shufflers Running		492					492	492
Tabetha SNAPE	FV40	Unattached		491					491	491
Claire PIZZEY	FV40	Unattached					491		491	491
Sarah JEGGO	FV40	Sudbury Joggers	490						490	490
Tamsin HEGARTY	FV40	Felixstowe RRC		490					490	490
Lynn WHITTINGSTALL	FV40	Unattached			490				490	490
Hannah JEWERS	FV40	Unattached					490		490	490
Claire SUMPTON	FV40	Unattached				489			489	489
Angela SOAMES	FV40	Felixstowe RRC	489						489	489
Tamsin ABERDEIN	FV40	Unattached		489					489	489
Sarah STACEY	FV40	Saxmundham Sports Running &			489				489	489
Emma CUMMINGS	FV40	Unattached					489		489	489
Joanna SEALE	FV40	Unattached		487					487	487
Fiona MASON	FV40	Framlingham Flyers			487				487	487
Alison GROGAN	FV40	Unattached					487		487	487
Jodie BUDD	FV40	Sudbury Joggers	486						486	486
Caroline ADALBERT	FV40	Unattached				486			486	486
Stephen NEWHALL	FV40	Unattached					486		486	486
Geraldine CLIFFORD	FV40	Sudbury Joggers				485			485	485
Chris ALDERTON	FV40	Stowmarket Striders Running Club					485		485	485

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Helen HOLLINGSWORTH	FV40	Felixstowe RRC			484				484	484
Dawn DIXON	FV40	Haverhill Running Club				480			480	480
Rachel ORRISS	FV40	Unattached				478			478	478
Donna BELL	FV40	Unattached				477			477	477
Julie ABERNETHY	FV40	Ipswich Jaffa RC				476			476	476

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Odette ROBSON	FV45	Saint Edmund Pacers	500	500		500	500	500	2500	2000
Jan HART	FV45	Unattached	497	495	498	495		495	2480	1985
Goldie YULE	FV45	Unattached	496	489	494	493	495	493	2960	1978
Joanne BROOKE	FV45	Felixstowe RRC	494		491	491	494	490	2460	1970
Karen HAMILTON	FV45	Stowmarket Striders Running Club		487	493	492		496	1968	1968
Kathryn GERRY	FV45	Woodbridge Shufflers Running	495	488	492	490			1965	1965
Amanda CHILDS	FV45	Ipswich Jaffa RC	493	485	486	488	491	488	2931	1960
Niki MACSEPHENY	FV45	Unattached	492		483	484		487	1946	1946
Melonie EVANS	FV45	Sudbury Joggers	482	478	489	482		489	2420	1942
Tracey TAYLOR	FV45	Unattached	488		478	483	490		1939	1939
Suzanne FROST	FV45	Sudbury Joggers	489	481	484			484	1938	1938
Wendy KELLETT	FV45	Unattached	490	479	481	485			1935	1935
Heidi KNIGHT	FV45	Capel Cheetahs RC	484	474	477	479	484	481	2879	1928
Tina CHURCH	FV45	Saxmundham Sports Running &		475	476	480	486	482	2399	1924
Jo DICKINSON	FV45	Felixstowe RRC	481	473	475		483	480	2392	1919
Rachel TERRY	FV45	Stowmarket Striders Running Club		493		497	496		1486	1486
Sarah COX	FV45	Unattached	487		479		489		1455	1455
Lois MICKLEBURGH	FV45	Unattached		483	482		487		1452	1452
Tracey PENNOCK	FV45	Unattached				478	485	485	1448	1448
Michelle HOLDEN	FV45	Stowmarket Striders Running Club	480		473	476			1429	1429
Angela JOINER-HANDY	FV45	Saint Edmund Pacers				499	499		998	998
Sally-Ann BOWEN	FV45	Sudbury Joggers		499			498		997	997
Laura BOURNE	FV45	Saint Edmund Pacers		497		498			995	995
Sandra WEBB	FV45	Saint Edmund Pacers		496	499				995	995
Sharon PERRY	FV45	Saint Edmund Pacers		498			497		995	995
Laura COLLINSON	FV45	Unattached		494	496				990	990
Nicola WHITLEY	FV45	Capel Cheetahs RC		491	497				988	988
Deirdre OWEN	FV45	Stowmarket Striders Running Club		490		494			984	984
Samantha STARLING	FV45	Saint Edmund Pacers				487	492		979	979
Julia MOSS-ECCAARDT	FV45	Stowmarket Striders Running Club				486	488		974	974
Kara	FV45	Ipswich Jaffa RC		477	480				957	957
Leonora CHANDLER	FV45	Woodbridge Shufflers Running		471		477			948	948
Geraldine CLARKE	FV45	Framlingham Flyers			500				500	500
Maria WARD	FV45	Hadleigh Hares AC	499						499	499
Sarah HIBBLE	FV45	Unattached	498						498	498
Alison BLACKWELL	FV45	Saint Edmund Pacers				496			496	496
Nikki	FV45	Bungay Black Dog RC			495				495	495
Tracie EMERSON	FV45	Stowmarket Striders Running Club					493		493	493
Melanie TOOLEY	FV45	Unattached		492					492	492
Sharon BREWARD	FV45	Sudbury Joggers	491						491	491
Trudie TIMMS	FV45	Framlingham Flyers			490				490	490
Beverley JUDD	FV45	Unattached				489			489	489
Tracey WADE	FV45	Unattached			488				488	488
Kate MAWSON	FV45	Framlingham Flyers			487				487	487
Jules COOPER	FV45	Sudbury Joggers	486						486	486
Belinda HUGHES	FV45	Unattached		486					486	486
Fee PARK	FV45	Unattached	485						485	485
Catherine BANK	FV45	Unattached			485				485	485
Kelly DEAVES	FV45	Unattached		484					484	484
Lindsay HOBDEN	FV45	Unattached	483						483	483

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kirsty ABERDEIN	FV45	Unattached		482					482	482
Teresa FARMER	FV45	Great Bentley Running Club				481			481	481
Karen EATON	FV45	Felixstowe RRC		480					480	480
Sarah GEBHARD	FV45	Unattached		476					476	476
Wendy GLADDING	FV45	Unattached			474				474	474
Sharon HAYFIELD	FV45	Unattached		472					472	472
Nicki WALKER	FV45	Unattached		470					470	470

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Mary NAREY	FV50	Stowmarket Striders Running Club	500	499	500	499	499		2497	1998
Elizabeth CAHILL	FV50	Braintree & District AC	499	497	497	498	497	499	2987	1993
Cheryl TYE	FV50	Ipswich Triathlon Club		498	498		498	498	1992	1992
Kirsty WEAVERS	FV50	Saint Edmund Pacers	496		495	496		497	1984	1984
Sharon WARLAND	FV50	Stowmarket Striders Running Club	492	494	493	494	496	496	2965	1980
Christine GOODWIN	FV50	Unattached	491	495	494		495		1975	1975
Ruth COWLIN	FV50	Sudbury Joggers	489	493	491		493	495	2461	1972
Eloise BIRD	FV50	Saint Edmund Pacers		491	490	490		491	1962	1962
Jackie COLLINS	FV50	Felixstowe RRC		484	486	488	489	489	2436	1952
Amanda PRIOR	FV50	Capel Cheetahs RC	487	485	484		491	488	2435	1951
Karen CHAMBERLAIN	FV50	Ipswich Jaffa RC	488	488	487	487	486	486	2922	1950
Mandy GODBOLD	FV50	Ipswich Harriers	485	482	483		485		1935	1935
Jenny LYNCH	FV50	Felixstowe RRC		481	481		480	483	1925	1925
Louise JUDGE	FV50	Unattached		480	482	482	478		1922	1922
Sally SOLOMON	FV50	Felixstowe RRC	482	476	478			484	1920	1920
Claire JAY	FV50	Stowmarket Striders Running Club		471	477	474	475	478	2375	1904
Trish JARVIS	FV50	Unattached				493	494	494	1481	1481
Linda BAXTER	FV50	Unattached	493		492	495			1480	1480
Sandy PHILLIPS	FV50	Ipswich Jaffa RC		487		492		490	1469	1469
Ruth GREGGOR	FV50	Unattached		483	485		488		1456	1456
Sandy MALOY	FV50	Sudbury Joggers	480			483		482	1445	1445
Annabel BENNETT	FV50	Felixstowe RRC		479	480	485			1444	1444
Susan WHITING	FV50	Ipswich Jaffa RC	481				477	481	1439	1439
Ann ALEXANDER	FV50	Sudbury Joggers	479	474			476		1429	1429
Val JENNINGS	FV50	Ipswich Jaffa RC		500			500		1000	1000
Nicola RANSON	FV50	Springfield Striders RC			499			500	999	999
Jackie HANN	FV50	Sudbury Joggers	498	496					994	994
Jo PARDEN	FV50	Framlingham Flyers	490		496				986	986
Kate WOOD	FV50	Woodbridge Shufflers Running			489		492		981	981
Maxine BISHOP	FV50	Unattached			488	491			979	979
Rebecca JENNINGS	FV50	Unattached				486	479		965	965
Alison TAYLOR	FV50	Unattached	483	478					961	961
Christine MCCOLL	FV50	Unattached	478			478			956	956
Sara BLOOR	FV50	Unattached		475	479				954	954
Marion GREENWOOD	FV50	Unattached	477			476			953	953
Helen SAAGI	FV50	Unattached		472		475			947	947
Sandy THOROGOOD	FV50	Sudbury Joggers				500			500	500
Dee ST LEDGER	FV50	Sudbury Joggers	497						497	497
Shirley FOWLER	FV50	Haverhill Running Club				497			497	497
Catherine WALSH	FV50	Felixstowe RRC	495						495	495
Teresa FRANKLIN	FV50	Haverhill Running Club	494						494	494
Marion SIMMONS	FV50	Great Bentley Running Club		492					492	492
Ellen HOLLINGWORTH	FV50	Stowmarket Striders Running Club		490					490	490
Carole CHALLIS	FV50	Ipswich Jaffa RC					490		490	490
Diane CHILVERS	FV50	Unattached		489					489	489
Grace JUDGE	FV50	Haverhill Running Club				489			489	489
Karen SHELLEY	FV50	Capel Cheetahs RC					487		487	487
Nathalie HOOPER	FV50	Unattached	486						486	486
Colleen MORGAN	FV50	Unattached		486					486	486
Martina BYRNE	FV50	Witham RC	484						484	484

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jacqueline CHUBB	FV50	Ipswich Triathlon Club				484			484	484
Samantha	FV50	Bungay Black Dog RC					484		484	484
Karen GEDGE	FV50	Bungay Black Dog RC					483		483	483
Dawn GILLETT	FV50	Unattached					482		482	482
Heather RUFF	FV50	Capel Cheetahs RC					481		481	481
Juliet TILLYARD	FV50	Unattached				481			481	481
Karen PAYNE	FV50	Unattached				480			480	480
Helen STACY	FV50	Unattached				479			479	479
Helen SUGARS	FV50	Unattached			477				477	477
Susan BLOOMFIELD	FV50	Unattached				477			477	477
Helene TYLER	FV50	Great Bentley Running Club	476						476	476
Liz HICKS	FV50	Unattached			473				473	473

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rebecca PITTMAN	FV55	Springfield Striders RC	499	500	500	500	500	498	2997	2000
Christine ANTHONY	FV55	Saint Edmund Pacers	500	499			499	500	1998	1998
Jenny SHEAHAN	FV55	Unattached		498	499	499	498	497	2491	1994
Marion PARKER	FV55	Felixstowe RRC		497	498		497	496	1988	1988
Belinda GODBOLD	FV55	Ipswich Jaffa RC		496	497	498	496		1987	1987
Bobbie SAUERZAPF	FV55	Bungay Black Dog RC	498	495	496	497	494	495	2975	1986
Karen HATTON	FV55	Saint Edmund Pacers		494	495		493	494	1976	1976
Angela WHITING	FV55	Stowmarket Striders Running Club	493	491	491	494	490	493	2952	1971
Maria REED	FV55	Haverhill Running Club	494	493		495	488		1970	1970
Jenny CHURCH	FV55	Felixstowe RRC		490	492		489	491	1962	1962
Jane MOON	FV55	Felixstowe RRC			489	492	486	490	1957	1957
Sally-Ann HAMMOND	FV55	Unattached		488	488	491	485		1952	1952
Sue HUNTER	FV55	Stowmarket Striders Running Club	487	486	486	486	483	484	2912	1945
Sue CRAWTE	FV55	Sudbury Joggers	488	485		487	482	485	2427	1945
Judith ADOLPHUS	FV55	Ipswich Jaffa RC	497		494		491		1482	1482
Maggie FLATT	FV55	Unattached	489	487				487	1463	1463
Suzanne GEORGE	FV55	Unattached	490			490			980	980
Tracy HUMPHREYS	FV55	Stowmarket Striders Running Club				493	487		980	980
Nicola STEVENSON	FV55	Felixstowe RRC	496						496	496
Susan DUNNE	FV55	Unattached				496			496	496
Beverley REYNOLDS	FV55	Haverhill Running Club	495						495	495
Ruth ACWORTH	FV55	Unattached					495		495	495
Jackie BELL	FV55	Bungay Black Dog RC			493				493	493
Sandra HISCOX	FV55	Haverhill Running Club	492						492	492
Anita BOND	FV55	Eastern Veterans AC		492					492	492
Christine ASHE	FV55	Bungay Black Dog RC					492		492	492
Caroline HOLT	FV55	Sudbury Joggers	491						491	491
Anne PARKINSON	FV55	Unattached			490				490	490
Sally HOPE	FV55	Unattached		489					489	489
Katie BRAMWELL	FV55	Unattached				489			489	489
Geraldine MCKEAG	FV55	Unattached				488			488	488
Jo WHELAN	FV55	Felixstowe RRC			487				487	487
Jayne WOODGATE	FV55	Unattached					484		484	484

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jenny MORGAN	FV60	Saint Edmund Pacers	500	500	500			500	2000	2000
Cathy BEARD	FV60	Sudbury Joggers	498	498	498	500			1994	1994
Gillian CHARLTON	FV60	Stowmarket Striders Running Club	496	497		499	499		1991	1991
Jane BAILEY	FV60	Felixstowe RRC		495	496	498	497	496	2482	1987
Anne OLIVER	FV60	Felixstowe RRC	495		495	497	496	495	2478	1983
Christine MARSH	FV60	Unattached			499		500		999	999
Cheryl TRUNDLE	FV60	Haverhill Running Club	499						499	499
Mary BURGESS	FV60	Felixstowe RRC		499					499	499
Jackie CUNINGHAME	FV60	Stowmarket Striders Running Club					498		498	498
Gillian ROGERS	FV60	Unattached	497						497	497
Riitta WOOD	FV60	Framlingham Flyers			497				497	497
Sally JACOBS	FV60	Unattached		496					496	496
Joanna MEYER	FV60	Unattached				496			496	496
Mary HOPE	FV60	Unattached					495		495	495

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Vivienne TAYLOR	FV65+	Framlingham Flyers		500	499	500	500		1999	1999
Corinne SHOOLBRED	FV65+	Unattached	500	495	497	496	495	498	2981	1991
Trish HOPKINS	FV65+	Felixstowe RRC		496	496	497	497	499	2485	1989
Chris GAY	FV65+	Stowmarket Striders Running Club		494		495	496	497	1982	1982
Lynn TANNER	FV65+	Springfield Striders RC			500			500	1000	1000
Moirra PINKNEY	FV65+	Ipswich Triathlon Club		499		499			998	998
Julie HASELWOOD	FV65+	Ipswich Jaffa RC		498			498		996	996
Pam MORGAN	FV65+	Suffolk Trail Runners					499		499	499
Annette HUGGINS	FV65+	Framlingham Flyers			498				498	498
Bernice TRODD	FV65+	Unattached				498			498	498
Maureen WRIGHT	FV65+	Ipswich Jaffa RC		497					497	497
Gaye FARRAR	FV65+	Framlingham Flyers			495				495	495

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Benjamin TURLEY	MS	Ipswich Jaffa RC		497	499		498	499	1993	1993
Kieran HAYLES	MS	Sudbury Joggers	500	496	497		496		1989	1989
Samuel BURDETT	MS	Stowmarket Striders Running Club		495	496	499	497		1987	1987
Tony GAVIN	MS	Felixstowe RRC		494		498	495	495	1982	1982
Nicholas CLARKE	MS	Ipswich Jaffa RC	498	492	493	496	494	493	2966	1981
Scott MANNING	MS	Framlingham Flyers	497	493	495	495			1980	1980
Gavin SCANLAN	MS	Colchester Harriers AC	495	490	492	493	490	491	2951	1971
Tom WALKER	MS	Saint Edmund Pacers		487	494	484	492	492	2449	1965
Gary TAYLOR	MS	Felixstowe RRC	492	482	487	491			1952	1952
Alex ARCHER	MS	Unattached	489	481	483	486		480	2419	1939
Daniel INGLEBY	MS	Ipswich Jaffa RC		484	484	487	483	483	2421	1938
Melvyn MAYCOCK	MS	Ipswich Jaffa RC	493	483		476	481	475	2408	1933
Rob PAGE	MS	Ipswich Jaffa RC	485	475		478	472	470	2380	1910
Shaun NICHOLLS	MS	Ipswich Jaffa RC		477	478	472	480	467	2374	1907
Jordan SMITH	MS	Ipswich Jaffa RC		471	475		477	469	1892	1892
Neil BARNETT	MS	Unattached		476	477	469		464	1886	1886
Stephen NEUMANN	MS	Unattached	479		468	466	467		1880	1880
Scott SMITH	MS	Unattached	470	463	464	458	470	462	2787	1867
David HOSKING	MS	Unattached		464		464	468	454	1850	1850
Steve OGLESBY	MS	Haverhill Running Club	469		458	455	465		1847	1847
Steve SHAW	MS	Unattached		465	467	460		452	1844	1844
Gary INGRAM	MS	Ipswich Jaffa RC	466	457	462	456		455	2296	1841
Keelan SMITH	MS	Saxmundham Sports Running &	468	455	459	451	458	442	2733	1840
Jason COWLES	MS	Unattached		460	465	452	459	451	2287	1836
George FIRTH	MS	Stowmarket Striders Running Club	465	451	454	454	461	447	2732	1834
Andy HAYWARD	MS	Stowmarket Striders Running Club	471	456	456	449	447	438	2717	1832
Matt REASON	MS	Stowmarket Striders Running Club	462		455	448	450	443	2258	1815
Ross ARNOLD	MS	Haverhill Running Club	457		457	446		444	1804	1804
John CHELL	MS	Ipswich Jaffa RC	459	446		444	451	437	2237	1800
Robert KEMP	MS	Felixstowe RRC	452	434	447	441	444	431	2649	1784
Josh IRON	MS	Haverhill Running Club	454	439		440	443	430	2206	1776
Steve ROBERTS	MS	Sudbury Joggers	450	431	446	438	441	429	2635	1775
Chris HALL	MS	Bungay Black Dog RC		488		494	493		1475	1475
Marc BRIGGS	MS	Ipswich Jaffa RC		486	490			485	1461	1461
Ashley SMY	MS	Ipswich Jaffa RC				489	484	486	1459	1459
Rob BLACKMAN	MS	Great Bentley Running Club	486		480	479			1445	1445
Marcus BOON	MS	Ipswich Jaffa RC			481	482		476	1439	1439
Oliver WATSON	MS	Ipswich Jaffa RC				473	476	474	1423	1423
Jamie FITTOCK	MS	Sudbury Joggers		473	474		474		1421	1421
Neil CATLEY	MS	Felixstowe RRC		470	476			468	1414	1414
Kirk VAUGHAN	MS	Unattached	483	469				456	1408	1408
Ricky DEASY	MS	Unattached	476	466				453	1395	1395
Christopher	MS	Saint Edmund Pacers	472			459	457		1388	1388
Tom MCGINTY	MS	Unattached		459	460		463		1382	1382
David BREWSTER	MS	Unattached		453	461		464		1378	1378
Alex MCGREGOR	MS	Unattached		449		457	466		1372	1372
Gavin BOAG	MS	Stowmarket Striders Running Club	455		449		449		1353	1353
Stuart MATHIESON	MS	Sudbury Joggers	451			442	446		1339	1339
Andrew ROOKE	MS	Framlingham Flyers		500	500				1000	1000
Tony BACON	MS	Haverhill Running Club				492	489		981	981

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Robert SMITH	MS	Colchester Harriers AC	494				486		980	980
Steve MASON	MS	Haverhill Running Club				490		490	980	980
Lee BARBER	MS	Framlingham Flyers			486		488		974	974
Matthew PAYNE	MS	Unattached		485	488				973	973
Geraint WHITE	MS	Ipswich Jaffa RC			485		487		972	972
Craig SISSON	MS	Haverhill Running Club				488		484	972	972
Alexander HOSKING	MS	Ipswich Jaffa RC			489			477	966	966
Stuart BUCHAN	MS	Ipswich Jaffa RC				485		478	963	963
John ALDRED	MS	Framlingham Flyers		479	482				961	961
Justin POTTER	MS	Stowmarket Striders Running Club				475	479		954	954
Daniel SUMMERGILL	MS	Ipswich Jaffa RC		472		481			953	953
Adam GERRISH	MS	Colchester Harriers AC				480		472	952	952
Kevin MILLARD	MS	Haverhill Running Club	481			470			951	951
Ben DEAN	MS	Diss & District AC				474	475		949	949
Lee BROWN	MS	Haverhill Running Club				477		471	948	948
Peter WOODS	MS	Felixstowe RRC	478		469				947	947
Jake CHURCH	MS	Saxmundham Sports Running &	475				462		937	937
James WILLINGHAM	MS	Unattached			466		469		935	935
Stuart PRICE	MS	Unattached					471	463	934	934
Adam CLARKE	MS	Saint Edmund Pacers			472			460	932	932
James ELLUL	MS	Felixstowe RRC		467				459	926	926
Tim ATTWOOD	MS	Unattached		461	463				924	924
Jack WICKS	MS	Great Bentley Running Club	461	450					911	911
Alex RUSSO	MS	Unattached		445			460		905	905
Wayne CLOSE	MS	Unattached		454		450			904	904
Ryan BRUTY	MS	Unattached				447	455		902	902
Francis MILLS	MS	Harwich Runners		452				446	898	898
Stuart HUNT	MS	Hadleigh Hares AC	458					439	897	897
Tom AYKROYD	MS	Unattached		448			448		896	896
Ben NAUGHTON	MS	Unattached	460					434	894	894
Calum DYES	MS	Unattached			445		445		890	890
Lee CLOSE	MS	Unattached		442		443			885	885
Andrew SARGENT	MS	Stowmarket Striders Running Club			448			433	881	881
Michael GILBERT	MS	Haverhill Running Club				500			500	500
Sebastian ANTHONY	MS	West Suffolk AC					500		500	500
Adam WADE	MS	Ipswich Jaffa RC	499						499	499
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
Matthew SPENCER	MS	Bungay Black Dog RC			498				498	498
Nick SMITH	MS	Saint Edmund Pacers				497			497	497
Matthew AXTON	MS	Saint Edmund Pacers	496						496	496
Ian LEDIEN	MS	Unattached	491						491	491
Wesley ATKINS	MS	Halstead Road Runners		491					491	491
Oliver MANNING	MS	Unattached			491				491	491
Gavin DAVIES	MS	Ipswich Jaffa RC					491		491	491
Andrew TURNER	MS	Hadleigh Hares AC	490						490	490
James HAYWARD	MS	Ipswich Jaffa RC		489					489	489
Simon DANIEL	MS	Unattached	488						488	488
Darren BARFIELD	MS	Sudbury Joggers	487						487	487

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Christopher POULDING	MS	Saint Edmund Pacers					485		485	485
Richard SMITH	MS	Unattached	484						484	484
Michael FALCONE	MS	Saint Edmund Pacers				483			483	483
James STUBBS	MS	Haverhill Running Club	482						482	482
Christopher JAMES	MS	Unattached					482		482	482
Michael MOORE	MS	Stowmarket Striders Running Club	480						480	480
Robert WRIGHT	MS	Ipswich Triathlon Club		480					480	480
Cameron THICK	MS	Ipswich Jaffa RC			479				479	479
Andy TAYLOR	MS	Unattached		478					478	478
Gergely VACI	MS	Unattached					478		478	478
Chris AYLETT	MS	Unattached	477						477	477
Alex MCCARTHY	MS	Unattached		474					474	474
Neil DENNIS	MS	Stowmarket Striders Running Club	474						474	474
Tomasz KOMOROWSKI	MS	Great Bentley Running Club	473						473	473
Chuck LAYZELL	MS	Unattached			473				473	473
Ricky O'NEILL	MS	Ipswich Jaffa RC					473		473	473
Alexander FOX	MS	Saint Edmund Pacers				471			471	471
Daniel COATES-MELTON	MS	Unattached			471				471	471
Thomas BEECROFT	MS	Unattached			470				470	470
Tom GOODWIN	MS	Unattached		468					468	468
Ryan OSMAN	MS	Unattached				468			468	468
Shaun HARRIS	MS	Ipswich Jaffa RC	467						467	467
Chris WELLS	MS	Sudbury Joggers				467			467	467
Marc BENSON	MS	Haverhill Running Club				465			465	465
Tony SMART	MS	Unattached	464						464	464
Luke GROVES	MS	Great Bentley Running Club	463						463	463
Scott GAGE	MS	Unattached				463			463	463
Jomeil BOBO	MS	Unattached		462					462	462
Simon WALLIS	MS	Haverhill Running Club				462			462	462
Oliver SCHOFIELD	MS	Saint Edmund Pacers				461			461	461
Tom MINNS	MS	Unattached		458					458	458
Mark NIXON	MS	Unattached	456						456	456
Rhodri DURIE	MS	Unattached					456		456	456
Ben RIDGEON	MS	Unattached					454		454	454
Chris CHANDLER	MS	100 Marathon Club	453						453	453
Daniel SNOWDEN	MS	Unattached			453				453	453
Jonny RANKIN	MS	Saint Edmund Pacers				453			453	453
Will BARROW	MS	Unattached					453		453	453
Richard MOSS	MS	Unattached			452				452	452
Joe ROBERTS	MS	Unattached					452		452	452
Stuart CLARKE	MS	Unattached			451				451	451
Jonny BOLTON	MS	Ipswich Jaffa RC			450				450	450
David MAYES	MS	Felixstowe RRC	447						447	447
Tom TAWELL	MS	Unattached				445			445	445
Mark OXFORD	MS	Ipswich Triathlon Club	444						444	444
Alex GREGGOR	MS	Unattached	443						443	443
Rob COOK	MS	Unattached					442		442	442
Carl WRIGHT	MS	Unattached	441						441	441
Philip	MS	Unattached	440						440	440
Aaron SELF	MS	Unattached				439			439	439

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Robert GRIMSEY	MS	Hadleigh Hares AC		438					438	438
Matt MAKIN	MS	Felixstowe RRC		437					437	437
Matt WILLIAMS	MS	Unattached		436					436	436
George HINDS	MS	Unattached		435					435	435
Ian LIGHTFOOT	MS	Unattached		433					433	433
Oliver WATSON	MS	Unattached		432					432	432

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Tom ADAMS	MU20	Ipswich Harriers	500	499			499	499	1997	1997
Thomas ABBOTT	MU20	Ipswich Harriers		495	498	499	497	497	2486	1991
Joe ROBSON	MU20	Saint Edmund Pacers		496		498	498	496	1988	1988
Matthew BENNETT	MU20	Ipswich Harriers	497		497	496	495	495	2480	1985
Dylan FOTHERGILL	MU20	Felixstowe RRC	496	497		495		494	1982	1982
Callum CAHILL	MU20	Colchester & Tendring AC	495	493	496		494	493	2471	1978
Dylan BRADNAM	MU20	Saint Edmund Pacers	494	491	495	493	493	490	2956	1975
Paul COOLEGE	MU20	Unattached	492	490	494	492			1968	1968
Thomas HAYDEN	MU20	Ipswich Harriers	493	489	493		492		1967	1967
Kyle CHURCH	MU20	Saxmundham Sports Running &			491	490	489	487	1957	1957
Erneas AFEWERKI	MU20	Colchester Harriers AC	499				500	498	1497	1497
Harry FITZGERALD	MU20	Ipswich Harriers	498	498		497			1493	1493
Conner BILNER	MU20	Ipswich Jaffa RC		494		494		492	1480	1480
Morgan MOORE	MU20	Stowmarket Striders Running Club			492	489	490		1471	1471
Jack COTTEE	MU20	Unattached	491				487	486	1464	1464
Jack AXFORD	MU20	Unattached				488	488	488	1464	1464
Alex TRIPP	MU20	Ipswich Harriers		500	500				1000	1000
Paul WAIN	MU20	Ipswich Jaffa RC			499			500	999	999
Will JOHNSTON-WOOD	MU20	Sudbury Joggers				491		489	980	980
Tom HENSON	MU20	Saint Edmund Pacers				500			500	500
Kieran MOODY	MU20	Saint Edmund Pacers					496		496	496
Joseph WEBB	MU20	Saint Edmund Pacers		492					492	492
Oliver BINGHAM	MU20	Stowmarket Striders Running Club					491		491	491
Harry MYHILL	MU20	Unattached				487			487	487

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Neil POLLARD	MV40	Newmarket Joggers		499	499		500	497	1995	1995
Benjamin JACOBS	MV40	Felixstowe RRC	479	496	496	497	499	494	2961	1988
James CORNISH	MV40	Woodbridge Shufflers Running	498	494	495	494		489	2470	1981
Nick PALMER	MV40	Stowmarket Striders Running Club	497	491	494			491	1973	1973
Alastair READ	MV40	Felixstowe RRC	493		489	493	497	486	2458	1972
Westley WALKER	MV40	Haverhill Running Club	494	490		495		490	1969	1969
Charlie KEITCH	MV40	Great Bentley Running Club	491		491		498	488	1968	1968
Robin HARPER	MV40	Felixstowe RRC	486	486	492	492	496	487	2939	1967
Dave BEIGHTON	MV40	Saint Edmund Pacers	485	488	472	487	495	483	2910	1955
Ben CUTHBERT	MV40	Sudbury Joggers		484		489	494	480	1947	1947
Leonard SAUNDERS	MV40	Felixstowe RRC	482	480	485	481	490	475	2893	1938
Peter BIRD	MV40	Saint Edmund Pacers	480	485	486	482		478	2411	1933
Matt BENSON	MV40	Sudbury Joggers	481	482	479	477	486	471	2876	1928
Martin JARVIS	MV40	Unattached	477	479	481	476	488	473	2874	1925
Neil WILLIAMSON	MV40	Newmarket Joggers	478	481	480	478	482		2399	1921
Jamie BENNETT	MV40	Ipswich Jaffa RC	476	472	475	469	479	466	2837	1902
Philip WINTER	MV40	Unattached	473	473		472	483		1901	1901
Karl OSBORN	MV40	Unattached	474			473	484	469	1900	1900
Simon GOLDSMITH	MV40	Ipswich Jaffa RC	475	475	476	471	472		2369	1898
Mark ROSE	MV40	Ipswich Jaffa RC		477		474	485	457	1893	1893
Jimmy SECKER	MV40	Sudbury Joggers	470	471	474	467	475	462	2819	1890
David MARSH	MV40	Unattached	471	470			481	467	1889	1889
Matthew RAWLINGS	MV40	Saint Edmund Pacers	472		473	465	474		1884	1884
Kieron PERRY	MV40	Unattached	468	466	469		470		1873	1873
Mark NEWMAN	MV40	Unattached	467	465	470			452	1854	1854
Jim LAST	MV40	Framlingham Flyers			498	500		500	1498	1498
Peter DAVY	MV40	Sudbury Joggers	500			498		496	1494	1494
James CALVERT	MV40	Ipswich Jaffa RC		500	500			492	1492	1492
Peter KERRY	MV40	Ipswich Triathlon Club		495	497	496			1488	1488
Marcus CATLIN	MV40	Ipswich Jaffa RC	492		493	488			1473	1473
John SCAIFE	MV40	Hadleigh Hares AC		498	477			498	1473	1473
Trevor BUNCH	MV40	Saint Edmund Pacers	496	492				482	1470	1470
Henry MORRISON	MV40	Unattached	484		488	485			1457	1457
Steve HALL	MV40	Framlingham Flyers			484	480		474	1438	1438
Lee CORNWELL	MV40	Ipswich Jaffa RC		469		463		459	1391	1391
Kevin MURPHY	MV40	Saint Edmund Pacers	499			499			998	998
Anton NIGHTINGALE	MV40	Ipswich Triathlon Club		489		491			980	980
Chris MOWER	MV40	Saint Edmund Pacers	487				492		979	979
Ross WILCOX	MV40	Stowmarket Striders Running Club				486	493		979	979
Darren COOK	MV40	Felixstowe RRC	489					481	970	970
Dominic MELERO	MV40	Unattached				479	489		968	968
Richard LEEDER	MV40	Stowmarket Striders Running Club				484		479	963	963
Matt DAVEY	MV40	Tiptree RRC			482			470	952	952
Gary PERRYMAN	MV40	Tiptree RRC				475		468	943	943
Derek HOOD	MV40	Ipswich Jaffa RC		476				464	940	940
Neil SMITH	MV40	Unattached			471	468			939	939
Gregory STOWE	MV40	Stowmarket Striders Running Club				461	471		932	932
Mathew COWELL	MV40	Haverhill Running Club	469			462			931	931
Paul CAUSON	MV40	Unattached		468				460	928	928
Stewart ELLIS	MV40	Halstead Road Runners		497					497	497

Friday 5 Championship File 2018

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ben CAISEY	MV40	Ipswich Triathlon Club	495						495	495
Kevin PEIRCE	MV40	Ipswich Harriers		493					493	493
Andrew CRAIG	MV40	Woodbridge Shufflers Running					491		491	491
Ben TROUGHTON	MV40	Unattached	490						490	490
Chris LEEK	MV40	Framlingham Flyers			490				490	490
Gavin FISHER	MV40	Unattached				490			490	490
Richard SMITH	MV40	Sudbury Joggers	488						488	488
Tom ALEXANDER	MV40	Woodbridge Shufflers Running		487					487	487
Kevin COLLINS	MV40	Unattached			487				487	487
Rob JEWERS	MV40	Unattached					487		487	487
Jonathan BARNES	MV40	Woodbridge Shufflers Running	483						483	483
Stuart SIMMONS	MV40	Ipswich Jaffa RC		483					483	483
Ashleigh RANSON	MV40	Road Runners Club			483				483	483
Miles WEAVER	MV40	Unattached				483			483	483
Jim ALDRIDGE	MV40	Unattached					480		480	480
Richard SMITH	MV40	Chippenham Harriers		478					478	478
Simon TINKLER	MV40	Framlingham Flyers			478				478	478
Damien MAGEE	MV40	Unattached					478		478	478
Daniel SELFE	MV40	Stowmarket Striders Running Club					477		477	477
Stuart WRIGHT	MV40	Unattached					476		476	476
Dan CLARK	MV40	Felixstowe RRC		474					474	474
Andre EDWARDS	MV40	Unattached					473		473	473
Michael KERRY	MV40	Unattached				470			470	470
Carl NEWELL	MV40	Felixstowe RRC		467					467	467
Gavin RIDGEON	MV40	Unattached				466			466	466
Graham DIXON	MV40	Haverhill Running Club				464			464	464

Friday 5 Championship File 2018

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Adam HOWLETT	MV45	Framlingham Flyers	500	499	500			500	1999	1999
Paul PRESTON	MV45	Colchester Harriers AC	496	498	499	500	500	499	2992	1998
Joe ADAMS	MV45	Unattached	499	495		498	499	497	2488	1993
Steve BROOKE	MV45	Felixstowe RRC	498	492	495	499	498	494	2976	1990
John THORPE	MV45	Ipswich Jaffa RC		497	498		497	496	1988	1988
Piotr BULACZ	MV45	Sudbury Joggers	497	494	497	497	496		2481	1987
Mark HAYDEN	MV45	Ipswich Harriers	495	493	494		495		1977	1977
Jason WING	MV45	Unattached	494	491		493	493		1971	1971
Tim HANMAN	MV45	Ipswich Jaffa RC	493	489	493	491	490	490	2946	1967
Lee MORGAN	MV45	Felixstowe RRC		487	489	494	491	491	2452	1965
Jan KADING	MV45	Stowmarket Striders Running Club	489	486	491	490	489	489	2934	1959
Adrian FROST	MV45	Sudbury Joggers	490	483	488	488	487	488	2924	1954
Jeremy BELL	MV45	Unattached	488	485	487	487	486	487	2920	1949
Andy ECCLES	MV45	Saint Edmund Pacers	486			484	484	483	1937	1937
Simon STAFFORD	MV45	Unattached		482		485	483	485	1935	1935
Kerry BUCKLEY	MV45	Unattached	482	479	484	482	482	467	2876	1930
Simon DOWNEY	MV45	Unattached	472	478	481			481	1912	1912
Steven JEGGO	MV45	Sudbury Joggers	475	477		480	479		1911	1911
Gareth PARKER	MV45	Unattached	477		474	479	476	478	2384	1910
Lee GODDARD	MV45	Stowmarket Striders Running Club	479	475	477	478	473	474	2856	1909
Daniel AGER	MV45	Ipswich Jaffa RC		474	479		477	475	1905	1905
Ian COTTEE	MV45	Harwich Runners	478			476	475	473	1902	1902
Mark SKINNER	MV45	Unattached	476		472	475	474	476	2373	1901
Stephen WINSER	MV45	Unattached	473	461	465	466	465	466	2796	1870
Neil STALLARD	MV45	Unattached	471	460	463	464	458		2316	1858
David CHURCH	MV45	Felixstowe RRC		463	466	465	462	464	2320	1858
Carl ROBINSON	MV45	Unattached		462	467	463	463		1855	1855
Christopher HOWARD	MV45	Sudbury Joggers	470	455	460	461	453	461	2760	1852
David TILLET	MV45	Felixstowe RRC		456	461	462	455	463	2297	1842
Keith WILLIAMS	MV45	Ipswich Jaffa RC		488	490			486	1464	1464
Rob EVANS	MV45	Unattached	480		478	481			1439	1439
Martin JONES	MV45	Unattached		473	476		471		1420	1420
Dave YOUNG	MV45	Unattached		471	473			469	1413	1413
John WATERSON	MV45	Saint Edmund Pacers				495	494		989	989
Mark WHITE	MV45	Haverhill Running Club	491					492	983	983
Martin PEARSON	MV45	Unattached				492	488		980	980
Phil BRACKENBURY	MV45	Unattached		484			492		976	976
Paul GARDINER	MV45	Unattached	484		486				970	970
Vince WEBB	MV45	Saint Edmund Pacers		481	485				966	966
Vince CALVER	MV45	Felixstowe RRC			483	483			966	966
Adam MUMFORD	MV45	Sudbury Joggers	487			477			964	964
Gabriel MARTINS	MV45	Ipswich Jaffa RC		480	480				960	960
Mark VINCE	MV45	Woodbridge Shufflers Running			475		478		953	953
Phil CLARKE	MV45	Unattached	474			473			947	947
Glenn PROCTOR	MV45	Stowmarket Striders Running Club				472	469		941	941
Stephen WADE	MV45	Unattached		470	470				940	940
Bill BESLEY	MV45	Stowmarket Striders Running Club				470	470		940	940
Graham ROOKE	MV45	Unattached		465		474			939	939
Robert BRIERLY	MV45	Unattached		466	468				934	934
Paul BESTLEY	MV45	Unattached		468				465	933	933

Friday 5 Championship File 2018

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Robert GOODCHILD	MV45	Unattached				467	466		933	933
David DAMANT	MV45	Stowmarket Striders Running Club			459		468		927	927
Stuart HOLLINGSWORTH	MV45	Felixstowe RRC	457	464					921	921
Richard CHECKETTS	MV45	Framlingham Flyers			462		459		921	921
Andrew TERRY	MV45	Stowmarket Striders Running Club	459				457		916	916
Jason DEAR	MV45	Unattached				459	454		913	913
Keith TILLEY	MV45	Ipswich Jaffa RC	500						500	500
Wayne COOK	MV45	Colchester Harriers AC	496						496	496
Nick HAMMOND	MV45	Framlingham Flyers			496				496	496
Paul CONNELL	MV45	Great Bentley Running Club				496			496	496
Roger STONE	MV45	Felixstowe RRC	492						492	492
Will ALDRED	MV45	Framlingham Flyers			492				492	492
Tom STEWART	MV45	Woodbridge Shufflers Running		490					490	490
Chris SUGARS	MV45	Felixstowe RRC				489			489	489
Darren JUDD	MV45	Unattached				486			486	486
Clive DAVEY	MV45	Sudbury Joggers	485						485	485
Jason BRUNT	MV45	Norfolk Gazelles AC					485		485	485
Ian RATTRAY	MV45	Colchester Harriers AC	483						483	483
Mark GOODWIN	MV45	Felixstowe RRC			482				482	482
Martin AVIS	MV45	Saint Edmund Pacers	481						481	481
Mark DOWNEY	MV45	Unattached					481		481	481
Steve PALFREY	MV45	Unattached					480		480	480
Kevin LINSELL	MV45	Unattached		476					476	476
Stephen SHAW	MV45	Felixstowe RRC		472					472	472
Mark HUGHES	MV45	Stowmarket Striders Running Club					472		472	472
Andy BAILEY	MV45	Bungay Black Dog RC			471				471	471
Andrew SMITH	MV45	Thetford AC				471			471	471
Alan Paul FOSKER	MV45	Hadleigh Hares AC	469						469	469
Darin MILLS	MV45	Unattached		469					469	469
Graham WAUDBY	MV45	Unattached			469				469	469
Steven BIGGS	MV45	Unattached				469			469	469
Stephen CHAPMAN	MV45	Stowmarket Striders Running Club				468			468	468
Bernard MORGAN	MV45	Unattached		467					467	467
Steve MCNAMARA	MV45	Stowmarket Striders Running Club					467		467	467
Rob ANDERSON	MV45	Felixstowe RRC		464					464	464
Steve BRODIE	MV45	Brandon Fern Hoppers					464		464	464
Grant USHER	MV45	Ipswich Jaffa RC					461		461	461
Andrew DENNY	MV45	Unattached				460			460	460
Kieran HARTIGAN	MV45	Stowmarket Striders Running Club					460		460	460
Christopher TRANTER	MV45	Unattached		458					458	458
Lee TAYLOR	MV45	Haverhill Running Club				458			458	458
Richard SORE	MV45	Ipswich Jaffa RC					456		456	456
Alan FOSKER	MV45	Hadleigh Hares AC		454					454	454
Justin OSTLER	MV45	Felixstowe RRC		453					453	453
Mark WOODS	MV45	Unattached					452		452	452
Tony HOLLAND	MV45	Ipswich Jaffa RC					451		451	451

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Wilfred CAMPBELL	MV50	Ipswich Jaffa RC		500	500	500		500	2000	2000
Peter WEST	MV50	Colchester Harriers AC	500	499	498	499			1996	1996
Scott MACSEPHNEY	MV50	Ipswich Jaffa RC	499	498	499	498		499	2493	1995
Chris CHORLEY	MV50	Bungay Black Dog RC	493	493	482	489	498	494	2949	1978
Chris TYE	MV50	Ipswich Triathlon Club		496	491		495	496	1978	1978
Stephen HATTEN	MV50	Saint Edmund Pacers	490	492	490		490		1962	1962
Steve RITSON	MV50	Stowmarket Striders Running Club	485	487	487	487	494	493	2933	1961
Ian GOODERHAM	MV50	Saint Edmund Pacers	484	485	488		493	492	2442	1958
Brian MUNNS	MV50	Newmarket Joggers	487	486	480	482	491	491	2917	1955
Peter WARLAND	MV50	Stowmarket Striders Running Club	483	484		485	488	489	2429	1946
Tim HIGGINS	MV50	Ipswich Jaffa RC	480	482		484	489	490	2425	1945
Richard DEMPSEY	MV50	Woodbridge Shufflers Running	479	481		478	487	488	2413	1935
Justin RABETT	MV50	Unattached	482	480	476		486	484	2408	1932
Robert REASON	MV50	Stowmarket Striders Running Club	478	479	483	477	483	486	2886	1931
Mark AVERY	MV50	Ipswich Jaffa RC	477	478	484	481		485	2405	1928
Mark GODBOLD	MV50	Ipswich Harriers	481	476	475		484		1916	1916
Tom HOBLYN	MV50	Saint Edmund Pacers	473	474	474	475		482	2378	1905
James WOOD	MV50	Sudbury Joggers	492		467	465		467	1891	1891
Paul MCALLISTER	MV50	Hadleigh Hares AC	466	465	468	468	481	474	2822	1891
Howard ALLEN	MV50	Ipswich Jaffa RC	471		473	467		477	1888	1888
Duncan CHAMBERLAIN	MV50	Ipswich Jaffa RC	469	470	470	462	476	466	2813	1885
Gi Kwong CHEUNG	MV50	Ipswich Jaffa RC	468	464		466	478	471	2347	1883
Ant WHITAKER	MV50	Unattached	464	459	463	463	473		2322	1863
Guy WHITING	MV50	Unattached	463	457			471	465	1856	1856
Stuart SHEPHERD	MV50	Saint Edmund Pacers	462	458	464	464		464	2312	1854
John BUSH	MV50	Great Bentley Running Club	460		460	460	468		1848	1848
Richard BODEN	MV50	Colchester Harriers AC	497		497			497	1491	1491
Andrew BUCK	MV50	Sudbury Joggers	498		496	497			1491	1491
Mark ALLEN	MV50	Unattached			495	495	500		1490	1490
Chris SERVANT	MV50	Ipswich Jaffa RC		490		494	499		1483	1483
Steven NEAL	MV50	Brandon Fern Hoppers	489			490	496		1475	1475
Mark FRISTON	MV50	Woodbridge Shufflers Running		488	486			469	1443	1443
Chris AXFORD	MV50	Unattached				473	482	483	1438	1438
Paul BROUGH	MV50	Haverhill Running Club	475			476	485		1436	1436
Philip BEER	MV50	Stowmarket Striders Running Club			469	479		487	1435	1435
Stuart APPLEBY	MV50	Unattached	476	477	479				1432	1432
Phil DAVIES	MV50	Ipswich Jaffa RC		471		469	480		1420	1420
Alex KUCZER	MV50	Unattached		467	471			473	1411	1411
Paul HALES	MV50	Capel Cheetahs RC		462			475	470	1407	1407
Charles HANN	MV50	Sudbury Joggers	496	497					993	993
Steven HUGHES	MV50	Stowmarket Striders Running Club	495			496			991	991
Paul BROWN	MV50	Framlingham Flyers		495	494				989	989
Nigel SCHOFIELD	MV50	Saint Edmund Pacers			492		497		989	989
Colin FARMER	MV50	Great Bentley Running Club				493		495	988	988
Rod PRIME	MV50	Unattached	491	494					985	985
Jamie RANDALL	MV50	Haverhill Running Club	488			488			976	976
Andrew REED	MV50	Unattached			478		492		970	970
Wayne MUMFORD	MV50	Sudbury Joggers			481	480			961	961
Richard SMITH	MV50	Saint Edmund Pacers			472			479	951	951
William MEADER	MV50	Unattached		472				478	950	950

Friday 5 Championship File 2018

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Glen AVIS	MV50	Hadleigh Hares AC	474	473					947	947
Adam HOCKEN	MV50	Witham RC	470					472	942	942
Alistair GOODIER	MV50	Ipswich Jaffa RC		469		472			941	941
Phil NORRIS	MV50	Unattached				461	474		935	935
Robbie BURT	MV50	Saint Edmund Pacers			466			468	934	934
Ross BOURNE	MV50	Unattached		463		470			933	933
Andrew CLIFTON	MV50	Felixstowe RRC		460			470		930	930
James HENDERSON	MV50	Unattached	494						494	494
David SMITH	MV50	Unattached			493				493	493
Simon SINCLAIR	MV50	Unattached				492			492	492
Shaun GOOD	MV50	Felixstowe RRC		491					491	491
Simon RANSOME	MV50	Unattached				491			491	491
Richard HIGGINS	MV50	Framlingham Flyers		489					489	489
Stephen DIXON	MV50	Ipswich Jaffa RC			489				489	489
Steve HENNINGS	MV50	Witham RC	486						486	486
Michael MCKINSTRY	MV50	Unattached				486			486	486
Andy CARR	MV50	Unattached			485				485	485
Dave HOWGEGO	MV50	Felixstowe RRC		483					483	483
Philip BROWN	MV50	Saint Edmund Pacers				483			483	483
Robert DUNCOMBE	MV50	Unattached					479		479	479
Andrew GEMMELL	MV50	Unattached			477				477	477
Jonathan NEWELL	MV50	Saint Edmund Pacers					477		477	477
Mark DAVEY	MV50	Unattached		475					475	475
David CAHILL	MV50	Colchester & Tendring AC				474			474	474
Chris FOX	MV50	Woodbridge Shufflers Running	472						472	472
Jez SORE	MV50	Unattached					472		472	472
Carl FRANCIS	MV50	Unattached				471			471	471
Robert TILLYARD	MV50	Saint Edmund Pacers					469		469	469
Jimmy RUSSELL	MV50	Felixstowe RRC		468					468	468
John SHATFORD	MV50	Unattached	467						467	467
Nigel JOHNS	MV50	Capel Cheetahs RC					467		467	467
Paul HEEKS	MV50	Stowmarket Striders Running Club		466					466	466
Mark BANHAM	MV50	Felixstowe RRC	465						465	465
Bryan HARWOOD	MV50	Framlingham Flyers			465				465	465
Kevin HAYWARD	MV50	Unattached			462				462	462
David SWALES	MV50	Saint Edmund Pacers	461						461	461
Dave LAMPARD	MV50	Felixstowe RRC		461					461	461
Mark FINCH	MV50	Unattached			461				461	461
Mark PARKER	MV50	Unattached		456					456	456

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Chris COOKE	MV55	Saint Edmund Pacers	500	500	500	500	500	500	3000	2000
Steve LANGLEY	MV55	Ipswich Jaffa RC	499	499	499	499	499	499	2994	1996
Howard BEASLEY	MV55	Saint Edmund Pacers	498	497	497	498	498	498	2986	1992
Steve PAUL	MV55	Eastern Veterans AC	497	496	498	495	496	497	2979	1988
Peter CLARKE	MV55	Diss & District AC		495	496	497	497		1985	1985
Alan JACKSON	MV55	Ipswich Jaffa RC	495	493	492	494	495	494	2963	1978
Mark JOHNSTONWOOD	MV55	Sudbury Joggers	492	490	490	472	491	491	2926	1964
Russel BREYER	MV55	Ipswich Triathlon Club	491		489	492	490	490	2452	1963
Duncan CHENERY	MV55	Ipswich Jaffa RC	490	489	488	490	488	486	2931	1957
Paul GILSON	MV55	Ipswich Jaffa RC		488	487		489	487	1951	1951
Cliff MANNING	MV55	Sudbury Joggers	488	486	484		487	485	2430	1946
David SHEAHAN	MV55	Unattached		484	485	486	486	484	2425	1941
Peter JAY	MV55	Saint Edmund Pacers	487	483	482	488			1940	1940
David SEYMOUR	MV55	Felixstowe RRC	486	480	477	483	485	481	2892	1935
Yusuf FIRAT	MV55	Haverhill Running Club	494	474		473	494		1935	1935
Robert MORGAN	MV55	Saint Edmund Pacers	485	482	481			480	1928	1928
Peter FINCH	MV55	Ipswich Jaffa RC		479	480	484		479	1922	1922
Steve BRIGHT	MV55	Unattached		478	478	481	482	478	2397	1919
Richard SMITH	MV55	Felixstowe RRC	483		476	482		477	1918	1918
Joe NAUGHTON	MV55	Stowmarket Striders Running Club	479	477	471	476	481	475	2859	1913
Adrian COLE	MV55	Stowmarket Striders Running Club	478	476	474	477	480	476	2861	1911
Steven REYNOLDS	MV55	Unattached		472	468	475	478		1893	1893
Rod MACGREGOR	MV55	Felixstowe RRC		471	469	474		474	1888	1888
Todd LEWIS	MV55	Sudbury Joggers	496		495	496			1487	1487
Andrew BUDD	MV55	Capel Cheetahs RC	493	491				493	1477	1477
Warren NEWELL	MV55	Unattached			491	493	492		1476	1476
Richard JAQUES	MV55	Unattached		475	472		479		1426	1426
Stephen HICKS	MV55	Unattached			494			495	989	989
Alistair DICK	MV55	Ipswich Jaffa RC		494	493				987	987
Vaughan MORRIS	MV55	Stowmarket Striders Running Club				491	493		984	984
Derek DALY	MV55	Saxmundham Sports Running &		485	486				971	971
Simon HAFFENDEN	MV55	Saint Edmund Pacers	482				483		965	965
Dave STEWARD	MV55	Woodbridge Shufflers Running		481	483				964	964
William BURDETT	MV55	Stowmarket Striders Running Club			475	479			954	954
Alan HILLYARD	MV55	Unattached			473	480			953	953
Grahame	MV55	Unattached	480		470				950	950
Greg DAVIS	MV55	Newmarket Joggers		498					498	498
Stuart GREEN	MV55	Stowmarket Striders Running Club		492					492	492
Glenn FRUISH	MV55	Newmarket Cycling & Triathlon	489						489	489
David SALTER	MV55	Thetford AC				489			489	489
Graeme TAYLER	MV55	Unattached		487					487	487
Phil MARSDEN	MV55	Unattached				487			487	487
Mark ROSS	MV55	Great Bentley Running Club				485			485	485
Anthony SMITH	MV55	Witham RC	484						484	484
Mark WEBSTER	MV55	Unattached					484		484	484
Jeremy HOLT	MV55	Sudbury Joggers	481						481	481
Richard HARRISON	MV55	Unattached			479				479	479
Crispin DUNNE	MV55	Unattached				478			478	478
Glen ROBERTSON	MV55	Lancing Eagles RC	477						477	477
Malcolm	MV55	Bungay Black Dog RC					477		477	477

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kevin WILDIG	MV55	Unattached		473					473	473
Colin HOPE	MV55	Unattached		470					470	470
Eric ALLRIGHT	MV55	Unattached			467				467	467

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Neville CLARKE	MV60	Newmarket Joggers		498	496	499	499	499	2491	1995
Stephen PRETTY	MV60	Stowmarket Striders Running Club	500	499	497	498			1994	1994
Paul MAYCOCK	MV60	Capel Cheetahs RC	497	495		495	496	494	2477	1983
Mick TAYLOR	MV60	Unattached	495	494	495	491	497	492	2964	1981
Keith BORRETT	MV60	Unattached	493	490	493	493	494	491	2954	1973
Graham WIGLEY	MV60	Framlingham Flyers			489	490	498	493	1970	1970
Mon LEE	MV60	Ipswich Jaffa RC		493	492	488	493	490	2456	1968
Frank GARDINER	MV60	Great Bentley Running Club	491	488	488	492	491	488	2938	1962
Mark ALLEN	MV60	Woodbridge Shufflers Running	494		486		490	487	1957	1957
Jim WITHERS	MV60	Newmarket Joggers	490	487	487	486	489	486	2925	1953
Iain HUNTER	MV60	Stowmarket Striders Running Club	486	489	490	485	486	484	2920	1951
Stephen WILLIAMS	MV60	Saint Edmund Pacers			481	484	487	483	1935	1935
Terry BACK	MV60	Ipswich Jaffa RC		500	500	500			1500	1500
Kim SWAN	MV60	Saint Edmund Pacers	499	497				496	1492	1492
Chris JOHNS	MV60	Woodbridge Shufflers Running	498	496	485				1479	1479
David MARTIN	MV60	Unattached		491		489	495		1475	1475
Tony ADOLPHUS	MV60	Ipswich Jaffa RC	489		484		488		1461	1461
Brian ROGERS	MV60	Ipswich Jaffa RC			499			500	999	999
Mike COOPER	MV60	Woodbridge Shufflers Running		492	491				983	983
George WICKER	MV60	Saint Edmund Pacers	488	486					974	974
Terry HUNTER	MV60	Stowmarket Striders Running Club	487	483					970	970
Paul BELAND	MV60	Unattached			483		485		968	968
Michael MARRIOTT	MV60	Unattached					500		500	500
John BAXTER	MV60	Bure Valley Harriers			498				498	498
Richard TAYLOR	MV60	Springfield Striders RC				497			497	497
Mik CARR	MV60	Bungay Black Dog RC	496						496	496
Greg MILLS	MV60	Unattached				496			496	496
Robert MAWSON	MV60	Framlingham Flyers			494				494	494
Steve ROBINSON	MV60	Stowmarket Striders Running Club				494			494	494
Ian SILLETT	MV60	Felixstowe RRC	492						492	492
Eddie DOUGLAS	MV60	Stowmarket Striders Running Club					492		492	492
Martin BRIGDEN	MV60	Unattached				487			487	487
Malcolm HOGARTH	MV60	Woodbridge Shufflers Running		485					485	485
Dave MANNING	MV60	Unattached		484					484	484
Stephen SPENCER	MV60	Brandon Fern Hoppers				483			483	483
John DRIVER	MV60	Felixstowe RRC		482					482	482
Jos WHATELY-SMITH	MV60	Unattached			482				482	482
Tim SKELTON	MV60	Unattached				482			482	482
Wyn JONES	MV60	Felixstowe RRC		481					481	481
Graham PAGE	MV60	Unattached				481			481	481
Mel CHITTOCK	MV60	Unattached				480			480	480

Friday 5 Championship File 2018

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Phil HYMERS	MV65	Saint Edmund Pacers	499	500	499	499	500	498	2995	1998
Charles SHOOLBRED	MV65	Ipswich Jaffa RC	498	499	498	497	498	497	2987	1993
David TAYLOR	MV65	Framlingham Flyers		498	496	496	495		1985	1985
David COLEY	MV65	Ipswich Jaffa RC	497	496	495	494		494	2476	1982
Chris AYLMER	MV65	Newmarket Joggers	496	495	492	493	493		2469	1977
Martin WEST	MV65	Great Bentley Running Club		497	493			493	1483	1483
Richard FELLINGHAM	MV65	Stowmarket Striders Running Club			494	495	494		1483	1483
David JONES	MV65	Stowmarket Striders Running Club	495	494				492	1481	1481
Robert DARNELL	MV65	Unattached		493	488	492			1473	1473
Tim NEWTON	MV65	Ipswich Jaffa RC	500		500				1000	1000
Alan BURGIN	MV65	Huntingdon AC				498		499	997	997
Robin ASHE	MV65	Bungay Black Dog RC			497		496		993	993
Paul WINTER	MV65	Stowmarket Striders Running Club			491		492		983	983
Steven RUE	MV65	Saint Edmund Pacers				500			500	500
Pat MORGAN	MV65	Suffolk Trail Runners					499		499	499
John NEVIN	MV65	Haverhill Running Club					497		497	497
Alan THORNHILL	MV65	Newmarket Joggers			490				490	490
Barry MUDD	MV65	Unattached			489				489	489

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Mike BULL	MV70	Unattached		499		500	500	499	1998	1998
John CULLUM	MV70	Saint Edmund Pacers	499	498	500	498	499		2494	1996
Ron MCCULLOUGH	MV70	Ipswich Jaffa RC		500				500	1000	1000
Malcolm SAVAGE	MV70	Springfield Striders RC	500			499			999	999
Mike ROSBROOK	MV70	Hadleigh Hares AC	498				498		996	996
Martin TILLEY	MV70	Saint Edmund Pacers					497		497	497

Number of records: 952