

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Emily ZETHRAEUS	FS	Great Bentley Running Club	495	496	500	496	498		2485	1990
Katie KING	FS	Saint Edmund Pacers	497	497	498		496	491	2479	1988
Rebecca FISH	FS	Unattached	496	495	497		497	494	2479	1985
Emma MORTIMER	FS	Unattached	493	487	493	493	492	492	2950	1971
Hayley COATES	FS	Saint Edmund Pacers	487	491	496		491	483	2448	1965
Terri GREEN	FS	Ipswich Jaffa RC	490	486	492	489	494	488	2939	1965
Holly TAYLOR	FS	Felixstowe RRC	492	492		492		489	1965	1965
Vashti MACDONALD-CLINK	FS	Cambridge & Coleridge AC	488		494		493	486	1961	1961
Helen BARBER	FS	Framlingham Flyers	491		495	490		484	1960	1960
Sophie COLEMAN	FS	Ipswich Jaffa RC	489	488	491		489	485	2442	1957
Ellie CUMNER	FS	Colchester Harriers AC		493		485	490	487	1955	1955
Emma THISTLETON	FS	TRISudbury	485	484		483	488		1940	1940
Michelle HEWITT	FS	Framlingham Flyers		482	490	480	487		1939	1939
Joanne HARPER	FS	Felixstowe RRC	483	479	489		484	481	2416	1937
Marion BENNETT	FS	Ipswich Jaffa RC	481	477	486	481	485		2410	1933
Ellen TURNER	FS	Unattached	479	475			475	477	1906	1906
Pamela MORGAN	FS	Framlingham Flyers		468	482	474		475	1899	1899
Adriana HOUCHELL	FS	Ipswich Jaffa RC	465	466	478	459	472	469	2809	1885
Hollie SUTHERLAND	FS	Felixstowe RRC	464	461	480	464	469	467	2805	1880
Kirsty MARSH	FS	Felixstowe RRC	459	460	472	460	468	466	2785	1866
Rachal BRETT	FS	Unattached	467	465		465		464	1861	1861
Rachael HATTEN	FS	Unattached		459	476	456	470		1861	1861
Sarah CLARKE	FS	TRISudbury	458	457	474	454	466		2309	1855
Doranne BREWSTER	FS	Unattached	452	447	466	443		456	2264	1821
Lauren JOHNSTON-WOOD	FS	Unattached	448	446	464	441		453	2252	1811
Emma DRURY	FS	Sudbury Joggers	499			499	499		1497	1497
Katie AUSTIN	FS	Unattached		498		498	500		1496	1496
Sara BIRD	FS	Ipswich Jaffa RC		499		500		497	1496	1496
Alice GOODWIN	FS	Ipswich Harriers	498			497		496	1491	1491
Samantha SPENCER	FS	Ipswich Jaffa RC		489		487		490	1466	1466
Alisa NEWMAN	FS	Unattached	480			479	483		1442	1442
Lydia SIMMONS	FS	Saint Edmund Pacers	475		485		478		1438	1438
Maria RIERA TURRO	FS	Felixstowe RRC	478	473				474	1425	1425
Heidi MORRIS	FS	I Can Run CIC	477	472			474		1423	1423
Deirdre DUFFY	FS	Unattached		462	479	461			1402	1402
Cheryl EDEN	FS	Haverhill Running Club			469	452	467		1388	1388
Karina HUNT	FS	Haverhill Running Club	461				461	461	1383	1383
Lucy DRIVER	FS	Felixstowe RRC		464		453		463	1380	1380
Jessie GOODERHAM	FS	Saint Edmund Pacers	500					495	995	995
Gemma PORCH	FS	Stowmarket Striders Running Club				495		493	988	988
Clare DOUGLAS	FS	Stowmarket Striders Running Club				488	495		983	983
Hien HOANG	FS	Great Bentley Running Club	484	478					962	962
Lisa CALVER	FS	Capel Cheetahs RC			483			478	961	961
Sinead CROSSLEY	FS	Diss & District AC		474	484				958	958
Claire DOUGLAS	FS	Unattached				476	476		952	952
Laura WATSON	FS	Unattached		476		475			951	951
Bridget SEARS	FS	Framlingham Flyers	476	469					945	945
Katie HOLMES	FS	Harwich runners		471				473	944	944
Steph LING	FS	Unattached	472			469			941	941
Claire MASKERY	FS	Stowmarket Striders Running Club				471		468	939	939
Angela BRENNAN	FS	Unattached			473		464		937	937
Danielle JONES	FS	Newmarket Joggers				478		454	932	932
Emily PINNER	FS	Unattached	463				465		928	928
Alice PEMBERTON	FS	Unattached			470			458	928	928
Julia HERRINGTON	FS	Unattached				457	471		928	928
Keeley WHITE	FS	Haverhill Running Club			475	451			926	926
Kelly WADE	FS	Unattached	460				463		923	923
Suzi DUNNING	FS	Stowmarket Striders Running Club	454		468				922	922
Emma CLIFTON	FS	Unattached	456				460		916	916
Natalie RIDGEON	FS	Unattached		450			456		906	906
Chelsea SALMON	FS	Unattached		448			455		903	903
Anneli OSTLER	FS	Felixstowe RRC				444	458		902	902
Daisy GLOVER	FS	Framlingham Flyers		500					500	500

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Laura THOMAS	FS	Ipswich Jaffa RC						500	500	500
Kerry DENNETT	FS	Unattached			499				499	499
Rachel SWEATT	FS	Grange Farm Trotters						499	499	499
Heidi STEELE	FS	Colchester Harriers AC						498	498	498
Rosie HORSFIELD	FS	Ipswich Jaffa RC	494						494	494
Katie CARD	FS	Unattached		494					494	494
Kirsty MILLARD	FS	Lonely Goat Running Club				494			494	494
Collette GREEN	FS	Felixstowe RRC				491			491	491
Rachel PLANT	FS	Lowestoft Road Runners		490					490	490
Katrina RIGBY	FS	Hadleigh Hares AC			488				488	488
Charlotte KING	FS	Grange Farm Trotters			487				487	487
Gemma SHEPPARD	FS	Unattached	486						486	486
Michelle SEYMOUR	FS	Haverhill Running Club				486			486	486
Victoria MILLER	FS	Stowmarket Striders Running Club					486		486	486
Kirsty THORNDYKE	FS	Ipswich Harriers		485					485	485
Lena MORE	FS	Haverhill Running Club				484			484	484
Danielle PAISLEY	FS	Unattached		483					483	483
Jemma MADDAMS	FS	Unattached					482		482	482
Lynsey WARREN	FS	Unattached	482						482	482
Crystal MURRAY	FS	Unattached				482			482	482
Eleanor BURKE	FS	Harwich runners						482	482	482
Helen HUNT	FS	Unattached		481					481	481
Kate HUTSON	FS	Ipswich Jaffa RC			481				481	481
Caroline GREEN	FS	Unattached					481		481	481
Annie NUNN	FS	Unattached		480					480	480
Gemma JEWERS	FS	Stowmarket Striders Running Club					480		480	480
Emma LEE	FS	Capel Cheetahs RC						480	480	480
Chloe STUTELEY	FS	Unattached					479		479	479
Clare WIGG	FS	Stowmarket Striders Running Club						479	479	479
Jazmine STEMPT	FS	Unattached			477				477	477
Claire BLANCHFORD	FS	Unattached				477			477	477
Catherine JACKSON	FS	Stowmarket Striders Running Club					477		477	477
Elizabeth BRIGHT	FS	Running Colchester						476	476	476
Charlotte RING	FS	Unattached	474						474	474
Becky ELLUL	FS	Felixstowe RRC	473						473	473
Melanie CATTEN	FS	Haverhill Running Club				473			473	473
Victoria CHAMPION	FS	Unattached					473		473	473
Rebecca MORGAN	FS	Unattached				472			472	472
Abi ELSOM	FS	Unattached						472	472	472
Helen POLLARD	FS	Unattached	471						471	471
Katherine PARKER	FS	Unattached			471				471	471
Samantha FRANKLIN	FS	Harwich runners						471	471	471
Gemma DUTTON	FS	Unattached	470						470	470
Lynsey GROOM	FS	Unattached		470					470	470
Hayley WILSON	FS	Haverhill Running Club				470			470	470
Emily WHITE	FS	GoodGym						470	470	470
Hannah DALE	FS	Unattached	469						469	469
Francesca RUSSO	FS	Unattached	468						468	468
Kelly CROSS	FS	Ely Runners				468			468	468
Nicole GREEN	FS	Unattached		467					467	467
Hannah ST LEDGER	FS	Unattached			467				467	467
Hannah DARVELL	FS	Saint Edmund Pacers				467			467	467
Laura EDWARDS	FS	Unattached	466						466	466
Emma WILLIAMS	FS	Haverhill Running Club				466			466	466
Gina HICKEY	FS	Haverhill Running Club			465				465	465
Leoni HARVEY	FS	Great Bentley Running Club						465	465	465
Sally LIGHTFOOT	FS	Unattached		463					463	463
Jessica THORPE	FS	Stowmarket Striders Running Club				463			463	463
Bethany BEDINGFIELD	FS	Unattached	462						462	462
Liza PUTWAIN	FS	Stowmarket Striders Running Club				462			462	462
Ellie BERRY	FS	Unattached					462		462	462
Katherine ROSE	FS	Unattached						462	462	462
Jess PRESTON	FS	Vegan Runners UK						460	460	460

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Katie MEADOWS	FS	Unattached					459		459	459
Sarah LUCAS	FS	Unattached						459	459	459
Carly CHURCHMAN	FS	Unattached		458					458	458
Jo VICKERY	FS	Haverhill Running Club				458			458	458
Samantha WILSON	FS	Unattached	457						457	457
Charlotte KEELER	FS	Unattached					457		457	457
Hayley ROOK	FS	Unattached						457	457	457
Gemma BERRY	FS	Unattached		456					456	456
Claire TROWER	FS	I Can Run CIC	455						455	455
Agnieszka ANDRZEJAK	FS	Unattached		455					455	455
Lisa HAWORTH	FS	Haverhill Running Club				455			455	455
Katherine PLEACE	FS	Harwich runners						455	455	455
Helen MARJORAM	FS	Framlingham Flyers		454					454	454
Lucy AINSLEY	FS	Unattached	453						453	453
Rachel DAWSON	FS	Unattached		453					453	453
Fran BARNARD	FS	Capel Cheetahs RC		452					452	452
Claire BUTCHER	FS	Felixstowe RRC	451						451	451
Sarah CHENERY	FS	Framlingham Flyers		451					451	451
Jennifer SPINDLER	FS	Unattached	450						450	450
Alison SMITH	FS	Haverhill Running Club				450			450	450
Linda DORSET	FS	Felixstowe RRC	449						449	449
Liz ATKINS	FS	Unattached		449					449	449
Lucy HARDING	FS	Ely Runners				449			449	449
Kara MOORE DAMANT	FS	Stowmarket Striders Running Club				448			448	448
Anamaria O'BRIEN	FS	Unattached	447						447	447
Jordan BARFIELD	FS	Haverhill Running Club				447			447	447
Danielle PETTIFORD	FS	Haverhill Running Club				446			446	446
Adriana LUPSA	FS	Unattached				445			445	445
Jessica JACKSON	FS	Unattached				442			442	442

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Fliss KINDRED KIRK	FU20	Framlingham Flyers		499	500	500	497		1996	1996
Rose MORTIMER	FU20	Unattached	499	498	499	497			1993	1993
Courtney TURNER	FU20	Felixstowe RRC	498		496	494	495		1983	1983
Kate HEEKS	FU20	Stowmarket Striders Running Club			497	495		500	1492	1492
Shannon MACSEPHNEY	FU20	Ipswich Jaffa RC			498	498	496		1492	1492
Philippa UNTHANK	FU20	Ipswich Harriers	500				500		1000	1000
Jasmine BILNER	FU20	Ipswich Jaffa RC		500		499			999	999
Maddie JORDAN-LEE	FU20	Stowmarket Striders Running Club					499		499	499
Rebecca GOODACRE	FU20	Unattached						499	499	499
Millie JORDAN-LEE	FU20	Stowmarket Striders Running Club					498		498	498
Ellen LOCKHART	FU20	Bungay Black Dog RC		497					497	497
Ellie SULLIVAN	FU20	Saint Edmund Pacers				496			496	496
Amy KERRY	FU20	Stowmarket Striders Running Club					494		494	494

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Tracy ENGLISH	FV40	Southend-on-Sea AC		500	500	496	500	500	2496	2000
Kym ROBERTSON	FV40	Saint Edmund Pacers			499	500	499	497	1995	1995
Magdalena KOMOROWSKA	FV40	Great Bentley Running Club	497	496	498	498	498	495	2982	1991
Victoria STACE	FV40	Framlingham Flyers	496	495	496	494	497	493	2971	1984
Caroline TALBOT	FV40	Ipswich Jaffa RC	493	490	492	490		483	2448	1965
Alex SMITH	FV40	Stowmarket Striders Running Club	492	492			491	489	1964	1964
Lucia HARDWICK	FV40	Unattached	481	485		488	489	485	2428	1947
Alison RENSHAW	FV40	Ipswich Jaffa RC	478		489	485	485	482	2419	1941
Emma NEWMAN	FV40	Unattached	475	483	488	484			1930	1930
Karen DEASY	FV40	Unattached	495		497			492	1484	1484
Hannah JEWERS	FV40	Stowmarket Striders Running Club		494	495		494		1483	1483
Carissa WYATT	FV40	Unattached	494				493	488	1475	1475
Clare EVERITT	FV40	Haverhill Running Club			491	492		490	1473	1473
Clare MOODIE	FV40	Framlingham Flyers	487			491	490		1468	1468
Jodie BUDD	FV40	Sudbury Joggers	483		490	487			1460	1460
Rachael HAMBLYN	FV40	Ipswich Jaffa RC		498				499	997	997
Ruth GOODCHILD	FV40	Unattached				495	496		991	991
Claire BOWMAN	FV40	Unattached					495	491	986	986
Sara HAMMETT-RIDSDALE	FV40	Haverhill Running Club				493	492		985	985
Nicola WELDON	FV40	Ipswich Jaffa RC	489	489					978	978
Rachel COX	FV40	Unattached				481	484		965	965
Emma BROWN	FV40	Unattached	476				488		964	964
Aiko HENINGTON	FV40	Colchester Harriers AC	500						500	500
Alice HEATHER - HAYES	FV40	Hadleigh Hares AC	499						499	499
Tamara JORDAN	FV40	Unattached		499					499	499
Michelle BELL	FV40	Unattached				499			499	499
Julia STELL	FV40	Ipswich Jaffa RC	498						498	498
Jayne CHAPPELS	FV40	Unattached						498	498	498
Rachel BODSWORTH	FV40	Hadleigh Hares AC				497			497	497
Helen JERROLD	FV40	Unattached		497					497	497
Madeline LEWIS	FV40	Harwich runners						496	496	496
Anthea COLSELL	FV40	Great Bentley Running Club			494				494	494
Karen STAPLETON	FV40	Harwich runners						494	494	494
Annabel LEECH	FV40	Unattached		493					493	493
Jenny MERRY	FV40	Sudbury Joggers			493				493	493
Ruth KIERAN	FV40	Saint Edmund Pacers		491					491	491
Christine EVANS	FV40	Unattached	491						491	491
Mary AKIN-GEORGE	FV40	Unattached	490						490	490
Sarah CAMFIELD	FV40	Haverhill Running Club				489			489	489
Amanda CRICHTON	FV40	Unattached	488						488	488
Fiona MASON	FV40	Framlingham Flyers		488					488	488
Dawn ROBB	FV40	Unattached		487					487	487
Della JOHNSON	FV40	Haverhill Running Club			487				487	487
Claire HUNT	FV40	Unattached					487		487	487
Tammi CRAWFORD	FV40	Unattached						487	487	487
Caroline STAFFORD	FV40	Felixstowe RRC	486						486	486
Vanessa MALLOWS	FV40	Unattached		486					486	486
Lo-Anne LEWIS	FV40	Unattached			486				486	486
Dawn DIXON	FV40	Haverhill Running Club				486			486	486
Rhonda HORNE	FV40	Unattached					486		486	486
Muriel LOVERING	FV40	Harwich runners						486	486	486
Tamsin HEGARTY	FV40	Felixstowe RRC	485						485	485
Charlotte DOWNING	FV40	Unattached	484						484	484
Anki NORDIN	FV40	Unattached		484					484	484
Rebecca PEIRCE	FV40	Unattached						484	484	484
Angela SOAMES	FV40	Felixstowe RRC				483			483	483
Hayley HOWARD	FV40	Unattached	482						482	482
Maria BILNE	FV40	Ipswich Jaffa RC		482					482	482
Sarah STUPPELL	FV40	Haverhill Running Club				482			482	482
Jenny WHITAKER	FV40	Unattached		481					481	481
Pippa DAVIES	FV40	Unattached	480						480	480
Maria BILNER	FV40	Ipswich Jaffa RC				480			480	480
Tamsin ABERDEIN	FV40	Unattached	479						479	479

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Lisa SHUMAKE	FV40	Unattached	477						477	477
Joanna SEALE	FV40	Unattached	474						474	474
Claire HEMPSTEAD	FV40	I Can Run CIC	473						473	473
Vicki HENSBY	FV40	Unattached	472						472	472

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kate SANDERCOCK	FV45	Colchester Harriers AC	499		499		499	498	1995	1995
Sarah COLBERT	FV45	Mid Essex Casuals		499	497	494	498	497	2485	1991
Kaye BRANTON	FV45	Felixstowe RRC	498	500		495	497		1990	1990
Goldie YULE	FV45	Unattached	496	496	496	490	492	494	2964	1982
Emma HARWOOD	FV45	Framlingham Flyers		497		492	495	496	1980	1980
Jan HART	FV45	Unattached	495	495	495	489	494	493	2961	1979
Juliet GARNHAM	FV45	Stowmarket Striders Running Club	488		494	488		492	1962	1962
Karen HAMILTON	FV45	Stowmarket Striders Running Club	491	491	493	487			1962	1962
Rebecca MCVELIA	FV45	Tiptree RRC		494		491	482	495	1962	1962
Melonie EVANS	FV45	TRISudbury	486	490		484	487	491	2438	1954
Kathryn GERRY	FV45	Woodbridge Shufflers Running Club	484	489	491		489		1953	1953
Joanne BROOKE	FV45	Felixstowe RRC		482	490	482	484	490	2428	1946
Julia MOSS-ECCARDT	FV45	Stowmarket Striders Running Club	481		488	485	486		1940	1940
Wendy KELLETT	FV45	Unattached	478	481	485		483	487	2414	1936
Tracey TAYLOR	FV45	Unattached	472	475	487	472	485	489	2880	1936
Amanda CHILDS	FV45	Ipswich Jaffa RC	480	479	489	474		486	2408	1934
Lois MICKLEBURGH	FV45	Unattached	482	485		476	488		1931	1931
Lisa SUTHERLAND	FV45	TRISudbury	477	472	484	469	481	488	2871	1930
Suzanne FROST	FV45	TRISudbury	476	480	486	475	480		2397	1922
Amanda BREWSTER	FV45	Stowmarket Striders Running Club	475	473	481	473		483	2385	1912
Kate WARBOYS	FV45	Newmarket Joggers	470	474	482	471		484	2381	1911
Heidi KNIGHT	FV45	Capel Cheetahs RC	471	471	480	468	477		2367	1899
Tina CHURCH	FV45	Saxmundham Sports Running & Fitness Club	469	470		466	472		1877	1877
Odette ROBSON	FV45	Saint Edmund Pacers			500	500		500	1500	1500
Sally-Ann BOWEN	FV45	Sudbury Joggers	500			498	500		1498	1498
Laura COLLINSON	FV45	Unattached	489	492			493		1474	1474
Joanna BLYTH	FV45	Felixstowe RRC	487	487		481			1455	1455
Niki MACSEPHNEY	FV45	Unattached			479		476	482	1437	1437
Claire ROOKE	FV45	Sudbury Joggers	473				478	485	1436	1436
Jo DICKINSON	FV45	Felixstowe RRC		467	478	465			1410	1410
Sandra WEBB	FV45	Saint Edmund Pacers	497		498				995	995
Clare WHITFIELD	FV45	Saint Edmund Pacers				493	496		989	989
Nicola WHITLEY	FV45	Capel Cheetahs RC	492	493					985	985
Alison MYLES	FV45	Unattached	490				490		980	980
Beverley JUDD	FV45	Unattached	485			486			971	971
Sarah JEGGO	FV45	Sudbury Joggers			483	478			961	961
Catherine BANK	FV45	Unattached		476		480			956	956
Allison DENNY	FV45	Unattached		469			473		942	942
Tracey PENNOCK	FV45	Unattached				467	475		942	942
Sally JOHNSTON	FV45	Haverhill Running Club			477	464			941	941
Fiona TIDESWELL	FV45	Haverhill Running Club				499			499	499
Annette OAKMAN	FV45	Colchester Harriers AC						499	499	499
Sandra BUMPHREY	FV45	Capel Cheetahs RC		498					498	498
Mary-Ann TULI	FV45	Haverhill Running Club				497			497	497
Tracy QUARRELL	FV45	Haverhill Running Club				496			496	496
Jane PARKINGTON	FV45	Unattached	494						494	494
Pauline ADAMS	FV45	Unattached	493						493	493
Clair JEFFERSON	FV45	Sudbury Joggers			492				492	492
Bonny HOWES	FV45	Unattached					491		491	491
Jo CLARK	FV45	Unattached		488					488	488
Trudie TIMMS	FV45	Framlingham Flyers		486					486	486
Kathryn MACDONALD	FV45	Unattached		484					484	484
Kate HARROLD	FV45	Unattached	483						483	483
Jess MACKAY	FV45	Unattached		483					483	483
Joanne ROSEWOLD	FV45	Haverhill Running Club				483			483	483
Sharon COX	FV45	Jogging Made Easy						481	481	481
Sam TAYLOR	FV45	Unattached						480	480	480
Helen HOLLINGSWORTH	FV45	Felixstowe RRC	479						479	479
Susannah HENSON	FV45	Saint Edmund Pacers				479			479	479
Heidi TAYLOR	FV45	Felixstowe RRC					479		479	479
Lian MEACHEN	FV45	Harwich runners						479	479	479
Lynne BAKER	FV45	Unattached		478					478	478
Kate MAWSON	FV45	Framlingham Flyers		477					477	477

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Naomi SHELMERDINE	FV45	Haverhill Running Club				477			477	477
Kirsty ABERDEIN	FV45	Unattached	474						474	474
Jacqui SEYMOUR	FV45	Stowmarket Striders Running Club					474		474	474
Diane CHESTER	FV45	Unattached				470			470	470
Heather SMITH	FV45	I Can Run CIC	468						468	468
Ruby RATCLIFF	FV45	Unattached		468					468	468
Sharon HAYFIELD	FV45	Unattached	467						467	467
Debra BATES	FV45	Unattached				463			463	463
Lorraine MILLS	FV45	Unattached				462			462	462

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jackie HANN	FV50	Sudbury Joggers	499	500		497	498	499	2493	1996
Sharon BRANDON	FV50	Saint Edmund Pacers			500	498	499	498	1995	1995
Sandy PHILLIPS	FV50	Ipswich Jaffa RC	496	498	499	494	497	495	2979	1990
Trish JARVIS	FV50	Jogging Made Easy	493	494	497	492	495	497	2968	1983
Ruth COWLIN	FV50	Sudbury Joggers	494	497	496		493	494	2474	1981
Sharon WARLAND	FV50	Stowmarket Striders Running Club	490	496	498	491	492	491	2958	1977
Mandy GODBOLD	FV50	Ipswich Harriers	486	493		488	488		1955	1955
Sarah COX	FV50	Unattached	481	489	492	483	490		2435	1954
Eloise BIRD	FV50	Saint Edmund Pacers	487	490		490		487	1954	1954
Teresa FARMER	FV50	Great Bentley Running Club	482	488	491	482	485	483	2911	1947
Susan BLOOMFIELD	FV50	Unattached	477	483			483	480	1923	1923
Jo PARDEN	FV50	Framlingham Flyers	495	499			494		1488	1488
Amanda PRIOR	FV50	Capel Cheetahs RC	484	491	494				1469	1469
Karen SKENE	FV50	Capel Cheetahs RC	483		495			489	1467	1467
Jacqueline ALLPORT	FV50	Felixstowe RRC			489	480	484		1453	1453
Christine GOODWIN	FV50	Unattached	498			496			994	994
Kate WOOD	FV50	Woodbridge Shufflers Running Club		495		493			988	988
Mary NAREY	FV50	Stowmarket Striders Running Club	500	487					987	987
Sianie PAINTER	FV50	Newmarket Joggers				489	491		980	980
Karen CHAMBERLAIN	FV50	Ipswich Jaffa RC		492				486	978	978
She HODGSON	FV50	Unattached			493	485			978	978
Rebecca JENNINGS	FV50	Unattached				486	489		975	975
Deb HART	FV50	Unattached	488					485	973	973
Helen SAAGI	FV50	Unattached		485	487				972	972
Samantha BROWN	FV50	Unattached	478		490				968	968
Jackie COLLINS	FV50	Felixstowe RRC					486	482	968	968
Michelle HUDSON	FV50	Haverhill Running Club			488	478			966	966
Tracey GEORGE	FV50	Harwich runners			486			479	965	965
Sandy THOROGOOD	FV50	Sudbury Joggers				500			500	500
Helen WING	FV50	Stowmarket Striders Running Club					500		500	500
Nicola RANSON	FV50	Springfield Striders RC						500	500	500
Lynn EMMETT	FV50	Beccles & Bungay Harriers				499			499	499
Maxine BISHOP	FV50	Unattached	497						497	497
Lizanne FORD	FV50	Sudbury Joggers					496		496	496
Claire BRANSBY	FV50	Harwich runners						496	496	496
Linda BAXTER	FV50	Unattached				495			495	495
Diane PARTON	FV50	Capel Cheetahs RC						493	493	493
Helena WEST	FV50	Saint Edmund Pacers	492						492	492
Valentina BURLEY	FV50	Harwich runners						492	492	492
Diane CHILVERS	FV50	Unattached	491						491	491
Vanessa CRANNIS	FV50	Unattached						490	490	490
Nathalie HOOPER	FV50	Hadleigh Hares AC	489						489	489
Colleen MORGAN	FV50	Unattached						488	488	488
Susan BRENTNALL	FV50	Cambridge & Coleridge AC				487			487	487
Shirley BINKS	FV50	Stowmarket Striders Running Club					487		487	487
Wendy LEAH	FV50	Unattached		486					486	486
Alison TAYLOR	FV50	Unattached	485						485	485
Sally SOLOMON	FV50	Felixstowe RRC		484					484	484
Helen SPOONER	FV50	Haverhill Running Club				484			484	484
Jacky LINGLEY	FV50	Harwich runners						484	484	484
Juliet TILLYARD	FV50	Unattached				481			481	481
Alison MANLEY	FV50	Harwich runners						481	481	481
Dara BYHAM	FV50	Unattached	480						480	480
Helen SUGARS	FV50	Unattached	479						479	479
Helen STACY	FV50	Unattached				479			479	479
Gina JABALLAH	FV50	Harwich runners						478	478	478

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rebecca PITTMAN	FV55	Springfield Striders RC	500	500	500	500	500	500	3000	2000
Jenny SHEAHAN	FV55	Eastern Veterans AC	497	497			499	496	1989	1989
Jenny CHURCH	FV55	Felixstowe RRC	494		496	495	496	493	2474	1981
Jo WHELAN	FV55	Felixstowe RRC		490	494	490	493	487	2454	1967
Tracy HUMPHREYS	FV55	Stowmarket Striders Running Club	489	491		491	494	489	2454	1965
Angela WHITING	FV55	Stowmarket Striders Running Club	484		492	487	492	486	2441	1957
Jane MOON	FV55	Felixstowe RRC		487	490	488	491	485	2441	1956
Sally-Ann HAMMOND	FV55	Unattached	481	486			487	484	1938	1938
Maureen MCCARTHY	FV55	West Suffolk AC		498	499	499			1496	1496
Kirsty WEAVERS	FV55	Saint Edmund Pacers	496		498		498		1492	1492
Jenny LYNCH	FV55	Felixstowe RRC		493		497	497		1487	1487
Suzi ASHWORTH	FV55	Woodbridge Shufflers Running Club	492	494		494			1480	1480
Denise WRIGHT	FV55	Stowmarket Striders Running Club	490			496		492	1478	1478
Jacqueline HEWITT	FV55	Haverhill Running Club			491	485	490		1466	1466
Christine ANTHONY	FV55	Saint Edmund Pacers	499	499					998	998
Val JENNINGS	FV55	Ipswich Jaffa RC	498					499	997	997
Sandra MAYHEW	FV55	Stowmarket Striders Running Club	495		497				992	992
Cheryl THOMAS	FV55	Ipswich Jaffa RC	488		493				981	981
Nicola STEVENSON	FV55	Felixstowe RRC		492		486			978	978
Suzanne GEORGE	FV55	Unattached				484	489		973	973
Teresa FRANKLIN	FV55	Haverhill Running Club				498			498	498
Brigid WALLEN	FV55	Witham RC						498	498	498
Dianne HUGHES	FV55	Stowmarket Striders Running Club						497	497	497
Marion PARKER	FV55	Felixstowe RRC		496					496	496
Maria REED	FV55	Haverhill Running Club			495				495	495
Sarah DAVIES	FV55	Felixstowe RRC		495					495	495
Hilary MAGNALL	FV55	Unattached					495		495	495
Deborah HALL	FV55	Unattached						495	495	495
Sally GILLAM	FV55	Harwich runners						494	494	494
Marion SIMMONS	FV55	Great Bentley Running Club	493						493	493
Sharon POTTER	FV55	Unattached				493			493	493
Christine ASHE	FV55	Bungay Black Dog RC				492			492	492
Ruth GREGGOR	FV55	Unattached	491						491	491
Theresa BISHOP	FV55	Unattached						491	491	491
Christina PRETTY	FV55	Harwich runners						490	490	490
Angela HAWES	FV55	Stowmarket Striders Running Club		489					489	489
Mandy GRAVES	FV55	Tiptree RRC			489				489	489
Sandra HISCOX	FV55	Haverhill Running Club				489			489	489
Sue PEARSON	FV55	Unattached		488					488	488
Christine MCCOLL	FV55	Unattached					488		488	488
Alison EVANS	FV55	Harwich runners						488	488	488
Jan RISEBROW	FV55	Felixstowe RRC	487						487	487
Anne HARVEY	FV55	Ipswich Jaffa RC	486						486	486
Julie WRIGHT	FV55	Unattached	485						485	485
Nicola LLOYD	FV55	Unattached	483						483	483
Sue CRAWTE	FV55	Sudbury Joggers	482						482	482

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Belinda GOBOLD	FV60	Ipswich Jaffa RC	500	500			500	500	2000	2000
Jenny MORGAN	FV60	Saint Edmund Pacers	499	499	500			497	1995	1995
Marion LEWIS	FV60	Saxmundham Sports Running & Fitness Club	496	497		500	498		1991	1991
Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	498		497	498	497	498	2488	1991
Alison BEECH	FV60	Ipswich Jaffa RC	495	496	498	499		496	2484	1989
Sue WRIGHT	FV60	Great Bentley Running Club	492	493		493	495	494	2467	1975
Anne OLIVER	FV60	Felixstowe RRC		491	496	495	493	491	2466	1975
Sue HARGADON	FV60	Ipswich Triathlon Club			492	494	494	493	1973	1973
Simone SUTHERLAND	FV60	Framlingham Flyers	491	490		491	492		1964	1964
Maggie FLATT	FV60	Beccles & Bungay Harriers	490	489		490	490	489	2448	1959
Gillian CHARLTON	FV60	Stowmarket Striders Running Club	493			496		492	1481	1481
Karen HATTON	FV60	Saint Edmund Pacers		498	499				997	997
Jackie CUNINGHAME	FV60	Stowmarket Striders Running Club				497	496		993	993
Susan HUNTER	FV60	Stowmarket Striders Running Club			495			488	983	983
Mary HOPE	FV60	Stowmarket Striders Running Club	489				489		978	978
Carolyn HAWORTH	FV60	Saint Edmund Pacers					499		499	499
Anne HERBERT	FV60	Harwich runners						499	499	499
Christine MARSH	FV60	Stowmarket Striders Running Club	497						497	497
Anne PARKINSON	FV60	Framlingham Flyers		495					495	495
Jo HIGGON	FV60	Harwich runners						495	495	495
Edwina FROST	FV60	Unattached	494						494	494
Riitta WOOD	FV60	Framlingham Flyers		494					494	494
Gill ROGERS	FV60	Unattached				492			492	492
Sue HUNTER	FV60	Stowmarket Striders Running Club					491		491	491
Jean WIER	FV60	Harwich runners						490	490	490
Sally LONG	FV60	Stowmarket Striders Running Club					488		488	488

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Cathy BEARD	FV65	Sudbury Joggers		500	500	500	500	499	2499	2000
Vivienne TAYLOR	FV65	Framlingham Flyers	500	499	499	499	499		2496	1997
Chris GAY	FV65	Lonely Goat Running Club	497	498		496		496	1987	1987
Caroline MCINTOSH	FV65	Newmarket Joggers				498	498	497	1493	1493
Charmian SMY	FV65	Framlingham Flyers	496	497					993	993
Lynn TANNER	FV65	Springfield Striders RC						500	500	500
Vivienne GRAY	FV65	Unattached	499						499	499
Annette HUGGINS	FV65	Framlingham Flyers	498						498	498
Marianne BURNELL	FV65	Ipswich Jaffa RC			498				498	498
Alison CLARKE	FV65	Great Bentley Running Club						498	498	498
Joanna MEYER	FV65	Unattached				497			497	497

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Maureen WRIGHT	FV70+	Ipswich Jaffa RC	500	500	500	500	500	500	3000	2000
Jan GREEN	FV70+	Framlingham Flyers	499	499	499	498			1995	1995
Gaye FARRAR	FV70+	Framlingham Flyers	498	498					996	996
Judy POTTER	FV70+	Beccles & Bungay Harriers				499			499	499
Bernice TRODD	FV70+	Unattached				497			497	497

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Tony GAVIN	MS	Felixstowe RRC	500	496	500	500		494	2490	1996
Samuel BURDETT	MS	Stowmarket Striders Running Club	499	495	499	498	498	492	2981	1994
Adam WADE	MS	Ipswich Jaffa RC	496	493		499	497	495	2480	1987
Nicholas CLARKE	MS	Ipswich Jaffa RC	493	490	494	497	493	486	2953	1977
Andy ELLIS	MS	Felixstowe RRC	491	491	493	495			1970	1970
James WILSON	MS	Saxmundham Sports Running & Fitness Club	497			491	494	488	1970	1970
Matthew AXTON	MS	Saint Edmund Pacers	492			493	490	482	1957	1957
Oliver WATSON	MS	Ipswich Jaffa RC		489		489	491	485	1954	1954
Aden BELL	MS	Hadleigh Hares AC	488		488	488	486	474	2424	1950
Ashley SMY	MS	Framlingham Flyers	490	486		490		481	1947	1947
Stuart BUCHAN	MS	Stowmarket Striders Running Club	487	483	487	485			1942	1942
Melvyn MAYCOCK	MS	Unattached	482		485	483	480	459	2389	1930
Daniel SUMMERSGILL	MS	Colchester Harriers AC	481	478	484	479	484	472	2878	1928
Gary TAYLOR	MS	Felixstowe RRC	486	462		492		480	1920	1920
Duncan SCOTT	MS	Great Bentley Running Club	477	473	482	471		449	2352	1903
Ricky O'NEILL	MS	Ipswich Jaffa RC	483	465			483	468	1899	1899
Scott SMITH	MS	Unattached	471	476		476	475	461	2359	1898
Kirk VAUGHAN	MS	Unattached	473		477	475	471	454	2350	1896
Neil DENNIS	MS	Stowmarket Striders Running Club	468	469	474	466	454	440	2771	1877
Dean REDNALL	MS	Stowmarket Striders Running Club		466	478	465	466		1875	1875
Peter MANSFIELD	MS	Sudbury Joggers	469	468	473	457	461	453	2781	1871
Stuart WARD	MS	Unattached	476			468	470	457	1871	1871
David BREWSTER	MS	Unattached	467	457	468	464		447	2303	1856
Jamie BRANDON	MS	Unattached	465	460	460	454	462	442	2743	1847
Patrick TWIST	MS	Unattached		453	461	459	459		1832	1832
Jordan GREER	MS	Saint Edmund Pacers			467	461	458	446	1832	1832
Ryan OSMAN	MS	Unattached		456	457	463	452		1828	1828
Matthew SALISBURY	MS	Unattached	454	448	454	450	441		2247	1806
Timothy DRAIN	MS	Stowmarket Striders Running Club	460	454		449	442	433	2238	1805
Keelan SMITH	MS	Saxmundham Sports Running & Fitness Club	452	447		446	434		1779	1779
Joe ROBERTS	MS	Unattached	456		452		437	432	1777	1777
Robert KEMP	MS	Felixstowe RRC	451	440	447		432	425	2195	1770
Kieran HAYLES	MS	Sudbury Joggers	495	492	496				1483	1483
Jack WILKINSON	MS	Unattached	498		497			484	1479	1479
Adam GERRISH	MS	Colchester Harriers AC	485	481		484			1450	1450
Alex ARCHER	MS	Ipswich Jaffa RC		484		487		478	1449	1449
Tony BACON	MS	Saffron Striders RC				480	492	464	1436	1436
Jordan SMITH	MS	Ipswich Jaffa RC	484				479	462	1425	1425
Oliver SCHOFIELD	MS	Saint Edmund Pacers			475	472	472		1419	1419
Ricky DEASY	MS	Unattached	475		476			452	1403	1403
Scott DUNBAR	MS	Unattached	466		470		464		1400	1400
Adam CLARKE	MS	Saint Edmund Pacers				467	469	456	1392	1392
Alex RUSSO	MS	Unattached	464		464		448		1376	1376
William SMITH	MS	Unattached			462	460	451		1373	1373
Tim ATTWOOD	MS	Unattached			459	458	453		1370	1370
Daniel CASE	MS	Felixstowe RRC			463		449	444	1356	1356
Patrick WILFORD	MS	Saxmundham Sports Running & Fitness Club	458			452	445		1355	1355
Ross ARNOLD	MS	Haverhill Running Club	462			448	444		1354	1354
Stuart MATHIESON	MS	Sudbury Joggers	455		450	442			1347	1347
Andy CAMPLIN	MS	Unattached	453		451			431	1335	1335
Steve ROBERTS	MS	Sudbury Joggers	449	439	442				1330	1330
Gary INGRAM	MS	Ipswich Jaffa RC			448		440	439	1327	1327
Chris ROSE	MS	Unattached			446	443		428	1317	1317
Craig SMITH	MS	Saint Edmund Pacers				445	433	427	1305	1305
Chris BURGOYNE	MS	Springfield Striders RC		499				499	998	998
Alex GLADLEY	MS	Unattached					499	496	995	995
Paul WAIN	MS	Ipswich Jaffa RC					495	490	985	985
Tom CRESSWELL	MS	Colchester Harriers AC			495			489	984	984
Geraint WHITE	MS	Ipswich Jaffa RC			489		489		978	978
Ian OLD	MS	Ipswich Jaffa RC				486	488		974	974
Gavin SCANLAN	MS	Colchester Harriers AC	489	482					971	971
Michael FALCONE	MS	Saint Edmund Pacers				478	481		959	959
Alex HOBBS	MS	Stowmarket Striders Running Club	480				477		957	957

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Peter BIVEN	MS	Unattached		477		477			954	954
Marcus BOON	MS	Ipswich Jaffa RC			480	473			953	953
Stewart WOODS	MS	Stowmarket Striders Running Club		472			476		948	948
Dean WRIGHT	MS	Hadleigh Hares AC					478	470	948	948
Rob PAGE	MS	Ipswich Jaffa RC		479				463	942	942
Lee GLACKEN	MS	Unattached		474				460	934	934
Tomasz KOMOROWSKI	MS	Great Bentley Running Club			469		465		934	934
George WRIGHT	MS	Unattached				462	460		922	922
Christopher UNDERWOOD	MS	Saint Edmund Pacers			466		450		916	916
Chris GARDINER	MS	Unattached				456	456		912	912
Peter WOODS	MS	Felixstowe RRC			458	453			911	911
Matthew HARVEY	MS	Unattached	457	449					906	906
Gavin HORREX	MS	Unattached	470					435	905	905
Matthew STOCKS	MS	Unattached			455		446		901	901
Andy HAYWARD	MS	Stowmarket Striders Running Club		441		444			885	885
Ben RIDGEON	MS	Unattached		445			435		880	880
Michal NOWAK	MS	Unattached			445			426	871	871
Andrew ROOKE	MS	Framlingham Flyers		500					500	500
Adam HOLLAND	MS	Tavistock Athletic Club					500		500	500
Pete ROBINSON	MS	Springfield Striders RC						500	500	500
Ben TOYE	MS	Gosport Road Runners		498					498	498
Oliver MANNING	MS	Unattached			498				498	498
Tim WOLFE	MS	Braintree & District AC						498	498	498
Matt SPENCER	MS	Unattached		497					497	497
Robert REASON	MS	Harwich runners						497	497	497
Tom KINGSNORTH	MS	Saint Edmund Pacers				496			496	496
Chris HALL	MS	Stowmarket Striders Running Club					496		496	496
Aidan COUGHLAN	MS	Vegan Runners UK	494						494	494
Lee BARBER	MS	Framlingham Flyers		494					494	494
Chris BALMER	MS	Ryston Runners AC				494			494	494
Mark MCKEOWN	MS	Colchester Harriers AC						493	493	493
James SMITH	MS	Halstead Road Runners			492				492	492
Aaron GRAVES	MS	Tiptree RRC			491				491	491
Jon GLANFIELD	MS	Felixstowe RRC						491	491	491
Alexander SALES	MS	Colchester Harriers AC			490				490	490
Will LAW	MS	City of Norwich Athletic Club		488					488	488
David LINDSAY	MS	Springfield Striders RC		487					487	487
Chris JAMES	MS	Unattached					487		487	487
Paul BOWN	MS	GoodGym						487	487	487
Luca PREDEBON	MS	Grange Farm Trotters			486				486	486
Graham JENVEY	MS	Bungay Black Dog RC		485					485	485
Chris WOOLENER	MS	Unattached					485		485	485
Scott MCLAREN	MS	Unattached			483				483	483
Matthew FRIEND	MS	Harwich runners						483	483	483
Matthew WESLEY	MS	Unattached				482			482	482
Alex SEAMAN	MS	Stowmarket Striders Running Club					482		482	482
Robert BLACKMAN	MS	Great Bentley Running Club			481				481	481
Lee BROWN	MS	Haverhill Running Club				481			481	481
Daniel JONES	MS	Ipswich Harriers		480					480	480
Neil BARNETT	MS	Unattached	479						479	479
Michael MOORE	MS	Stowmarket Striders Running Club			479				479	479
Michael BALL	MS	Riverside Runners St Neots						479	479	479
Tom CODLING	MS	TRISudbury	478						478	478
Michael SMITH	MS	Colchester Harriers AC						477	477	477
Giles SOWERBY	MS	Witham RC						476	476	476
Alastair BARTLETT	MS	Woodbridge Shufflers Running Club		475					475	475
William RADLEY	MS	Colchester Harriers AC						475	475	475
Max HARROLD	MS	Unattached	474						474	474
Kevin MILLARD	MS	Haverhill Running Club				474			474	474
Peter SQUIRRELL	MS	Ipswich Jaffa RC					474		474	474
Ben DEAN	MS	Diss & District AC					473		473	473
James NIAL	MS	Unattached						473	473	473
Kenneth WRIGHT	MS	Ipswich Jaffa RC	472						472	472

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kallum BREWARD	MS	Unattached			472				472	472
George TWEED	MS	Unattached		471					471	471
Christopher BING	MS	Ipswich Jaffa RC			471				471	471
Marc BRIGGS	MS	Ipswich Jaffa RC						471	471	471
Sean KENNEDY	MS	Woodbridge Shufflers Running Club		470					470	470
Simon WALLIS	MS	Haverhill Running Club				470			470	470
Luke WITHERS	MS	Haverhill Running Club				469			469	469
Jon MANN	MS	Great Bentley Running Club						469	469	469
Jamie ROCK	MS	Felixstowe RRC					468		468	468
Daniel SNOWDEN	MS	Framlingham Flyers		467					467	467
Matt GODDARD	MS	Unattached					467		467	467
Gavin LAWS	MS	Colchester Harriers AC						467	467	467
Ben HUDSON	MS	Felixstowe RRC						466	466	466
Andrew MANN	MS	Ipswich Jaffa RC			465				465	465
John ALDRED	MS	Framlingham Flyers						465	465	465
Mark HUGHES	MS	Unattached		464					464	464
Daniel INGLEBY	MS	Ipswich Jaffa RC			463				463	463
Matt WILLIAMS	MS	Unattached	463						463	463
Jerome HAYNES	MS	Unattached					463		463	463
Tom MINNS	MS	Unattached	461						461	461
Thomas BEECROFT	MS	Unattached		461					461	461
David MCNAE	MS	Unattached	459						459	459
Jake CHURCH	MS	Saxmundham Sports Running & Fitness Club		459					459	459
Daniel CLARKE	MS	Unattached		458					458	458
Will JOHNSTON-WOOD	MS	Sudbury Joggers						458	458	458
Daniel KNIGHT	MS	Haverhill Running Club					457		457	457
Tony SMART	MS	Unattached			456				456	456
Jonathan ROBERTS	MS	Unattached		455					455	455
Ian BLUETT	MS	Unattached				455			455	455
Michael HILL	MS	Unattached					455		455	455
Stuart RAFFLE	MS	Harwich runners						455	455	455
Daniel STOCKS	MS	Unattached			453				453	453
Henry BROWN	MS	Unattached		452					452	452
Darren ANDREWS	MS	Unattached		451					451	451
Ben CROSS	MS	Unattached				451			451	451
Barry EVE	MS	Lonely Goat Running Club						451	451	451
Matt MAKIN	MS	Felixstowe RRC	450						450	450
Mark NUTLEY	MS	Unattached		450					450	450
William ROXBY-CLARKE	MS	Harwich runners						450	450	450
Jason CHINERY	MS	Unattached			449				449	449
Stuart RUDDICK	MS	Unattached						448	448	448
Gary DARVELL	MS	Unattached				447			447	447
Simon STUTELEY	MS	Unattached					447		447	447
Dominic MIAOULIS	MS	Felixstowe RRC		446					446	446
Trevor LEWIS	MS	Harwich runners						445	445	445
Rob ALTOFT	MS	Unattached		444					444	444
Josh IRON	MS	Haverhill Running Club			444				444	444
Matthew DAWSON	MS	Unattached		443					443	443
Chris CHANDLER	MS	100 Marathon Club			443				443	443
Martin KEELER	MS	Unattached					443		443	443
Kieran CALLAGHAN	MS	Colchester Harriers AC						443	443	443
Tris MORGAN	MS	Framlingham Flyers		442					442	442
Niall BURKE	MS	Harwich runners						441	441	441
James MORTIMER	MS	Unattached					439		439	439
Aaron O'CONNELL	MS	Unattached					438		438	438
Stefan HOGAN	MS	Colchester Harriers AC						438	438	438
Jeremy DOWNS	MS	Harwich runners						437	437	437
Michael DAY	MS	Unattached					436		436	436
Andrew SILVERTON	MS	Unattached						436	436	436
Jordan HALL	MS	Unattached						434	434	434
Steven WHITNELL	MS	Unattached					431		431	431
David BRIGHT	MS	Unattached						430	430	430
Kris DALBY	MS	Harwich runners						429	429	429

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Josh MILLER	MS	Unattached						424	424	424
Lewis TIMMS	MS	Unattached						423	423	423

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Freddie ADAMS	MU20	Ipswich Harriers		500		500	500	498	1998	1998
Tom HAYDEN	MU20	Framlingham Flyers	499	497	499	493	496	493	2977	1991
William TERRY	MU20	Stowmarket Striders Running Club	498	498	497	491	494	490	2968	1987
Tom ADAMS	MU20	Ipswich Harriers		499		494	498	495	1986	1986
Paul COOLEIDGE	MU20	Unattached	496	495	496	490	493	488	2958	1980
Oliver BINGHAM	MU20	Stowmarket Striders Running Club	495		495	492	495	492	2469	1977
Dylan BRADNAM	MU20	Saint Edmund Pacers	494	496	498	488		487	2463	1976
Oliver LANGNER	MU20	Ipswich Jaffa RC	493	494		489		486	1962	1962
Joe ROBSON	MU20	Saint Edmund Pacers			500	498		497	1495	1495
Joe WEBB	MU20	Saint Edmund Pacers		493	494	486			1473	1473
Matthew BENNETT	MU20	Ipswich Jaffa RC	500			496			996	996
Fergus CROUCH	MU20	Colchester Harriers AC				495		496	991	991
Conner BILNER	MU20	Ipswich Jaffa RC	497					491	988	988
Ben BROWN	MU20	Unattached	490		493				983	983
Morgan MOORE	MU20	Stowmarket Striders Running Club				487	492		979	979
Ermeas AFEWERKI	MU20	Colchester Harriers AC						500	500	500
Tom HENSON	MU20	Saint Edmund Pacers				499			499	499
Ethan TURNER	MU20	Unattached					499		499	499
Conor CULHAM	MU20	Braintree & District AC						499	499	499
Steven QUERCIA-SMALE	MU20	Saint Edmund Pacers				497			497	497
Max ASHMORE	MU20	Unattached					497		497	497
Archie BARRINGTON	MU20	Harwich runners						494	494	494
Kieran DURRANT	MU20	Unattached	492						492	492
Aaron DURRANT	MU20	Unattached	491						491	491
Danny MILLWARD	MU20	Colchester Harriers AC						489	489	489
Xavier DOWNEY	MU20	Unattached				485			485	485
Michael KNOWLES	MU20	Harwich runners						485	485	485
Noah COX	MU20	Unattached						484	484	484

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Andrew SOUTHWOOD	MV40	Saint Edmund Pacers		499	500		500	500	1999	1999
Jason MARTER	MV40	Framlingham Flyers	500	498	499	500	499		2496	1998
Benjamin JACOBS	MV40	Felixstowe RRC		497	497	497	498	498	2487	1990
Neal HARDWICK	MV40	Unattached	499	494	495		497	499	2484	1990
Westley WALKER	MV40	Haverhill Running Club	497	492	492	496	496	493	2966	1982
Robin HARPER	MV40	Felixstowe RRC	494	490	491	493	494	490	2952	1972
Len SAUNDERS	MV40	Felixstowe RRC	487	488	481	487	493	479	2915	1955
Martin JARVIS	MV40	Unattached	486		483	489	492	480	2430	1950
Kyle ROPER	MV40	Ipswich Jaffa RC	482	481		484	491		1938	1938
Marcus CATLIN	MV40	Ipswich Jaffa RC	491		480		481	481	1933	1933
Matt BENSON	MV40	Sudbury Joggers			479	485	490	476	1930	1930
Stephen NEUMANN	MV40	Unattached	481		476	482	487		1926	1926
Dave BEIGHTON	MV40	Saint Edmund Pacers		482	478		488	478	1926	1926
Rob DYER	MV40	Great Bentley Running Club	478	480	477	480	483	472	2870	1921
Daniel SELFE	MV40	Stowmarket Striders Running Club	477	478		477	486		1918	1918
Femi ARIYO	MV40	Unattached	476	475	475		482	475	2383	1908
John ADAMS	MV40	Ipswich Jaffa RC	475	477	474	473			1899	1899
Jamie BENNETT	MV40	Ipswich Jaffa RC	474	476	472	471	477		2370	1899
Brett DEAKIN	MV40	Felixstowe RRC			470	472	475	474	1891	1891
Jamie WRIGHT	MV40	Framlingham Flyers	470	473	469	475			1887	1887
Matthew RAWLINGS	MV40	Saint Edmund Pacers	472		465		474	473	1884	1884
Mark NEWMAN	MV40	Unattached	467	471	467	470		470	2345	1878
Gavin ALEXANDER	MV40	Unattached			464	467	472	469	1872	1872
Matt DAVEY	MV40	Colchester Harriers AC	496	491				486	1473	1473
Tom ALEXANDER	MV40	Woodbridge Shufflers Running Club	493			492		488	1473	1473
David MARSH	MV40	Stowmarket Striders Running Club	490		486			483	1459	1459
Paul MORRIS	MV40	I Can Run CIC	484	484			489		1457	1457
Mark ROSE	MV40	Ipswich Jaffa RC	479	474			480		1433	1433
Neil WILLIAMSON	MV40	Newmarket Joggers	480		473	479			1432	1432
Peter DAVY	MV40	Unattached			498	499			997	997
Kevin PEIRCE	MV40	Ipswich Harriers		495				496	991	991
Chris MOWER	MV40	Saint Edmund Pacers			496			495	991	991
Ben CUTHBERT	MV40	Sudbury Joggers				495	495		990	990
James CORNISH	MV40	Woodbridge Shufflers Running Club		493	493				986	986
Chris PERRY	MV40	Saint Edmund Pacers	498					484	982	982
Ben JEFFERY	MV40	West Suffolk AC			488	491			979	979
Stuart WRIGHT	MV40	Felixstowe RRC		485		490			975	975
Paul OSBORNE	MV40	Felixstowe RRC	492					482	974	974
Neil CATLEY	MV40	Felixstowe RRC		487	484				971	971
Jonathan BARNES	MV40	Woodbridge Shufflers Running Club	485	483					968	968
Matt TRILL	MV40	Ipswich Jaffa RC		479			485		964	964
Graham DIXON	MV40	Haverhill Running Club				476	478		954	954
Ian BODSWORTH	MV40	Hadleigh Hares AC			471	474			945	945
Andrew BANNAN	MV40	Unattached			466		473		939	939
Paul CAUSON	MV40	Unattached	465					471	936	936
James BRIGGS	MV40	Haverhill Running Club				465	471		936	936
Stewart WHITE	MV40	Saint Edmund Pacers			463	468			931	931
Dan BELCHER-HACKETT	MV40	Stowmarket Striders Running Club	466			464			930	930
Daniel EVERITT	MV40	Haverhill Running Club			462	466			928	928
Jim LAST	MV40	Framlingham Flyers		500					500	500
Andrew BELL	MV40	Haverhill Running Club				498			498	498
Jonathan NEARS	MV40	Colchester Harriers AC						497	497	497
Chris LEEK	MV40	Framlingham Flyers		496					496	496
Charles KEITCH	MV40	Great Bentley Running Club	495						495	495
Ben TROUGHTON	MV40	Unattached			494				494	494
David PERCY	MV40	Haverhill Running Club				494			494	494
David CAMPBELL	MV40	Colchester Harriers AC						494	494	494
Peter BANKS	MV40	Witham RC						492	492	492
Simon HARRISON	MV40	Harwich runners						491	491	491
Nick PALMER	MV40	Stowmarket Striders Running Club			490				490	490
Damian PRYKE	MV40	Unattached	489						489	489
James CLEMENTS	MV40	Unattached		489					489	489
Steve MAY	MV40	Halstead Road Runners			489				489	489

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Simon FORD	MV40	Colchester Harriers AC						489	489	489
James ELLUL	MV40	Felixstowe RRC	488						488	488
Dominic MELERO	MV40	Unattached				488			488	488
Michael WILCOX	MV40	Unattached			487				487	487
Jonathan BOYLES	MV40	Running Colchester						487	487	487
Peter GRAY	MV40	Framlingham Flyers		486					486	486
Wayne SMITH	MV40	Saint Edmund Pacers				486			486	486
Dan UPTON	MV40	Unattached			485				485	485
Lee HOLOHAN	MV40	Colchester Harriers AC						485	485	485
Damian NUNN	MV40	Unattached					484		484	484
Dean SEARLE	MV40	Felixstowe RRC	483						483	483
Miles WEAVER	MV40	Unattached				483			483	483
James STUBBS	MV40	Haverhill Running Club			482				482	482
Will HARTWELL	MV40	Haverhill Running Club				481			481	481
Thomas AYKROYD	MV40	Unattached					479		479	479
Darryn ASHFORD	MV40	Unattached				478			478	478
Scott BRENTON	MV40	Tiptree RRC						477	477	477
Gavin RIDGEON	MV40	Unattached					476		476	476
Tom AYKROYD	MV40	Unattached	473						473	473
Jonathan SCOTT	MV40	Unattached		472					472	472
Robert LEDGER	MV40	Unattached	471						471	471
Neil GOODWIN	MV40	Boston Community Runners		470					470	470
Wasim HUDA	MV40	West Suffolk Wheelers					470		470	470
Matt HOWE	MV40	Felixstowe RRC	469						469	469
Steve KIRK	MV40	Framlingham Flyers		469					469	469
Craig DADE	MV40	Unattached				469			469	469
Stephen NEWHALL	MV40	Unattached					469		469	469
James POLLARD	MV40	Bournville Harriers Running Club	468						468	468
Jon BETSON	MV40	Unattached			468				468	468
David PLEACE	MV40	Harwich runners						468	468	468

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Keith TILLEY	MV45	Ipswich Jaffa RC	500			500	500	500	2000	2000
Adam HOWLETT	MV45	Framlingham Flyers	499	500		499	499		1997	1997
Mark HAYDEN	MV45	Framlingham Flyers	497	499	500	498	498	499	2991	1996
Piotr BULACZ	MV45	Sudbury Joggers		497	499	496	496	498	2486	1990
Tim HANMAN	MV45	Ipswich Jaffa RC	493	493	498	493	495	496	2968	1982
Adrian FROST	MV45	Saint Edmund Pacers	492		497	492		492	1973	1973
Vince WEBB	MV45	Saint Edmund Pacers	486	486	495	483	491		2441	1958
John THORPE	MV45	Ipswich Jaffa RC	495	491			477	494	1957	1957
Simon STAFFORD	MV45	Unattached	483	488	488	481	490	488	2918	1954
Peter BIRD	MV45	Saint Edmund Pacers	487	484	494	484		486	2435	1951
John HENINGTON	MV45	Colchester Harriers AC	485	481	491	487	486	485	2915	1949
Kerry BUCKLEY	MV45	Felixstowe RRC	484	480	492	479	487	482	2904	1945
Karl FEAGAN	MV45	Hadleigh Hares AC		479	490	482	489	481	2421	1942
Kevin LINSELL	MV45	Unattached	480		486	480	488	480	2414	1934
Andre EDWARDS	MV45	Unattached	478	475	487		482	475	2397	1922
Marcus COX	MV45	Jogging Made Easy			485	478	480	477	1920	1920
Simon FRASER	MV45	Unattached	479	476			484	476	1915	1915
Jason ABLETT	MV45	Stowmarket Striders Running Club	472	472	483	477	478		2382	1910
Dave YOUNG	MV45	Unattached	475	474			476	473	1898	1898
Lee GODDARD	MV45	Stowmarket Striders Running Club	471	471	482	473	468		2365	1897
David CHURCH	MV45	Felixstowe RRC	469		481	471	471	470	2362	1893
Mike BERRY	MV45	Saint Edmund Pacers		470	479	469	459	464	2341	1882
Stephen CHAPMAN	MV45	Stowmarket Striders Running Club	467		478	465	465	466	2341	1876
Lee TAYLOR	MV45	Haverhill Running Club	464	466	473	467	461	462	2793	1870
Tony HOLLAND	MV45	Ipswich Jaffa RC	461		471		457	459	1848	1848
Justin OSTLER	MV45	Felixstowe RRC	463			464	458	461	1846	1846
Joe ADAMS	MV45	Unattached		496		497		497	1490	1490
Andrew CRAIG	MV45	Woodbridge Shufflers Running Club	494	492				493	1479	1479
Damian ELSDON	MV45	Saint Edmund Pacers			493	486	492		1471	1471
Gareth SOUTHGATE	MV45	Stowmarket Striders Running Club	489			488		489	1466	1466
Andy ECCLES	MV45	Saint Edmund Pacers	488	485				487	1460	1460
Craig DEARDEN-PHILLIPS	MV45	Unattached	482	483		485			1450	1450
Mark DOWNEY	MV45	Felixstowe RRC	477	477		476			1430	1430
Ian COTTEE	MV45	Harwich runners		473	484			472	1429	1429
Mark PHILLIPS	MV45	Haverhill Running Club			480		472	467	1419	1419
Graham ROOKE	MV45	Unattached	470				470	469	1409	1409
Karl SAVILL	MV45	Unattached	465	468			463		1396	1396
Darren SHEPPARD	MV45	Framlingham Flyers	498				497		995	995
Darren JUDD	MV45	Unattached	490			489			979	979
Bryn GIBBONS	MV45	Tiptree RRC			489			479	968	968
Gary PERRYMAN	MV45	Sudbury Joggers					485	483	968	968
Martin JONES	MV45	Unattached	476				473		949	949
Robert GOODCHILD	MV45	Unattached				472	474		946	946
Bill BESLEY	MV45	Stowmarket Striders Running Club				474	469		943	943
Graeme JOHNSTON	MV45	Haverhill Running Club			474	468			942	942
David BREWSTER	MV45	Stowmarket Striders Running Club			477	463			940	940
Chris WHITLEY	MV45	Unattached	468	469					937	937
Paul TAYLOR	MV45	Jogging Made Easy					466	471	937	937
Richard CHECKETTS	MV45	Framlingham Flyers	459	465					924	924
Mark WOODS	MV45	Unattached	462			462			924	924
Tim LARKE	MV45	Stowmarket Striders Running Club		498					498	498
Philip BRACKENBURY	MV45	Unattached	496						496	496
Mike DRURY	MV45	Unattached			496				496	496
Stephen HALL	MV45	Framlingham Flyers		495					495	495
Ian ELDEN	MV45	Ipswich Jaffa RC				495			495	495
Paul PRESTON	MV45	Colchester Harriers AC						495	495	495
Jason BRUNT	MV45	Norfolk Gazelles AC					494		494	494
Thomas STEWART	MV45	Woodbridge Shufflers Running Club		494					494	494
Ian FOREMAN	MV45	Unattached				494			494	494
Jason COOK	MV45	Unattached					493		493	493
Chris SUGARS	MV45	Felixstowe RRC	491						491	491
Henry MORRISON	MV45	Unattached				491			491	491
Justin HAYHOE	MV45	Unattached						491	491	491

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ian COXALL	MV45	Woodbridge Shufflers Running Club		490					490	490
Jan KADING	MV45	Stowmarket Striders Running Club				490			490	490
Andre BESANT	MV45	Harwich runners						490	490	490
Will ALDRED	MV45	Framlingham Flyers		489					489	489
Paul CONNELL	MV45	Great Bentley Running Club		487					487	487
Malcolm STATHAM	MV45	Colchester Harriers AC						484	484	484
Steve PALFREY	MV45	Unattached					483		483	483
Karle HOWARD	MV45	Lowestoft Road Runners		482					482	482
Kevin HARPER	MV45	Unattached	481						481	481
Jim ALDRIDGE	MV45	Ipswich Jaffa RC					481		481	481
Derek HOOD	MV45	Ipswich Jaffa RC					479		479	479
Simon TINKLER	MV45	Framlingham Flyers		478					478	478
Alan GARDNER	MV45	Harwich runners						478	478	478
Paul BUTLER	MV45	Unattached			476				476	476
Steve MOY	MV45	Unattached			475				475	475
Daniel PELLING	MV45	Haverhill Running Club				475			475	475
Simon WYATT	MV45	Unattached					475		475	475
Mark SKINNER	MV45	Unattached	474						474	474
Justin COOPER-KEEBLE	MV45	Harwich runners						474	474	474
Andrew METCALFE	MV45	Felixstowe RRC	473						473	473
Mark WHITE	MV45	Haverhill Running Club			472				472	472
Glenn PROCTOR	MV45	Stowmarket Striders Running Club				470			470	470
Simon THOMPSON	MV45	Tiptree RRC						468	468	468
Kieron PERRY	MV45	Unattached		467					467	467
Graham WAUDBY	MV45	Unattached					467		467	467
Christopher TRANTER	MV45	Unattached	466						466	466
Bryn STUPPELL	MV45	Haverhill Running Club				466			466	466
Matt DORAN	MV45	Harwich runners						465	465	465
Glen MURES	MV45	Unattached		464					464	464
Steve MCNAMARA	MV45	Stowmarket Striders Running Club					464		464	464
Gary HILL	MV45	Great Bentley Running Club						463	463	463
David DAMANT	MV45	Unattached					462		462	462
Dave ROBINSON	MV45	Unattached	460						460	460
Richard SORE	MV45	Ipswich Jaffa RC					460		460	460
Steve WAIN	MV45	Unattached						460	460	460
Paul DORSET	MV45	Felixstowe RRC	458						458	458

Friday 5 Championship File 2019

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
Steve BROOKE	MV50	Felixstowe RRC	499	499	500	499	500	497	2994	1998
Mark ALLEN	MV50	Ipswich Jaffa RC	498	498		498	499	495	2488	1993
Charles HANN	MV50	Sudbury Joggers	497	496		497	497	491	2478	1987
Nigel SCHOFIELD	MV50	Saint Edmund Pacers	495	493	499		496		1983	1983
Keith WILLIAMS	MV50	Ipswich Jaffa RC	496	494			498	494	1982	1982
Jamie RANDALL	MV50	Haverhill Running Club			497	496	495	487	1975	1975
Tim PARNELL	MV50	Unattached	490	487	494	491	491		2453	1966
Peter WARLAND	MV50	Stowmarket Striders Running Club	475	490	495	489	492	479	2920	1966
Simon DOWNEY	MV50	Unattached		492		493	494	486	1965	1965
Stephen HATTEN	MV50	Saint Edmund Pacers	489	484	493	488	487		2441	1957
Stephen RITSON	MV50	Stowmarket Striders Running Club	480	479	491	485	490	480	2905	1946
Robert REASON	MV50	Stowmarket Striders Running Club	482	480	492	486	485	478	2903	1945
Chris AXFORD	MV50	Jogging Made Easy	483	476	489	481	484	482	2895	1938
Mark GODBOLD	MV50	Ipswich Harriers	485	482		487	483		1937	1937
Clive PEMBERTON	MV50	Unattached	477	477	487		476	469	2386	1917
Richard SMITH	MV50	Saint Edmund Pacers	474	471	488	477	478	470	2858	1917
Neil STALLARD	MV50	Unattached		473	485	470	475	467	2370	1903
Paul MCALLISTER	MV50	Hadleigh Hares AC	476	470	484		472	461	2363	1902
Billy RICHMOND	MV50	Unattached	471	472	483	472	474	462	2834	1901
Brian TELFORD	MV50	Great Bentley Running Club	478			478	479	466	1901	1901
David ATKINS	MV50	Unattached	469	466	481	467	469	457	2809	1886
John MCVELIA	MV50	Tiptree RRC		468		468	468	456	1860	1860
Chris TYE	MV50	Ipswich Triathlon Club	494	485			493		1472	1472
Mark ANDREWS	MV50	Unattached	484				489	476	1449	1449
Nigel JOHNS	MV50	Capel Cheetahs RC	470	467	482				1419	1419
David GUEST	MV50	Unattached	468		479		467		1414	1414
Andrew TERRY	MV50	Stowmarket Striders Running Club	473			471		463	1407	1407
Ant WHITAKER	MV50	Unattached	467	465			466		1398	1398
Mark LAWES	MV50	Tiptree RRC			498			489	987	987
Simon MILLER	MV50	Colchester Harriers AC			496			484	980	980
Chris SERVANT	MV50	Ipswich Jaffa RC				494		485	979	979
Tujan SARI	MV50	Haverhill Running Club			490		488		978	978
Steven GOODFELLOW	MV50	Unattached		483			486		969	969
Carl FRANCIS	MV50	Stowmarket Striders Running Club				483	482		965	965
Mark AVERY	MV50	Ipswich Jaffa RC		481			481		962	962
Chris FOX	MV50	Woodbridge Shufflers Running Club	481				477		958	958
Victor BROOKS	MV50	Felixstowe RRC					480	474	954	954
Paul HEEKS	MV50	Stowmarket Striders Running Club				479		472	951	951
Garry MACDONALD	MV50	Ipswich Jaffa RC				476		473	949	949
Howard ALLEN	MV50	Ipswich Jaffa RC		475				468	943	943
David HICKS	MV50	Unattached				469	473		942	942
Marc RAPKIN	MV50	Unattached	466	464					930	930
Duncan CHAMBERLAIN	MV50	Ipswich Jaffa RC		469				460	929	929
Mark FORD	MV50	Felixstowe RRC						499	499	499
Keith MARLEY	MV50	Colchester Harriers AC						498	498	498
Warren BIRCH	MV50	Ipswich Jaffa RC		497					497	497
Paul DELLAR	MV50	Colchester Harriers AC						496	496	496
David SMITH	MV50	Unattached		495					495	495
Mike MCKINSTRY	MV50	Unattached				495			495	495
Michael SIMMONS	MV50	Great Bentley Running Club	493						493	493
Chris SEYMOUR	MV50	Stowmarket Striders Running Club						493	493	493
Stephen SHAW	MV50	Felixstowe RRC	492						492	492
Stephen ATKINS	MV50	Saint Edmund Pacers				492			492	492
Jay WAITE	MV50	Colchester Harriers AC						492	492	492
Dave HOWGEGO	MV50	Unattached	491						491	491
Gabriel MARTINS	MV50	Ipswich Jaffa RC		491					491	491
John CASHEN	MV50	Unattached				490			490	490
Michael UNDRILL	MV50	Unattached						490	490	490
Terry SPURGEON	MV50	Unattached		489					489	489
Karl HOLBROOK	MV50	Unattached	488						488	488
Andy CARR	MV50	Unattached		488					488	488
Tony WALLEN	MV50	Witham RC						488	488	488

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
David CASEY	MV50	Ipswich Triathlon Club	487						487	487
Rob ANDERSON	MV50	Unattached	486						486	486
Ian GROENEWALD	MV50	Unattached		486					486	486
John SHATFORD	MV50	Unattached			486				486	486
Paul BROUGH	MV50	Haverhill Running Club				484			484	484
Ian GOODERHAM	MV50	Saint Edmund Pacers						483	483	483
Alistair GOODIER	MV50	Ipswich Jaffa RC				482			482	482
Mark STEVENSON	MV50	Great Bentley Running Club						481	481	481
Barry STOCKS	MV50	Unattached			480				480	480
Andrew SMITH	MV50	Thetford AC				480			480	480
Christopher DURRANT	MV50	Unattached	479						479	479
Julian GIBBS	MV50	Unattached		478					478	478
Ian ST LEDGER	MV50	Unattached			478				478	478
Paul HOLLIDGE	MV50	Great Bentley Running Club						477	477	477
Jonathan WILDING	MV50	Felixstowe RRC				475			475	475
Chris REGAN	MV50	Colchester & Tendring AC						475	475	475
Andy BAILEY	MV50	Bungay Black Dog RC		474					474	474
Darren BIRCH	MV50	Unattached				474			474	474
Ross BOURNE	MV50	Saint Edmund Pacers				473			473	473
Stuart HOLLINGSWORTH	MV50	Felixstowe RRC	472						472	472
Jonathan NEWELL	MV50	Saint Edmund Pacers					471		471	471
Ian BOLTON	MV50	Harwich runners						471	471	471
Jeremy SORE	MV50	Unattached					470		470	470
Mark HUGHES	MV50	Stowmarket Striders Running Club					465		465	465
Bernard MORGAN	MV50	Unattached						465	465	465
Paul ANDERSON	MV50	Suffolk Trail Runners					464		464	464
Stephen MANLEY	MV50	Harwich runners						464	464	464
Kevin HAYWARD	MV50	Unattached		463					463	463
Mark FINCH	MV50	Unattached						459	459	459
Colin MATTHEWS	MV50	Harwich runners						458	458	458

Friday 5 Championship File 2019

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	499	1999	1999
Peter WEST	MV55	Colchester Harriers AC	499	500	500			498	1997	1997
Todd LEWIS	MV55	Sudbury Joggers		497	496	497	497	494	2481	1987
Andrew BUDD	MV55	Capel Cheetahs RC	495	498	497	496			1986	1986
Chris CHORLEY	MV55	Bungay Black Dog RC	494	493	495	493	496	493	2964	1978
Colin FARMER	MV55	Great Bentley Running Club	488	496	492	495	493	491	2955	1976
Robin BELSOM	MV55	Ipswich Jaffa RC	489		494	494	495	492	2464	1975
Vaughan MORRIS	MV55	Stowmarket Striders Running Club	492	495		492	490	487	2456	1969
Justin RABETT	MV55	Saint Edmund Pacers	487	494	493		491	490	2455	1968
Brian MUNNS	MV55	Newmarket Joggers		490	490	490	488	488	2446	1958
David HURLEY	MV55	Mid Essex Casuals		486	491	491	489	486	2443	1957
Paul SCHWER	MV55	Felixstowe RRC	486	492			486	484	1948	1948
David SHEAHAN	MV55	Unattached	484	487		489	484	483	2427	1944
Steve BRIGHT	MV55	Lonely Goat Running Club			488	484	481	480	1933	1933
Adrian COLE	MV55	Stowmarket Striders Running Club	479	481	489	481	479	477	2886	1930
Peter FINCH	MV55	Ipswich Jaffa RC	480	482		486		481	1929	1929
Duncan CHENERY	MV55	Ipswich Jaffa RC	476	480		485	482		1923	1923
William BURDETT	MV55	Stowmarket Striders Running Club	474	479	487			478	1918	1918
Stuart SHEPHERD	MV55	Saint Edmund Pacers		477	483	478	476	472	2386	1914
Grahame WALKINGSHAW	MV55	Jogging Made Easy	475	474	482		475	473	2379	1906
Mark JOHNSTON-WOOD	MV55	Sudbury Joggers	468	471	481	473		469	2362	1894
Joe NAUGHTON	MV55	Stowmarket Striders Running Club	469	472		474		470	1885	1885
Glynn THOMAS	MV55	Ipswich Jaffa RC	497		498		499		1494	1494
Mark WATTS	MV55	Saint Edmund Pacers	498		499			496	1493	1493
David SEYMOUR	MV55	Felixstowe RRC		484		488	485		1457	1457
Richard ALLPORT	MV55	Felixstowe RRC			485	482	480		1447	1447
Nick POTTER	MV55	Suffolk Trail Runners	481				483	482	1446	1446
Richard SMITH	MV55	Felixstowe RRC		475		479		476	1430	1430
Paul NEWMAN	MV55	Unattached	472	478			477		1427	1427
Steve LANGLEY	MV55	Eastern Veterans AC		499				497	996	996
Peter CLARKE	MV55	Diss & District AC	496			498			994	994
Richard HIGGINS	MV55	Framlingham Flyers	491				494		985	985
Stuart MASON	MV55	Felixstowe RRC		489				485	974	974
David STEWARD	MV55	Woodbridge Shufflers Running Club	482	483					965	965
Keith STEPHEN	MV55	Unattached				475	487		962	962
David SWALES	MV55	Saint Edmund Pacers			484		472		956	956
Carl HIGGINS	MV55	Unattached				477	474		951	951
Guy WHITING	MV55	Unattached		473			473		946	946
Colin RIDLEY	MV55	Colchester Harriers AC						500	500	500
Kevin VAUGHAN	MV55	Thetford AC				499			499	499
Stephen HICKS	MV55	Ipswich Harriers					498		498	498
Steven HUGHES	MV55	Stowmarket Striders Running Club						495	495	495
Yusuf FIRAT	MV55	Haverhill Running Club	493						493	493
Andrew WEBBER	MV55	Stowmarket Striders Running Club					492		492	492
Ian KENNEDY	MV55	Framlingham Flyers		491					491	491
Stuart GREEN	MV55	Stowmarket Striders Running Club	490						490	490
Phil SANDERSON	MV55	Harwich runners						489	489	489
Damian ASHCROFT	MV55	Bungay Black Dog RC		488					488	488
Richard SIDLIN	MV55	Garden City Runners				487			487	487
Anthony SMITH	MV55	Witham RC			486				486	486
Steven DURRANT	MV55	Felixstowe RRC	485						485	485
Gary GARNHAM	MV55	Unattached		485					485	485
Andrew FORSTER	MV55	Unattached	483						483	483
Kevin JAMIESON	MV55	Haverhill Running Club				483			483	483
David JENKINS	MV55	Unattached				480			480	480
Karl LEACH	MV55	Harwich runners						479	479	479
Andrew THOMAS	MV55	Unattached	478						478	478
Keith FISHER	MV55	Unattached					478		478	478
David LAMPARD	MV55	Felixstowe RRC	477						477	477
Simon DAVIES	MV55	Felixstowe RRC		476					476	476
David SALTER	MV55	Thetford AC				476			476	476
Ian BOWN	MV55	GoodGym						475	475	475
Paul RYAN	MV55	Unattached						474	474	474

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Richard JAQUES	MV55	Unattached	473						473	473
Jerry WRIGHT	MV55	Unattached	471						471	471
Des BISHOP	MV55	Unattached						471	471	471
Ian ALEXANDER	MV55	Unattached	470						470	470

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Terry BACK	MV60	Ipswich Jaffa RC	500	500		500	500	500	2500	2000
Alan JACKSON	MV60	Ipswich Jaffa RC	499	499	500	499	499	499	2995	1997
Stephen PRETTY	MV60	Saint Edmund Pacers	498	498	498	498	497		2489	1992
Kim SWAN	MV60	Saint Edmund Pacers		497	496		496	497	1986	1986
Robert MORGAN	MV60	Saint Edmund Pacers	496	494	495	496	494	496	2971	1983
Graham WIGLEY	MV60	Framlingham Flyers	495	496	494	497		495	2477	1983
Paul MAYCOCK	MV60	Capel Cheetahs RC		495	493	493	493	494	2468	1975
John WESTON	MV60	Unattached	493	491	491	488	490	491	2944	1966
Chris JOHNS	MV60	Woodbridge Shufflers Running Club		493	489	487	489		1958	1958
Frank GARDINER	MV60	Great Bentley Running Club	490	489	490	482	488	488	2927	1957
Jim WITHERS	MV60	Newmarket Joggers	489	490	488	486	487	489	2929	1956
Charlie STANNETT	MV60	Ipswich Triathlon Club	488		486	483	485	487	2429	1946
Steven REYNOLDS	MV60	Unattached			484	481	484	486	1935	1935
David MARTIN	MV60	Unattached	491		492	490			1473	1473
Paul BELAND	MV60	Unattached		488	485	479			1452	1452
Stephen DUNNETT	MV60	Framlingham Flyers	497		499				996	996
Kevin BRETT	MV60	Jogging Made Easy			497		498		995	995
Gary LOWE	MV60	Saxmundham Sports Running & Fitness Club				494	491		985	985
Robert MAWSON	MV60	Framlingham Flyers	492	492					984	984
Eddie DOUGLAS	MV60	Stowmarket Striders Running Club				492	492		984	984
Mon LEE	MV60	Ipswich Jaffa RC					486	492	978	978
Kevin BUNTON	MV60	Tiptree RRC						498	498	498
Richard TAYLOR	MV60	Springfield Striders RC				495			495	495
Michael MARRIOTT	MV60	Unattached					495		495	495
Michael DALE	MV60	Unattached	494						494	494
Kim PRETTY	MV60	Harwich runners						493	493	493
Greg MILLS	MV60	Unattached				491			491	491
Dennis WARNER	MV60	Harwich runners						490	490	490
Mark ALLEN	MV60	Woodbridge Shufflers Running Club				489			489	489
Elie ISHAC	MV60	Felixstowe RRC	487						487	487
Paul GRAVES	MV60	Tiptree RRC			487				487	487
John DRIVER	MV60	Felixstowe RRC	486						486	486
Mik CARR	MV60	Bungay Black Dog RC				485			485	485
Ian SILLETT	MV60	Felixstowe RRC				484			484	484
George WICKER	MV60	Saint Edmund Pacers					483		483	483
Phil HUDSON	MV60	Ware Joggers				480			480	480
Stephen SPENCER	MV60	Brandon Fern Hoppers				478			478	478
Mei CHITTOCK	MV60	Unattached				477			477	477

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Neville CLARKE	MV65	Newmarket Joggers	500	500	500	500		499	2499	2000
Keith BORRETT	MV65	Unattached	499		498	495	499	497	2488	1993
Chris AYLMER	MV65	Newmarket Joggers	497	498			494	492	1981	1981
David COLEY	MV65	Ipswich Jaffa RC	496	497		487		491	1971	1971
David SUTHERLAND	MV65	Unattached	494	496		486	491		1967	1967
David RIEDEL	MV65	Unattached				493	495	493	1481	1481
John CELERIER	MV65	Unattached	495			490	493		1478	1478
Alan BURGIN	MV65	Huntingdon AC				499		498	997	997
Jonathan PRICE	MV65	Sudbury Joggers			497		497		994	994
Mervyn CATTERMOLE	MV65	Unattached					498	496	994	994
Dereck BRETT	MV65	Unattached			495	491			986	986
Robert DARNELL	MV65	Unattached		495				489	984	984
Paul WINTER	MV65	Stowmarket Striders Running Club				489	492		981	981
David VAUGHAN	MV65	Saint Edmund Pacers					500		500	500
Arthur WHISTON	MV65	Colchester Harriers AC						500	500	500
Mark SARGEANTSON	MV65	Framlingham Flyers		499					499	499
Dave VAUGHAN	MV65	Saint Edmund Pacers			499				499	499
Graham BERNTHAL	MV65	Unattached	498						498	498
John SQUIRRELL	MV65	Stowmarket Striders Running Club				498			498	498
Michael BRENTNALL	MV65	Cambridge & Coleridge AC				497			497	497
Steve WILLIAMS	MV65	Saint Edmund Pacers			496				496	496
Gary HOWE	MV65	Beccles & Bungay Harriers				496			496	496
Stephen WILLIAMS	MV65	Saint Edmund Pacers					496		496	496
Peter DOWNING	MV65	Unattached						495	495	495
Robin ASHE	MV65	Bungay Black Dog RC				494			494	494
Jeff HIGGON	MV65	Harwich runners						494	494	494
Nick MELERO	MV65	Unattached				492			492	492
Martin CLARKE	MV65	Harwich runners						490	490	490
Michael CLAPHAM	MV65	Unattached				488			488	488
Paul FORSHAW	MV65	Fetch Everyone Running Club				485			485	485

Friday 5 Championship File 2019

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
David TAYLOR	MV70+	Framlingham Flyers	499	499	500	500	500		2498	1999
John CULLUM	MV70+	Saint Edmund Pacers	498	498	499	499	499		2493	1995
Chris HARBORD	MV70+	Bungay Black Dog RC	495	495		498	497		1985	1985
Martin COOPER	MV70+	Unattached	496				498		994	994
Martin TILLEY	MV70+	Saint Edmund Pacers	494				496		990	990
Patrick LOCKETT	MV70+	Newquay Road Runners	500						500	500
Ken ROOKE	MV70+	Framlingham Flyers		500					500	500
Ron MCCULLOUGH	MV70+	Ipswich Jaffa RC						500	500	500
Ross SILVERTON	MV70+	Witham RC						499	499	499
Christopher SLEMMINGS	MV70+	Ipswich Triathlon Club	497						497	497
Roger HOBSON	MV70+	Woodbridge Shufflers Running Club		497					497	497
David JONES	MV70+	Stowmarket Striders Running Club		496					496	496

Number of records: 1102