

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
f										
Tracy ENGLISH	FV40	Southend-on-Sea AC		497	499	463	495	496	2450	1987
Emily ZETHRAEUS	FS	Great Bentley Running Club	492	494	498	494	494		2472	1980
Katie KING	FS	Saint Edmund Pacers	494	495	496		491	484	2460	1976
Rebecca FISH	FS	Unattached	493	493	495		493	491	2465	1974
Rebecca PITTMAN	FV55	Springfield Striders RC	491	492	494	492	492	487	2948	1970
Emma MORTIMER	FS	Unattached	487	480	482	488	485	488	2910	1948
Kym ROBERTSON	FV40	Saint Edmund Pacers			493	479	489	485	1946	1946
Holly TAYLOR	FS	Felixstowe RRC	484	485		485		480	1934	1934
Hayley COATES	FS	Saint Edmund Pacers	470	484	492		484	472	2402	1932
Helen BARBER	FS	Framlingham Flyers	482		491	483		474	1930	1930
Terri GREEN	FS	Ipswich Jaffa RC	480	478	478	482	487	478	2883	1927
Vashti MACDONALD-CLINK	FS	Cambridge & Coleridge AC	474		490		486	476	1926	1926
Magdalena KOMOROWSKA	FV40	Great Bentley Running Club	478	479	487	470	480	469	2863	1924
Kate SANDERCOCK	FV45	Colchester Harriers AC	485		486		482	470	1923	1923
Fliiss KINDRED KIRK	FU20	Framlingham Flyers		477	488	486	471		1922	1922
Ellie CUMNER	FS	Colchester Harriers AC		486		475	483	477	1921	1921
Sophie COLEMAN	FS	Ipswich Jaffa RC	476	481	477		479	475	2388	1913
Sharon BRANDON	FV50	Saint Edmund Pacers			485	473	478	468	1904	1904
Victoria STACE	FV40	Framlingham Flyers	473	474	480	455	475	464	2821	1902
Jackie HANN	FV50	Sudbury Joggers	475	473		471	474	471	2364	1893
Sarah COLBERT	FV45	Mid Essex Casuals		470	479	466	477	462	2354	1892
Kaye BRANTON	FV45	Felixstowe RRC	477	471		468	476		1892	1892
Rose MORTIMER	FU20	Unattached	479	466	483	457			1885	1885
Jenny SHEAHAN	FV55	Eastern Veterans AC	471	472			473	463	1879	1879
Emma THISTLETON	FS	TRISudbury	466	469		465	469		1869	1869
Michelle HEWITT	FS	Framlingham Flyers		465	475	454	468		1862	1862
Joanne HARPER	FS	Felixstowe RRC	464	461	473		461	459	2318	1859
Belinda GODBOLD	FV60	Ipswich Jaffa RC	462	462			470	460	1854	1854
Marion BENNETT	FS	Ipswich Jaffa RC	461	458	466	459	464		2308	1850
Goldie YULE	FV45	Unattached	459	455	468	446	440	448	2716	1830
Emma HARWOOD	FV45	Framlingham Flyers		456		452	462	458	1828	1828
Sandy PHILLIPS	FV50	Ipswich Jaffa RC	454	447	464	445	456	447	2713	1821
Jan HART	FV45	Unattached	458	451	462	442	447	445	2705	1818
Trish JARVIS	FV50	Jogging Made Easy	444	438	459	441	449	457	2688	1809
Ruth COWLIN	FV50	Sudbury Joggers	449	441	456		443	443	2232	1791
Jenny MORGAN	FV60	Saint Edmund Pacers	447	452	469			420	1788	1788
Ellen TURNER	FS	Unattached	445	445			444	446	1780	1780
Karen HAMILTON	FV45	Stowmarket Striders Running Club	446	443	455	433			1777	1777
Sharon WARLAND	FV50	Stowmarket Striders Running Club	432	440	460	436	430	429	2627	1768
Courtney TURNER	FU20	Felixstowe RRC	442		452	435	436		1765	1765
Rebecca MCVELIA	FV45	Tiptree RRC		449		450	405	455	1759	1759
Juliet GARNHAM	FV45	Stowmarket Striders Running Club	430		458	438		424	1750	1750
Pamela MORGAN	FS	Framlingham Flyers		420	450	434		441	1745	1745
Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	441		427	403	426	438	2135	1732
Alex SMITH	FV40	Stowmarket Striders Running Club	428	436			431	435	1730	1730
Caroline TALBOT	FV40	Ipswich Jaffa RC	431	432	447	418		407	2135	1728
Cathy BEARD	FV65	Sudbury Joggers		415	446	426	428	416	2131	1716
Marion LEWIS	FV60	Saxmundham Sports Running & Fitness Club	427	430		423	435		1715	1715
Jenny CHURCH	FV55	Felixstowe RRC	423		440	415	425	418	2121	1706
Alison BEECH	FV60	Ipswich Jaffa RC	416	424	444	421		415	2120	1705
Kathryn GERRY	FV45	Woodbridge Shufflers Running Club	408	421	442		424		1695	1695
Adriana HOUCHELL	FS	Ipswich Jaffa RC	392	411	425	388	427	423	2466	1686
Melonie EVANS	FV45	TRISudbury	418	426		409	422	413	2088	1679
Vivienne TAYLOR	FV65	Framlingham Flyers	400	399	439	406	419		2063	1664
Joanne BROOKE	FV45	Felixstowe RRC		403	441	404	409	408	2065	1662
Julia MOSS-ECCARDT	FV45	Stowmarket Striders Running Club	395		436	411	418		1660	1660
Hollie SUTHERLAND	FS	Felixstowe RRC	391	388	435	399	411	406	2430	1651
Eloise BIRD	FV50	Saint Edmund Pacers	415	390		428		410	1643	1643
Tracey TAYLOR	FV45	Unattached	361	383	433	374	416	404	2371	1636
Wendy KELLETT	FV45	Unattached	389	401	431		406	393	2020	1631
Mandy GODBOLD	FV50	Ipswich Harriers	387	412		410	410		1619	1619
Kirsty MARSH	FS	Felixstowe RRC	360	381	414	393	408	401	2357	1616

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Lisa SUTHERLAND	FV45	TRISudbury	386	373	426	365	398	403	2351	1613
Lois MICKLEBURGH	FV45	Unattached	397	410		383	423		1613	1613
Lucia HARDWICK	FV40	Unattached	376	405		364	412	417	1974	1610
Amanda CHILDS	FV45	Ipswich Jaffa RC	393	387	437	379		389	1985	1606
Suzanne FROST	FV45	TRISudbury	385	393	432	381	395		1986	1605
Sarah COX	FV50	Unattached	359	382	428	375	414		1958	1599
Rachael BRETT	FS	Unattached	398	400		401		396	1595	1595
Jo WHELAN	FV55	Felixstowe RRC		392	423	373	392	387	1967	1594
Tracy HUMPHREYS	FV55	Stowmarket Striders Running Club	394	398		389	399	397	1977	1588
Rachael HATTEN	FS	Unattached		378	420	369	420		1587	1587
Maureen WRIGHT	FV70+	Ipswich Jaffa RC	364	371	416	363	388	388	2290	1563
Sarah CLARKE	FS	TRISudbury	351	374	418	366	402		1911	1560
Kate WARBOYS	FV45	Newmarket Joggers	349	380	415	371		383	1898	1549
Teresa FARMER	FV50	Great Bentley Running Club	365	377	412	372	380	378	2284	1547
Amanda BREWSTER	FV45	Stowmarket Striders Running Club	377	376	411	376		377	1917	1541
Angela WHITING	FV55	Stowmarket Striders Running Club	346		409	354	387	386	1882	1536
Alison RENSHAW	FV40	Ipswich Jaffa RC	366		408	349	368	381	1872	1523
Sue WRIGHT	FV60	Great Bentley Running Club	356	379		351	400	385	1871	1520
Heidi KNIGHT	FV45	Capel Cheetahs RC	355	370	410	357	381		1873	1518
Jane MOON	FV55	Felixstowe RRC		357	405	355	382	374	1873	1518
Anne OLIVER	FV60	Felixstowe RRC		356	404	356	366	373	1855	1499
Sara BIRD	FS	Ipswich Jaffa RC		499		500		497	1496	1496
Odette ROBSON	FV45	Saint Edmund Pacers			500	499		495	1494	1494
Katie AUSTIN	FS	Unattached		498		497	498		1493	1493
Emma DRURY	FS	Sudbury Joggers	496			498	497		1491	1491
Alice GOODWIN	FS	Ipswich Harriers	495			496		494	1485	1485
Sue HARGADON	FV60	Ipswich Triathlon Club		366		353	373	379	1471	1471
Sally-Ann BOWEN	FV45	Sudbury Joggers	489			487	490		1466	1466
Jan GREEN	FV70+	Framlingham Flyers	347	362	402	340			1451	1451
Samantha SPENCER	FS	Ipswich Jaffa RC		482		480		483	1445	1445
Maureen MCCARTHY	FV55	West Suffolk AC		476	489	476			1441	1441
Emma NEWMAN	FV40	Unattached	337	358	395	335			1425	1425
Tina CHURCH	FV45	Saxmundham Sports Running & Fitness Club	348	364		342	369		1423	1423
Doranne BREWSTER	FS	Unattached	324	340	387	318		362	1731	1413
Karen DEASY	FV40	Unattached	468		481			461	1410	1410
Maggie FLATT	FV60	Beccles & Bungay Harriers	336	347		320	355	364	1722	1402
Shannon MACSEPHNEY	FU20	Ipswich Jaffa RC			474	458	466		1398	1398
Lauren JOHNSTON-WOOD	FS	Unattached	319	339	383	314		353	1708	1394
Kirsty WEAVERS	FV55	Saint Edmund Pacers	460		476		457		1393	1393
Sally-Ann HAMMOND	FV55	Unattached	332	341			357	360	1390	1390
Susan BLOOMFIELD	FV50	Unattached	331	342			358	359	1390	1390
Simone SUTHERLAND	FV60	Framlingham Flyers	340	355		327	364		1386	1386
Hannah JEWERS	FV40	Stowmarket Striders Running Club		453	467		454		1374	1374
Alisa NEWMAN	FS	Unattached	453			448	460		1361	1361
Jo PARDEN	FV50	Framlingham Flyers	452	454			448		1354	1354
Lydia SIMMONS	FS	Saint Edmund Pacers	433		463		451		1347	1347
Chris GAY	FV65	Lonely Goat Running Club	325	337		317		352	1331	1331
Laura COLLINSON	FV45	Unattached	435	444			442		1321	1321
Carissa WYATT	FV40	Unattached	450				441	428	1319	1319
Clare EVERITT	FV40	Haverhill Running Club			443	429		444	1316	1316
Kate HEEKS	FU20	Stowmarket Striders Running Club			457	440		419	1316	1316
Maria RIERA TURRO	FS	Felixstowe RRC	439	437				439	1315	1315
Heidi MORRIS	FS	I Can Run CIC	436	435			438		1309	1309
Jenny LYNCH	FV55	Felixstowe RRC		422		425	433		1280	1280
Clare MOODIE	FV40	Framlingham Flyers	407			427	429		1263	1263
Karen SKENE	FV50	Capel Cheetahs RC	371		451			426	1248	1248
Suzi ASHWORTH	FV55	Woodbridge Shufflers Running Club	409	423		408			1240	1240
Joanna BLYTH	FV45	Felixstowe RRC	421	417		402			1240	1240
Denise WRIGHT	FV55	Stowmarket Striders Running Club	405			417		412	1234	1234
Deirdre DUFFY	FS	Unattached		389	429	394			1212	1212
Amanda PRIOR	FV50	Capel Cheetahs RC	379	391	434				1204	1204
Cheryl EDEN	FS	Haverhill Running Club			393	360	404		1157	1157
Niki MACSEPHNEY	FV45	Unattached			407		378	372	1157	1157

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Lucy DRIVER	FS	Felixstowe RRC		397		361		394	1152	1152
Jodie BUDD	FV40	Sudbury Joggers	380		413	352			1145	1145
Claire ROOKE	FV45	Sudbury Joggers	369				386	384	1139	1139
Karina HUNT	FS	Haverhill Running Club	363				383	382	1128	1128
Gillian CHARLTON	FV60	Stowmarket Striders Running Club	368			378		376	1122	1122
Jacqueline HEWITT	FV55	Haverhill Running Club			406	339	371		1116	1116
Caroline MCINTOSH	FV65	Newmarket Joggers				346	379	380	1105	1105
Jacqueline ALLPORT	FV50	Felixstowe RRC			396	337	370		1103	1103
Jo DICKINSON	FV45	Felixstowe RRC		353	397	329			1079	1079
Philippa UNTHANK	FU20	Ipswich Harriers	500				500		1000	1000
Jessie GOODERHAM	FS	Saint Edmund Pacers	499					493	992	992
Rachael HAMBLYN	FV40	Ipswich Jaffa RC		491				492	983	983
Gemma PORCH	FS	Stowmarket Striders Running Club				493		490	983	983
Christine ANTHONY	FV55	Saint Edmund Pacers	490	489					979	979
Clare DOUGLAS	FS	Stowmarket Striders Running Club				481	488		969	969
Val JENNINGS	FV55	Ipswich Jaffa RC	486					479	965	965
Jasmine BILNER	FU20	Ipswich Jaffa RC		487		478			965	965
Sandra WEBB	FV45	Saint Edmund Pacers	472		484				956	956
Ruth GOODCHILD	FV40	Unattached				461	472		933	933
Christine GOODWIN	FV50	Unattached	467			462			929	929
Sandra MAYHEW	FV55	Stowmarket Striders Running Club	455		470				925	925
Hien HOANG	FS	Great Bentley Running Club	465	459					924	924
Claire BOWMAN	FV40	Unattached					465	456	921	921
Clare WHITFIELD	FV45	Saint Edmund Pacers				453	463		916	916
Sinead CROSSLEY	FS	Diss & District AC		442	461				903	903
Lisa CALVER	FS	Capel Cheetahs RC			453			449	902	902
Nicola WHITLEY	FV45	Capel Cheetahs RC	448	446					894	894
Laura WATSON	FS	Unattached		448		437			885	885
Claire DOUGLAS	FS	Unattached				439	445		884	884
Karen HATTON	FV60	Saint Edmund Pacers		433	449				882	882
Kate WOOD	FV50	Woodbridge Shufflers Running Club		439		443			882	882
Alison MYLES	FV45	Unattached	440				434		874	874
Sara HAMMETT-RIDSDALE	FV40	Haverhill Running Club				431	439		870	870
Katie HOLMES	FS	Harwich runners		428				434	862	862
Bridget SEARS	FS	Framlingham Flyers	434	425					859	859
Mary NAREY	FV50	Stowmarket Striders Running Club	483	365					848	848
Claire MASKERY	FS	Stowmarket Striders Running Club				424		422	846	846
Nicola WELDON	FV40	Ipswich Jaffa RC	413	431					844	844
Steph LING	FS	Unattached	419			420			839	839
Beverley JUDD	FV45	Unattached	414			419			833	833
Deb HART	FV50	Unattached	425					405	830	830
Sianie PAINTER	FV50	Newmarket Joggers				413	415		828	828
Karen CHAMBERLAIN	FV50	Ipswich Jaffa RC		407				409	816	816
Angela BRENNAN	FS	Unattached			417		396		813	813
She HODGSON	FV50	Unattached			430	380			810	810
Rebecca JENNINGS	FV50	Unattached				396	413		809	809
Sarah JEGGO	FV45	Sudbury Joggers			422	386			808	808
Julia HERRINGTON	FS	Unattached				382	421		803	803
Danielle JONES	FS	Newmarket Joggers				447		356	803	803
Jackie CUNINGHAME	FV60	Stowmarket Striders Running Club				395	407		802	802
Cheryl THOMAS	FV55	Ipswich Jaffa RC	375		421				796	796
Emily PINNER	FS	Unattached	382				397		779	779
Keeley WHITE	FS	Haverhill Running Club			419	358			777	777
Catherine BANK	FV45	Unattached		384		391			775	775
Alice PEMBERTON	FS	Unattached			398			366	764	764
Jackie COLLINS	FV50	Felixstowe RRC					389	375	764	764
Kelly WADE	FS	Unattached	362				390		752	752
Emma BROWN	FV40	Unattached	345				403		748	748
Nicola STEVENSON	FV55	Felixstowe RRC		402		341			743	743
Susan HUNTER	FV60	Stowmarket Striders Running Club			388			355	743	743
Samantha BROWN	FV50	Unattached	343		399				742	742
Tracey GEORGE	FV50	Harwich runners			382			354	736	736
Helen SAAGI	FV50	Unattached		349	385				734	734

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Allison DENNY	FV45	Unattached		361			372		733	733
Suzi DUNNING	FS	Stowmarket Striders Running Club	335		390				725	725
Tracey PENNOCK	FV45	Unattached				348	377		725	725
Sally JOHNSTON	FV45	Haverhill Running Club			392	328			720	720
Emma CLIFTON	FS	Unattached	342				376		718	718
Michelle HUDSON	FV50	Haverhill Running Club			391	319			710	710
Natalie RIDGEON	FS	Unattached		345			361		706	706
Chelsea SALMON	FS	Unattached		343			360		703	703
Anneli OSTLER	FS	Felixstowe RRC				331	367		698	698
Suzanne GEORGE	FV55	Unattached				334	362		696	696
Mary HOPE	FV60	Stowmarket Striders Running Club	334				354		688	688
Rachel COX	FV40	Unattached				323	365		688	688
Gaye FARRAR	FV70+	Framlingham Flyers	320	338					658	658
Charmian SMY	FV65	Framlingham Flyers	318	336					654	654
Daisy GLOVER	FS	Framlingham Flyers		500					500	500
Laura THOMAS	FS	Ipswich Jaffa RC						500	500	500
Maddie JORDAN-LEE	FU20	Stowmarket Striders Running Club					499		499	499
Rachel SWEATT	FS	Grange Farm Trotters						499	499	499
Aiko HENINGTON	FV40	Colchester Harriers AC	498						498	498
Heidi STEELE	FS	Colchester Harriers AC						498	498	498
Alice HEATHER - HAYES	FV40	Hadleigh Hares AC	497						497	497
Kerry DENNETT	FS	Unattached			497				497	497
Millie JORDAN-LEE	FU20	Stowmarket Striders Running Club					496		496	496
Tamara JORDAN	FV40	Unattached		496					496	496
Fiona TIDESWELL	FV45	Haverhill Running Club				495			495	495
Kirsty MILLARD	FS	Lonely Goat Running Club				491			491	491
Katie CARD	FS	Unattached		490					490	490
Sandy THOROGOOD	FV50	Sudbury Joggers				490			490	490
Lynn EMMETT	FV50	Beccles & Bungay Harriers				489			489	489
Jayne CHAPPELS	FV40	Unattached						489	489	489
Rosie HORSFIELD	FS	Ipswich Jaffa RC	488						488	488
Helen JERROLD	FV40	Unattached		488					488	488
Annette OAKMAN	FV45	Colchester Harriers AC						486	486	486
Collette GREEN	FS	Felixstowe RRC				484			484	484
Rachel PLANT	FS	Lowestoft Road Runners		483					483	483
Madeline LEWIS	FV40	Harwich runners						482	482	482
Julia STELL	FV40	Ipswich Jaffa RC	481						481	481
Helen WING	FV50	Stowmarket Striders Running Club					481		481	481
Nicola RANSON	FV50	Springfield Striders RC						481	481	481
Michelle SEYMOUR	FS	Haverhill Running Club				477			477	477
Kirsty THORNDYKE	FS	Ipswich Harriers		475					475	475
Mary-Ann TULI	FV45	Haverhill Running Club				474			474	474
Brigid WALLEN	FV55	Witham RC						473	473	473
Katrina RIGBY	FS	Hadleigh Hares AC			472				472	472
Michelle BELL	FV40	Unattached				472			472	472
Charlotte KING	FS	Grange Farm Trotters			471				471	471
Gemma SHEPPARD	FS	Unattached	469						469	469
Tracy QUARRELL	FV45	Haverhill Running Club				469			469	469
Sandra BUMPHREY	FV45	Capel Cheetahs RC		468					468	468
Danielle PAISLEY	FS	Unattached		467					467	467
Lena MORE	FS	Haverhill Running Club				467			467	467
Victoria MILLER	FS	Stowmarket Striders Running Club					467		467	467
Karen STAPLETON	FV40	Harwich runners						467	467	467
Eleanor BURKE	FS	Harwich runners						466	466	466
Anthea COLSELL	FV40	Great Bentley Running Club			465				465	465
Dianne HUGHES	FV55	Stowmarket Striders Running Club						465	465	465
Rachel BODSWORTH	FV40	Hadleigh Hares AC				464			464	464
Helen HUNT	FS	Unattached		464					464	464
Lynsey WARREN	FS	Unattached	463						463	463
Annie NUNN	FS	Unattached		463					463	463
Marion PARKER	FV55	Felixstowe RRC		460					460	460
Crystal MURRAY	FS	Unattached				460			460	460
Jemma MADDAMS	FS	Unattached					459		459	459

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Caroline GREEN	FS	Unattached					458		458	458
Jane PARKINGTON	FV45	Unattached	457						457	457
Ellen LOCKHART	FU20	Bungay Black Dog RC		457					457	457
Maxine BISHOP	FV50	Unattached	456						456	456
Linda BAXTER	FV50	Unattached				456			456	456
Gemma JEWERS	FS	Stowmarket Striders Running Club					455		455	455
Jenny MERRY	FV40	Sudbury Joggers			454				454	454
Lynn TANNER	FV65	Springfield Striders RC						454	454	454
Carolyn HAWORTH	FV60	Saint Edmund Pacers					453		453	453
Emma LEE	FS	Capel Cheetahs RC						453	453	453
Chloe STUTELEY	FS	Unattached					452		452	452
Claire BRANSBY	FV50	Harwich runners						452	452	452
Pauline ADAMS	FV45	Unattached	451						451	451
Ellie SULLIVAN	FU20	Saint Edmund Pacers				451			451	451
Anne HERBERT	FV60	Harwich runners						451	451	451
Annabel LEECH	FV40	Unattached		450					450	450
Lizanne FORD	FV50	Sudbury Joggers					450		450	450
Clare WIGG	FS	Stowmarket Striders Running Club						450	450	450
Teresa FRANKLIN	FV55	Haverhill Running Club				449			449	449
Kate HUTSON	FS	Ipswich Jaffa RC			448				448	448
Catherine JACKSON	FS	Stowmarket Striders Running Club					446		446	446
Clair JEFFERSON	FV45	Sudbury Joggers			445				445	445
Claire BLANCHFORD	FS	Unattached				444			444	444
Helena WEST	FV50	Saint Edmund Pacers	443						443	443
Elizabeth BRIGHT	FS	Running Colchester						442	442	442
Diane PARTON	FV50	Capel Cheetahs RC						440	440	440
Christine MARSH	FV60	Stowmarket Striders Running Club	438						438	438
Maria REED	FV55	Haverhill Running Club			438				438	438
Diane CHILVERS	FV50	Unattached	437						437	437
Bonny HOWES	FV45	Unattached					437		437	437
Deborah HALL	FV55	Unattached						437	437	437
Sally GILLAM	FV55	Harwich runners						436	436	436
Ruth KIERAN	FV40	Saint Edmund Pacers		434					434	434
Abi ELSOM	FS	Unattached						433	433	433
Melanie CATTEN	FS	Haverhill Running Club				432			432	432
Victoria CHAMPION	FS	Unattached					432		432	432
Valentina BURLEY	FV50	Harwich runners						432	432	432
Samantha FRANKLIN	FS	Harwich runners						431	431	431
Rebecca MORGAN	FS	Unattached				430			430	430
Emily WHITE	FS	GoodGym						430	430	430
Charlotte RING	FS	Unattached	429						429	429
Sarah DAVIES	FV55	Felixstowe RRC		429					429	429
Lynsey GROOM	FS	Unattached		427					427	427
Vanessa CRANNIS	FV50	Unattached						427	427	427
Nathalie HOOPER	FV50	Hadleigh Hares AC	426						426	426
Tammi CRAWFORD	FV40	Unattached						425	425	425
Becky ELLUL	FS	Felixstowe RRC	424						424	424
Jazmine STEMP	FS	Unattached			424				424	424
Christine EVANS	FV40	Unattached	422						422	422
Hayley WILSON	FS	Haverhill Running Club				422			422	422
Muriel LOVERING	FV40	Harwich runners						421	421	421
Mary AKIN-GEORGE	FV40	Unattached	420						420	420
Jo CLARK	FV45	Unattached		419					419	419
Nicole GREEN	FS	Unattached		418					418	418
Helen POLLARD	FS	Unattached	417						417	417
Amy KERRY	FU20	Stowmarket Striders Running Club					417		417	417
Trudie TIMMS	FV45	Framlingham Flyers		416					416	416
Kelly CROSS	FS	Ely Runners				416			416	416
Anne PARKINSON	FV60	Framlingham Flyers		414					414	414
Hannah DARVELL	FS	Saint Edmund Pacers				414			414	414
Colleen MORGAN	FV50	Unattached						414	414	414
Fiona MASON	FV40	Framlingham Flyers		413					413	413
Marion SIMMONS	FV55	Great Bentley Running Club	412						412	412

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Emma WILLIAMS	FS	Haverhill Running Club				412			412	412
Amanda CRICHTON	FV40	Unattached	411						411	411
Rebecca PEIRCE	FV40	Unattached						411	411	411
Gemma DUTTON	FS	Unattached	410						410	410
Kathryn MACDONALD	FV45	Unattached		409					409	409
Dawn ROBB	FV40	Unattached		408					408	408
Joanne ROSEWOLD	FV45	Haverhill Running Club				407			407	407
Ruth GREGGOR	FV55	Unattached	406						406	406
Vanessa MALLOWS	FV40	Unattached		406					406	406
Susan BRENTNALL	FV50	Cambridge & Coleridge AC				405			405	405
Hannah DALE	FS	Unattached	404						404	404
Jess MACKAY	FV45	Unattached		404					404	404
Kate HARROLD	FV45	Unattached	403						403	403
Marianne BURNELL	FV65	Ipswich Jaffa RC			403				403	403
Francesca RUSSO	FS	Unattached	402						402	402
Theresa BISHOP	FV55	Unattached						402	402	402
Edwina FROST	FV60	Unattached	401						401	401
Mandy GRAVES	FV55	Tiptree RRC			401				401	401
Hilary MAGNALL	FV55	Unattached					401		401	401
Katherine PARKER	FS	Unattached		400					400	400
Sharon POTTER	FV55	Unattached				400			400	400
Christina PRETTY	FV55	Harwich runners						400	400	400
Caroline STAFFORD	FV40	Felixstowe RRC	399						399	399
Leoni HARVEY	FS	Great Bentley Running Club						399	399	399
Jessica THORPE	FS	Stowmarket Striders Running Club				398			398	398
Jacky LINGLEY	FV50	Harwich runners						398	398	398
Liza PUTWAIN	FS	Stowmarket Striders Running Club				397			397	397
Laura EDWARDS	FS	Unattached	396						396	396
Riitta WOOD	FV60	Framlingham Flyers		396					396	396
Anki NORDIN	FV40	Unattached		395					395	395
Alison CLARKE	FV65	Great Bentley Running Club						395	395	395
Sally LIGHTFOOT	FS	Unattached		394					394	394
Della JOHNSON	FV40	Haverhill Running Club			394				394	394
Claire HUNT	FV40	Unattached					394		394	394
Heidi TAYLOR	FV45	Felixstowe RRC					393		393	393
Sarah CAMFIELD	FV40	Haverhill Running Club				392			392	392
Alison EVANS	FV55	Harwich runners						392	392	392
Shirley BINKS	FV50	Stowmarket Striders Running Club					391		391	391
Jo HIGGON	FV60	Harwich runners						391	391	391
Helen HOLLINGSWORTH	FV45	Felixstowe RRC	390						390	390
Christine ASHE	FV55	Bungay Black Dog RC				390			390	390
Katherine ROSE	FS	Unattached						390	390	390
Hannah ST LEDGER	FS	Unattached			389				389	389
Tamsin HEGARTY	FV40	Felixstowe RRC	388						388	388
Susannah HENSON	FV45	Saint Edmund Pacers				387			387	387
Lynne BAKER	FV45	Unattached		386					386	386
Lo-Anne LEWIS	FV40	Unattached			386				386	386
Kate MAWSON	FV45	Framlingham Flyers		385					385	385
Naomi SHELMERDINE	FV45	Haverhill Running Club				385			385	385
Ellie BERRY	FS	Unattached					385		385	385
Vivienne GRAY	FV65	Unattached	384						384	384
Gina HICKEY	FS	Haverhill Running Club			384				384	384
Jo VICKERY	FS	Haverhill Running Club				384			384	384
Rhonda HORNE	FV40	Unattached					384		384	384
Charlotte DOWNING	FV40	Unattached	383						383	383
Alison TAYLOR	FV50	Unattached	381						381	381
Hayley HOWARD	FV40	Unattached	378						378	378
Helen SPOONER	FV50	Haverhill Running Club				377			377	377
Carly CHURCHMAN	FS	Unattached		375					375	375
Jacqui SEYMOUR	FV45	Stowmarket Striders Running Club					375		375	375
Pippa DAVIES	FV40	Unattached	374						374	374
Katie MEADOWS	FS	Unattached					374		374	374
Kirsty ABERDEIN	FV45	Unattached	373						373	373

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Tamsin ABERDEIN	FV40	Unattached	372						372	372
Gemma BERRY	FS	Unattached		372					372	372
Jean WIER	FV60	Harwich runners						371	371	371
Bethany BEDINGFIELD	FS	Unattached	370						370	370
Diane CHESTER	FV45	Unattached				370			370	370
Jess PRESTON	FS	Vegan Runners UK						370	370	370
Angela HAWES	FV55	Stowmarket Striders Running Club		369					369	369
Sarah LUCAS	FS	Unattached						369	369	369
Agnieszka ANDRZEJAK	FS	Unattached		368					368	368
Juliet TILLYARD	FV50	Unattached				368			368	368
Sharon COX	FV45	Jogging Made Easy						368	368	368
Jan RISEBROW	FV55	Felixstowe RRC	367						367	367
Helen MARJORAM	FS	Framlingham Flyers		367					367	367
Lisa HAWORTH	FS	Haverhill Running Club				367			367	367
Rebecca GOODACRE	FU20	Unattached						367	367	367
Hayley ROOK	FS	Unattached						365	365	365
Sue PEARSON	FV55	Unattached		363					363	363
Charlotte KEELER	FS	Unattached					363		363	363
Sam TAYLOR	FV45	Unattached						363	363	363
Judy POTTER	FV70+	Beccles & Bungay Harriers				362			362	362
Alison MANLEY	FV50	Harwich runners						361	361	361
Rachel DAWSON	FS	Unattached		360					360	360
Ruby RATCLIFF	FV45	Unattached		359					359	359
Sandra HISCOX	FV55	Haverhill Running Club				359			359	359
Christine MCCOLL	FV55	Unattached					359		359	359
Lisa SHUMAKE	FV40	Unattached	358						358	358
Lian MEACHEN	FV45	Harwich runners						358	358	358
Dara BYHAM	FV50	Unattached	357						357	357
Katherine PLEACE	FS	Harwich runners						357	357	357
Sue HUNTER	FV60	Stowmarket Striders Running Club					356		356	356
Helen SUGARS	FV50	Unattached	354						354	354
Maria BILNE	FV40	Ipswich Jaffa RC		354					354	354
Anne HARVEY	FV55	Ipswich Jaffa RC	353						353	353
Sally LONG	FV60	Stowmarket Striders Running Club					353		353	353
Julie WRIGHT	FV55	Unattached	352						352	352
Fran BARNARD	FS	Capel Cheetahs RC		352					352	352
Sarah CHENERY	FS	Framlingham Flyers		351					351	351
Gina JABALLAH	FV50	Harwich runners						351	351	351
Annette HUGGINS	FV65	Framlingham Flyers	350						350	350
Wendy LEAH	FV50	Unattached		350					350	350
Dawn DIXON	FV40	Haverhill Running Club				350			350	350
Sally SOLOMON	FV50	Felixstowe RRC		348					348	348
Alison SMITH	FS	Haverhill Running Club				347			347	347
Jenny WHITAKER	FV40	Unattached		346					346	346
Lucy HARDING	FS	Ely Runners				345			345	345
Samantha WILSON	FS	Unattached	344						344	344
Liz ATKINS	FS	Unattached		344					344	344
Kara MOORE DAMANT	FS	Stowmarket Striders Running Club				344			344	344
Jordan BARFIELD	FS	Haverhill Running Club				343			343	343
Nicola LLOYD	FV55	Unattached	341						341	341
Claire TROWER	FS	I Can Run CIC	339						339	339
Heather SMITH	FV45	I Can Run CIC	338						338	338
Gill ROGERS	FV60	Unattached				338			338	338
Danielle PETTIFORD	FS	Haverhill Running Club				336			336	336
Sue CRAWTE	FV55	Sudbury Joggers	333						333	333
Adriana LUPSA	FS	Unattached				333			333	333
Helen STACY	FV50	Unattached				332			332	332
Joanna SEALE	FV40	Unattached	330						330	330
Angela SOAMES	FV40	Felixstowe RRC				330			330	330
Sharon HAYFIELD	FV45	Unattached	329						329	329
Claire HEMPSTEAD	FV40	I Can Run CIC	328						328	328
Lucy AINSLEY	FS	Unattached	327						327	327
Vicki HENSBY	FV40	Unattached	326						326	326

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Joanna MEYER	FV65	Unattached				326			326	326
Sarah STUPPELL	FV40	Haverhill Running Club				325			325	325
Debra BATES	FV45	Unattached				324			324	324
Claire BUTCHER	FS	Felixstowe RRC	323						323	323
Jennifer SPINDLER	FS	Unattached	322						322	322
Maria BILNER	FV40	Ipswich Jaffa RC				322			322	322
Linda DORSET	FS	Felixstowe RRC	321						321	321
Bernice TRODD	FV70+	Unattached				321			321	321
Anamaria O'BRIEN	FS	Unattached	317						317	317
Jesica JACKSON	FS	Unattached				316			316	316
Lorraine MILLS	FV45	Unattached				315			315	315

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
m										
Tony GAVIN	MS	Felixstowe RRC	500	495	499	500		491	2485	1994
Samuel BURDETT	MS	Stowmarket Striders Running Club	499	494	498	497	496	489	2973	1990
Andrew SOUTHWOOD	MV40	Saint Edmund Pacers		493	500		498	494	1985	1985
Adam WADE	MS	Ipswich Jaffa RC	496	490		498	495	493	2472	1982
Freddie ADAMS	MU20	Ipswich Harriers		492		499	497	487	1975	1975
Jason MARTER	MV40	Framlingham Flyers	492	488	496	494	491		2461	1973
Keith TILLEY	MV45	Ipswich Jaffa RC	494			496	493	488	1971	1971
Adam HOWLETT	MV45	Framlingham Flyers	493	489		492	487		1961	1961
Nicholas CLARKE	MS	Ipswich Jaffa RC	489	485	491	490	489	479	2923	1959
James WILSON	MS	Saxmundham Sports Running & Fitness Club	497			479	490	482	1948	1948
Andy ELLIS	MS	Felixstowe RRC	486	486	489	486			1947	1947
Benjamin JACOBS	MV40	Felixstowe RRC		483	486	484	488	476	2417	1941
Neal HARDWICK	MV40	Unattached	485	472	484		481	480	2402	1930
Chris COOKE	MV55	Saint Edmund Pacers	487			482	482	475	1926	1926
Matthew AXTON	MS	Saint Edmund Pacers	488			481	483	472	1924	1924
Oliver WATSON	MS	Ipswich Jaffa RC		484		476	484	478	1922	1922
Mark HAYDEN	MV45	Framlingham Flyers	480	475	483	474	478	467	2857	1916
Steve BROOKE	MV50	Felixstowe RRC	479	469	479	475	477	455	2834	1910
Ashley SMY	MS	Framlingham Flyers	483	477		477		468	1905	1905
Wilfred CAMPBELL	MV50	Ipswich Jaffa RC	482	478		478		465	1903	1903
Peter WEST	MV55	Colchester Harriers AC	477	480	482			461	1900	1900
Aden BELL	MS	Hadleigh Hares AC	478		474	473	470	448	2343	1895
Westley WALKER	MV40	Haverhill Running Club	473	467	476	468	476	443	2803	1893
Stuart BUCHAN	MS	Stowmarket Striders Running Club	476	471	473	463			1883	1883
Piotr BULACZ	MV45	Sudbury Joggers		463	475	467	471	453	2329	1876
Tom ADAMS	MU20	Ipswich Harriers		464		465	479	460	1868	1868
Mark ALLEN	MV50	Ipswich Jaffa RC	472	461		461	466	447	2307	1860
Tim HANMAN	MV45	Ipswich Jaffa RC	460	456	469	459	468	444	2756	1856
Robin HARPER	MV40	Felixstowe RRC	466	458	470	456	460	437	2747	1854
Tom HAYDEN	MU20	Framlingham Flyers	451	443	467	455	464	414	2694	1837
Terry BACK	MV60	Ipswich Jaffa RC	458	448		450	459	432	2247	1815
Melvyn MAYCOCK	MS	Unattached	450		463	448	453	388	2202	1814
Daniel SUMMERSGILL	MS	Colchester Harriers AC	447	440	461	441	462	429	2680	1811
Adrian FROST	MV45	Saint Edmund Pacers	456		465	454		430	1805	1805
Charles HANN	MV50	Sudbury Joggers	455	447		449	452	426	2229	1803
Keith WILLIAMS	MV50	Ipswich Jaffa RC	452	441			465	438	1796	1796
Gary TAYLOR	MS	Felixstowe RRC	470	378		480		466	1794	1794
William TERRY	MU20	Stowmarket Striders Running Club	445	444	456	433	444	402	2624	1789
Oliver BINGHAM	MU20	Stowmarket Striders Running Club	434		442	445	461	410	2192	1782
Vince WEBB	MV45	Saint Edmund Pacers	433	437	457	418	447		2192	1774
Nigel SCHOFIELD	MV50	Saint Edmund Pacers	439	433	451		445		1768	1768
Alan JACKSON	MV60	Ipswich Jaffa RC	436	432	453	425	437	392	2575	1758
Peter BIRD	MV45	Saint Edmund Pacers	437	434	455	426		396	2148	1752
Todd LEWIS	MV55	Sudbury Joggers		423	447	434	446	404	2154	1750
Paul COOLEGE	MU20	Unattached	438	425	444	421	442	386	2556	1749
Andrew BUDD	MV55	Capel Cheetahs RC	430	429	452	428			1739	1739
Dylan BRADNAM	MU20	Saint Edmund Pacers	426	435	459	416		371	2107	1736
John HENINGTON	MV45	Colchester Harriers AC	425	426	441	437	421	393	2543	1729
John THORPE	MV45	Ipswich Jaffa RC	468	453			372	436	1729	1729
Ricky O'NEILL	MS	Ipswich Jaffa RC	459	384			458	420	1721	1721
Len SAUNDERS	MV40	Felixstowe RRC	429	427	434	423	429	384	2526	1719
Martin JARVIS	MV40	Unattached	428		437	427	426	389	2107	1718
Kerry BUCKLEY	MV45	Felixstowe RRC	424	416	445	391	425	375	2476	1710
Simon STAFFORD	MV45	Unattached	422	442	412	412	433	406	2527	1709
Jamie RANDALL	MV50	Haverhill Running Club			446	430	436	387	1699	1699
Scott SMITH	MS	Unattached	399	424		431	440	395	2089	1694
Karl FEAGAN	MV45	Hadleigh Hares AC		415	431	415	431	373	2065	1692
Duncan SCOTT	MS	Great Bentley Running Club	421	414	440	410		348	2033	1685
Kirk VAUGHAN	MS	Unattached	406		424	420	432	367	2049	1682
Neville CLARKE	MV65	Newmarket Joggers	413	408	438	406		366	2031	1665
Chris CHORLEY	MV55	Bungay Black Dog RC	423	373	427	387	427	372	2409	1664
Marcus CATLIN	MV40	Ipswich Jaffa RC	449		430		381	391	1651	1651

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Stephen PRETTY	MV60	Saint Edmund Pacers	417	407	423	394	402		2043	1649
Kevin LINSELL	MV45	Unattached	410		408	403	428	368	2017	1649
Simon DOWNEY	MV50	Unattached		409		404	434	385	1632	1632
Matt BENSON	MV40	Sudbury Joggers			428	401	423	379	1631	1631
Stuart WARD	MS	Unattached	420			402	430	374	1626	1626
Robin BELSOM	MV55	Ipswich Jaffa RC	394		417	392	420	363	1986	1623
Dave BEIGHTON	MV40	Saint Edmund Pacers		405	421		412	383	1621	1621
Kyle ROPER	MV40	Ipswich Jaffa RC	400	397		398	424		1619	1619
Oliver LANGNER	MU20	Ipswich Jaffa RC	416	418		419		364	1617	1617
Colin FARMER	MV55	Great Bentley Running Club	391	404	404	397	410	360	2366	1615
Dean REDNALL	MS	Stowmarket Striders Running Club		385	426	389	413		1613	1613
Neil DENNIS	MS	Stowmarket Striders Running Club	385	398	416	396	360	302	2257	1595
Andre EDWARDS	MV45	Unattached	389	388	409		406	349	1941	1592
Justin RABETT	MV55	Saint Edmund Pacers	388	379	411		408	354	1940	1586
Peter WARLAND	MV50	Stowmarket Striders Running Club	326	396	407	378	403	332	2242	1584
Stephen NEUMANN	MV40	Unattached	395		398	385	400		1578	1578
Peter MANSFIELD	MS	Sudbury Joggers	392	389	415	350	380	361	2287	1576
Tim PARNELL	MV50	Unattached	387	391	403	390	392		1963	1576
Vaughan MORRIS	MV55	Stowmarket Striders Running Club	404	400		382	388	333	1907	1574
Simon FRASER	MV45	Unattached	405	401			411	353	1570	1570
Kim SWAN	MV60	Saint Edmund Pacers		392	413		399	351	1555	1555
Rob DYER	MV40	Great Bentley Running Club	381	383	400	379	389	305	2237	1553
Marcus COX	MV45	Jogging Made Easy			406	384	398	356	1544	1544
David BREWSTER	MS	Unattached	378	370	399	386		345	1878	1533
Robert MORGAN	MV60	Saint Edmund Pacers	379	363	396	372	382	344	2236	1529
Stephen HATTEN	MV50	Saint Edmund Pacers	386	368	389	375	371		1889	1521
Jamie BRANDON	MS	Unattached	376	376	376	340	386	311	2165	1514
Graham WIGLEY	MV60	Framlingham Flyers	374	371	390	377		340	1852	1512
David HURLEY	MV55	Mid Essex Casuals		349	397	380	379	330	1835	1505
Daniel SELFE	MV40	Stowmarket Striders Running Club	372	375		363	395		1505	1505
Femi ARIYO	MV40	Unattached	369	351	394		384	339	1837	1498
Jason ABLETT	MV45	Stowmarket Striders Running Club	353	354	383	374	378		1842	1489
Brian MUNNS	MV55	Newmarket Joggers		358	384	370	373	343	1828	1485
Kieran HAYLES	MS	Sudbury Joggers	495	487	494				1476	1476
Robert REASON	MV50	Stowmarket Striders Running Club	358	352	385	364	364	329	2152	1471
Joe ROBSON	MU20	Saint Edmund Pacers			492	493		485	1470	1470
Jordan GREER	MS	Saint Edmund Pacers			395	368	369	338	1470	1470
Jack WILKINSON	MS	Unattached	498		495			474	1467	1467
Paul MAYCOCK	MV60	Capel Cheetahs RC		369	378	352	363	323	1785	1462
Stephen RITSON	MV50	Stowmarket Striders Running Club	340	346	373	357	385	334	2135	1461
John ADAMS	MV40	Ipswich Jaffa RC	364	366	387	344			1461	1461
Ryan OSMAN	MS	Unattached		361	365	383	349		1458	1458
Jamie BENNETT	MV40	Ipswich Jaffa RC	362	356	379	336	354		1787	1451
Patrick TWIST	MS	Unattached		334	380	361	375		1450	1450
Mark GODBOLD	MV50	Ipswich Harriers	368	365		366	350		1449	1449
Paul SCHWER	MV55	Felixstowe RRC	380	364			356	322	1422	1422
Dave YOUNG	MV45	Unattached	365	362			368	324	1419	1419
Lee GODDARD	MV45	Stowmarket Striders Running Club	349	347	377	338	332		1743	1411
Chris AXFORD	MV50	Jogging Made Easy	359	338	358	334	352	341	2082	1410
Glynn THOMAS	MV55	Ipswich Jaffa RC	465		471		469		1405	1405
Alex ARCHER	MS	Ipswich Jaffa RC		473		471		458	1402	1402
Jamie WRIGHT	MV40	Framlingham Flyers	345	340	369	347			1401	1401
David SHEAHAN	MV55	Unattached	360	350		346	342	307	1705	1398
Mark WATTS	MV55	Saint Edmund Pacers	475		472			446	1393	1393
Adam GERRISH	MS	Colchester Harriers AC	464	455		462			1381	1381
David CHURCH	MV45	Felixstowe RRC	342		367	331	338	312	1690	1378
Brett DEAKIN	MV40	Felixstowe RRC			370	343	345	319	1377	1377
Joe ADAMS	MV45	Unattached		462		469		445	1376	1376
Matthew RAWLINGS	MV40	Saint Edmund Pacers	347		359		341	317	1364	1364
Matt DAVEY	MV40	Colchester Harriers AC	469	460				421	1350	1350
John WESTON	MV60	Unattached	338	331	353	319	326	288	1955	1348
Andrew CRAIG	MV45	Woodbridge Shufflers Running Club	463	454				431	1348	1348
Tom ALEXANDER	MV40	Woodbridge Shufflers Running Club	461			452		427	1340	1340

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Tony BACON	MS	Saffron Striders RC				442	485	413	1340	1340
Clive PEMBERTON	MV50	Unattached	333	343	351		309	295	1631	1336
Damian ELSDON	MV45	Saint Edmund Pacers			450	432	449		1331	1331
Jordan SMITH	MS	Ipswich Jaffa RC	462				451	411	1324	1324
Keith BORRETT	MV65	Unattached	339		344	320	318	310	1631	1321
Richard SMITH	MV50	Saint Edmund Pacers	316	319	356	324	320	296	1931	1319
Mark NEWMAN	MV40	Unattached	313	327	362	316		281	1599	1318
Timothy DRAIN	MS	Stowmarket Striders Running Club	352	335		312	312	264	1575	1311
David MARSH	MV40	Stowmarket Striders Running Club	448		454			400	1302	1302
Chris JOHNS	MV60	Woodbridge Shufflers Running Club		342	336	306	314		1298	1298
Stephen CHAPMAN	MV45	Stowmarket Striders Running Club	330		352	266	319	291	1558	1292
Gareth SOUTHGATE	MV45	Stowmarket Striders Running Club	442			438		407	1287	1287
Matthew SALISBURY	MS	Unattached	308	307	349	313	311		1588	1281
Craig DEARDEN-PHILLIPS	MV45	Unattached	418	431		429			1278	1278
Neil STALLARD	MV50	Unattached		321	347	301	308	286	1563	1277
Andy ECCLES	MV45	Saint Edmund Pacers	441	436				399	1276	1276
Paul MCALLISTER	MV50	Hadleigh Hares AC	327	315	334		293	261	1530	1269
David TAYLOR	MV70+	Framlingham Flyers	307	316	340	296	305		1564	1268
Brian TELFORD	MV50	Great Bentley Running Club	335			327	327	278	1267	1267
Oliver SCHOFIELD	MS	Saint Edmund Pacers			419	411	435		1265	1265
Mike BERRY	MV45	Saint Edmund Pacers		326	357	299	279	260	1521	1261
Billy RICHMOND	MV50	Unattached	288	320	331	305	303	262	1809	1259
Jim WITHERS	MV60	Newmarket Joggers	306	312	335	298	291	273	1815	1251
Frank GARDINER	MV60	Great Bentley Running Club	309	309	341	277	292	272	1800	1251
Adrian COLE	MV55	Stowmarket Striders Running Club	315	308	333	291	294	268	1809	1250
Peter FINCH	MV55	Ipswich Jaffa RC	325	324		314		282	1245	1245
Paul MORRIS	MV40	I Can Run CIC	408	412			415		1235	1235
Gavin ALEXANDER	MV40	Unattached			354	290	304	277	1225	1225
Chris TYE	MV50	Ipswich Triathlon Club	432	386			405		1223	1223
Duncan CHENERY	MV55	Ipswich Jaffa RC	301	305		310	307		1223	1223
Joe WEBB	MU20	Saint Edmund Pacers		394	429	400			1223	1223
Lee TAYLOR	MV45	Haverhill Running Club	302	300	330	288	289	252	1761	1221
Steve BRIGHT	MV55	Lonely Goat Running Club			332	302	306	280	1220	1220
Joe ROBERTS	MS	Unattached	318		338		298	257	1211	1211
William BURDETT	MV55	Stowmarket Striders Running Club	295	304	327			269	1195	1195
Ricky DEASY	MS	Unattached	414		420			357	1191	1191
John CULLUM	MV70+	Saint Edmund Pacers	298	294	321	275	271		1459	1188
Adam CLARKE	MS	Saint Edmund Pacers				399	419	370	1188	1188
Scott DUNBAR	MS	Unattached	377		402		394		1173	1173
Grahame WALKINGSHAW	MV55	Jogging Made Easy	300	289	301		275	250	1415	1165
David ATKINS	MV50	Unattached	283	287	319	265	274	240	1668	1163
Charlie STANNETT	MV60	Ipswich Triathlon Club	287		323	282	268	249	1409	1160
Keelan SMITH	MS	Saxmundham Sports Running & Fitness Club	296	303		280	281		1160	1160
Stuart SHEPHERD	MV55	Saint Edmund Pacers		301	302	278	277	247	1405	1158
Mark DOWNEY	MV45	Felixstowe RRC	384	403		371			1158	1158
Neil WILLIAMSON	MV40	Newmarket Joggers	390		382	376			1148	1148
Robert KEMP	MS	Felixstowe RRC	279	280	314		262	229	1364	1135
Mark ROSE	MV40	Ipswich Jaffa RC	382	344			376		1102	1102
Alex RUSSO	MS	Unattached	370		391		334		1095	1095
William SMITH	MS	Unattached			381	365	344		1090	1090
Chris AYLMER	MV65	Newmarket Joggers	297	291			258	241	1087	1087
Tim ATTWOOD	MS	Unattached			375	354	353		1082	1082
Steven REYNOLDS	MV60	Unattached			306	276	264	233	1079	1079
Mark JOHNSTON-WOOD	MV55	Sudbury Joggers	263	271	297	246		228	1305	1077
Tony HOLLAND	MV45	Ipswich Jaffa RC	281		304		259	232	1076	1076
Mark ANDREWS	MV50	Unattached	366				383	325	1074	1074
Justin OSTLER	MV45	Felixstowe RRC	291			263	269	246	1069	1069
John MCVELIA	MV50	Tiptree RRC		295		271	265	237	1068	1068
Ian COTTEE	MV45	Harwich runners		357	386			320	1063	1063
David COLEY	MV65	Ipswich Jaffa RC	290	283		251		235	1059	1059
David SUTHERLAND	MV65	Unattached	269	274		250	252		1045	1045
Daniel CASE	MS	Felixstowe RRC			388		336	315	1039	1039
Joe NAUGHTON	MV55	Stowmarket Striders Running Club	273	278		253		231	1035	1035

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Chris HARBORD	MV70+	Bungay Black Dog RC	264	270		245	248		1027	1027
David MARTIN	MV60	Unattached	328		355	339			1022	1022
David SEYMOUR	MV55	Felixstowe RRC		341		326	351		1018	1018
Mark PHILLIPS	MV45	Haverhill Running Club			366		339	298	1003	1003
Chris BURGOYNE	MS	Springfield Striders RC		499				499	998	998
Alex GLADLEY	MS	Unattached					499	495	994	994
Graham ROOKE	MV45	Unattached	348				337	308	993	993
Patrick WILFORD	MS	Saxmundham Sports Running & Fitness Club	344			322	323		989	989
Peter DAVY	MV40	Unattached			490	491			981	981
Ross ARNOLD	MS	Haverhill Running Club	361			294	322		977	977
Tom CRESSWELL	MS	Colchester Harriers AC			493			483	976	976
Paul WAIN	MS	Ipswich Jaffa RC					492	484	976	976
Matthew BENNETT	MU20	Ipswich Jaffa RC	491			483			974	974
Geraint WHITE	MS	Ipswich Jaffa RC			480		480		960	960
Darren SHEPPARD	MV45	Framlingham Flyers	484				474		958	958
James CORNISH	MV40	Woodbridge Shufflers Running Club		470	477				947	947
Chris MOWER	MV40	Saint Edmund Pacers			485			462	947	947
Gavin SCANLAN	MS	Colchester Harriers AC	481	465					946	946
Kevin PEIRCE	MV40	Ipswich Harriers		474				469	943	943
Fergus CROUCH	MU20	Colchester Harriers AC				472		471	943	943
Ian OLD	MS	Ipswich Jaffa RC				466	473		939	939
Nick POTTER	MV55	Suffolk Trail Runners	331				317	287	935	935
Gary INGRAM	MS	Ipswich Jaffa RC			316		310	299	925	925
Ben CUTHBERT	MV40	Sudbury Joggers				458	463		921	921
Steve LANGLEY	MV55	Eastern Veterans AC		468				451	919	919
Karl SAVILL	MV45	Unattached	303	318			295		916	916
Richard ALLPORT	MV55	Felixstowe RRC			324	292	297		913	913
Ben JEFFERY	MV40	West Suffolk AC			460	451			911	911
Peter CLARKE	MV55	Diss & District AC	457			453			910	910
Nigel JOHNS	MV50	Capel Cheetahs RC	285	290	320				895	895
Michael FALCONE	MS	Saint Edmund Pacers				439	455		894	894
Andrew TERRY	MV50	Stowmarket Striders Running Club	314			303		271	888	888
Alex HOBBS	MS	Stowmarket Striders Running Club	444				443		887	887
Darren JUDD	MV45	Unattached	446			440			886	886
Stuart MATHIESON	MS	Sudbury Joggers	312		325	247			884	884
Andy CAMPLIN	MS	Unattached	299		329			254	882	882
Chris PERRY	MV40	Saint Edmund Pacers	474					403	877	877
Dean WRIGHT	MS	Hadleigh Hares AC					448	425	873	873
Paul NEWMAN	MV55	Unattached	292	302			278		872	872
Peter BIVEN	MS	Unattached		428		436			864	864
Rob PAGE	MS	Ipswich Jaffa RC		449				412	861	861
Paul BELAND	MV60	Unattached		277	315	268			860	860
Neil CATLEY	MV40	Felixstowe RRC		420	439				859	859
Stuart WRIGHT	MV40	Felixstowe RRC		417		435			852	852
Stewart WOODS	MS	Stowmarket Striders Running Club		411			441		852	852
Paul OSBORNE	MV40	Felixstowe RRC	453					398	851	851
David GUEST	MV50	Unattached	280		307		263		850	850
Richard SMITH	MV55	Felixstowe RRC		298		285		266	849	849
Marcus BOON	MS	Ipswich Jaffa RC			433	413			846	846
Conner BILNER	MU20	Ipswich Jaffa RC	440					405	845	845
Mark LAWES	MV50	Tiptree RRC			448			397	845	845
Steve ROBERTS	MS	Sudbury Joggers	266	272	298				836	836
Morgan MOORE	MU20	Stowmarket Striders Running Club				414	422		836	836
Stephen DUNNETT	MV60	Framlingham Flyers	409		425				834	834
Kevin BRETT	MV60	Jogging Made Easy			418		404		822	822
Jonathan BARNES	MV40	Woodbridge Shufflers Running Club	411	410					821	821
Richard HIGGINS	MV55	Framlingham Flyers	403				416		819	819
Ant WHITAKER	MV50	Unattached	271	284			260		815	815
Lee GLACKEN	MS	Unattached		421				394	815	815
Chris ROSE	MS	Unattached			313	258		238	809	809
Tomasz KOMOROWSKI	MS	Great Bentley Running Club			401		396		797	797
Gary PERRYMAN	MV45	Sudbury Joggers					418	376	794	794
John CELERIER	MV65	Unattached	272			261	257		790	790

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Bryn GIBBONS	MV45	Tiptree RRC			422			362	784	784
David RIEDEL	MV65	Unattached				269	267	243	779	779
Craig SMITH	MS	Saint Edmund Pacers				270	270	236	776	776
Simon MILLER	MV50	Colchester Harriers AC			414			359	773	773
Matt TRILL	MV40	Ipswich Jaffa RC		380			391		771	771
Chris SERVANT	MV50	Ipswich Jaffa RC				405		365	770	770
George WRIGHT	MS	Unattached				373	377		750	750
Tujan SARI	MV50	Haverhill Running Club			372		374		746	746
Christopher UNDERWOOD	MS	Saint Edmund Pacers			393		343		736	736
Steven GOODFELLOW	MV50	Unattached		367			367		734	734
Graham DIXON	MV40	Haverhill Running Club				359	366		725	725
Ian BODSWORTH	MV40	Hadleigh Hares AC			374	345			719	719
Martin JONES	MV45	Unattached	367				346		713	713
Gary LOWE	MV60	Saxmundham Sports Running & Fitness Club				355	355		710	710
Chris GARDINER	MS	Unattached				348	362		710	710
Eddie DOUGLAS	MV60	Stowmarket Striders Running Club				349	357		706	706
Alan BURGIN	MV65	Huntingdon AC				369		335	704	704
Peter WOODS	MS	Felixstowe RRC			371	332			703	703
Andrew BANNAN	MV40	Unattached			360		340		700	700
Mark AVERY	MV50	Ipswich Jaffa RC		360			331		691	691
Bill BESLEY	MV45	Stowmarket Striders Running Club				353	333		686	686
Carl FRANCIS	MV50	Stowmarket Striders Running Club				351	335		686	686
Matthew STOCKS	MS	Unattached			361		324		685	685
Robert GOODCHILD	MV45	Unattached				337	348		685	685
Stuart MASON	MV55	Felixstowe RRC		355				328	683	683
Robert MAWSON	MV60	Framlingham Flyers	332	339					671	671
Chris FOX	MV50	Woodbridge Shufflers Running Club	355				315		670	670
David STEWARD	MV55	Woodbridge Shufflers Running Club	334	336					670	670
Chris WHITLEY	MV45	Unattached	341	323					664	664
Gavin HORREX	MS	Unattached	393					267	660	660
Stewart WHITE	MV40	Saint Edmund Pacers			337	304			641	641
Paul TAYLOR	MV45	Jogging Made Easy					321	318	639	639
Graeme JOHNSTON	MV45	Haverhill Running Club			339	297			636	636
Matthew HARVEY	MS	Unattached	322	313					635	635
Victor BROOKS	MV50	Felixstowe RRC					329	303	632	632
Paul HEEKS	MV50	Stowmarket Striders Running Club				329		300	629	629
Jonathan PRICE	MV65	Sudbury Joggers			342		286		628	628
Howard ALLEN	MV50	Ipswich Jaffa RC		333				292	625	625
Garry MACDONALD	MV50	Ipswich Jaffa RC				323		301	624	624
Keith STEPHEN	MV55	Unattached				257	358		615	615
Daniel EVERITT	MV40	Haverhill Running Club			322	289			611	611
David BREWSTER	MV45	Stowmarket Striders Running Club			348	262			610	610
Mervyn CATTERMOLE	MV65	Unattached					300	309	609	609
Paul CAUSON	MV40	Unattached	293					294	587	587
Ben BROWN	MU20	Unattached	275		311				586	586
David HICKS	MV50	Unattached				287	299		586	586
Dan BELCHER-HACKETT	MV40	Stowmarket Striders Running Club	310			272			582	582
James BRIGGS	MV40	Haverhill Running Club				281	296		577	577
Ben RIDGEON	MS	Unattached		293			283		576	576
Mon LEE	MV60	Ipswich Jaffa RC					284	289	573	573
Dereck BRETT	MV65	Unattached			308	264			572	572
Richard CHECKETTS	MV45	Framlingham Flyers	274	296					570	570
Duncan CHAMBERLAIN	MV50	Ipswich Jaffa RC		306				256	562	562
David SWALES	MV55	Saint Edmund Pacers			303		254		557	557
Carl HIGGINS	MV55	Unattached				274	273		547	547
Marc RAPKIN	MV50	Unattached	270	276					546	546
Guy WHITING	MV55	Unattached		279			266		545	545
Michal NOWAK	MS	Unattached			309			234	543	543
Andy HAYWARD	MS	Stowmarket Striders Running Club		281		260			541	541
Mark WOODS	MV45	Unattached	284			254			538	538
Martin COOPER	MV70+	Unattached	267				249		516	516
Paul WINTER	MV65	Stowmarket Striders Running Club				256	256		512	512
Martin TILLEY	MV70+	Saint Edmund Pacers	262				247		509	509

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
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
Tim WOULFE	MS	Braintree & District AC						498	498	498
Ermeas AFEWERKI	MU20	Colchester Harriers AC						497	497	497
Matt SPENCER	MS	Unattached		497					497	497
Oliver MANNING	MS	Unattached			497				497	497
Jim LAST	MV40	Framlingham Flyers		496					496	496
Robert REASON	MS	Harwich runners						496	496	496
Robert DARNELL	MV65	Unattached		269				226	495	495
Tom HENSON	MU20	Saint Edmund Pacers				495			495	495
Chris HALL	MS	Stowmarket Striders Running Club					494		494	494
Conor CULHAM	MU20	Braintree & District AC						492	492	492
Lee BARBER	MS	Framlingham Flyers		491					491	491
Aidan COUGHLAN	MS	Vegan Runners UK	490						490	490
Mark MCKEOWN	MS	Colchester Harriers AC						490	490	490
Andrew BELL	MV40	Haverhill Running Club				489			489	489
James SMITH	MS	Halstead Road Runners			488				488	488
Steven QUERCIA-SMALE	MU20	Saint Edmund Pacers				488			488	488
Aaron GRAVES	MS	Tiptree RRC			487				487	487
Tom KINGSNORTH	MS	Saint Edmund Pacers				487			487	487
Ethan TURNER	MU20	Unattached					486		486	486
Jon GLANFIELD	MS	Felixstowe RRC						486	486	486
Chris BALMER	MS	Ryston Runners AC				485			485	485
Will LAW	MS	City of Norwich Athletic Club		482					482	482
Chris LEEK	MV40	Framlingham Flyers		481					481	481
Alexander SALES	MS	Colchester Harriers AC			481				481	481
Paul BOWN	MS	GoodGym						481	481	481
David LINDSAY	MS	Springfield Striders RC		479					479	479
Ben TROUGHTON	MV40	Unattached			478				478	478
Colin RIDLEY	MV55	Colchester Harriers AC						477	477	477
Graham JENVEY	MS	Bungay Black Dog RC		476					476	476
Max ASHMORE	MU20	Unattached					475		475	475
Matthew FRIEND	MS	Harwich runners						473	473	473
Chris JAMES	MS	Unattached					472		472	472
Philip BRACKENBURY	MV45	Unattached	471						471	471
Kevin VAUGHAN	MV55	Thetford AC				470			470	470
Jonathan NEARS	MV40	Colchester Harriers AC						470	470	470
Nick PALMER	MV40	Stowmarket Striders Running Club			468				468	468
Charles KEITCH	MV40	Great Bentley Running Club	467						467	467
Chris WOOLENER	MS	Unattached					467		467	467
Tim LARKE	MV45	Stowmarket Striders Running Club		466					466	466
Luca PREDEBON	MS	Grange Farm Trotters			466				466	466
Steve MAY	MV40	Halstead Road Runners			464				464	464
Ian ELDEN	MV45	Ipswich Jaffa RC				464			464	464
Michael BALL	MS	Riverside Runners St Neots						464	464	464
Mark FORD	MV50	Felixstowe RRC						463	463	463
Mike DRURY	MV45	Unattached			462				462	462
Ian FOREMAN	MV45	Unattached				460			460	460
Stephen HALL	MV45	Framlingham Flyers		459					459	459
Keith MARLEY	MV50	Colchester Harriers AC						459	459	459
Michael WILCOX	MV40	Unattached			458				458	458
Thomas STEWART	MV45	Woodbridge Shufflers Running Club		457					457	457
David PERCY	MV40	Haverhill Running Club				457			457	457
Alex SEAMAN	MS	Stowmarket Striders Running Club					457		457	457
David CAMPBELL	MV40	Colchester Harriers AC						457	457	457
Jason BRUNT	MV45	Norfolk Gazelles AC					456		456	456
Michael SMITH	MS	Colchester Harriers AC						456	456	456
Chris SUGARS	MV45	Felixstowe RRC	454						454	454
Jason COOK	MV45	Unattached					454		454	454
Giles SOWERBY	MS	Witham RC						454	454	454
Ian COXALL	MV45	Woodbridge Shufflers Running Club		452					452	452

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
William RADLEY	MS	Colchester Harriers AC						452	452	452
Warren BIRCH	MV50	Ipswich Jaffa RC		451					451	451
Daniel JONES	MS	Ipswich Harriers		450					450	450
Stephen HICKS	MV55	Ipswich Harriers					450		450	450
Paul DELLAR	MV50	Colchester Harriers AC						450	450	450
Dan UPTON	MV40	Unattached			449				449	449
Archie BARRINGTON	MU20	Harwich runners						449	449	449
Matthew WESLEY	MS	Unattached				447			447	447
David SMITH	MV50	Unattached		446					446	446
Henry MORRISON	MV45	Unattached				446			446	446
Will ALDRED	MV45	Framlingham Flyers		445					445	445
Jan KADING	MV45	Stowmarket Striders Running Club				444			444	444
Damian PRYKE	MV40	Unattached	443						443	443
Scott MCLAREN	MS	Unattached			443				443	443
Lee BROWN	MS	Haverhill Running Club				443			443	443
Paul PRESTON	MV45	Colchester Harriers AC						442	442	442
Peter BANKS	MV40	Witham RC						441	441	441
Simon HARRISON	MV40	Harwich runners						440	440	440
James CLEMENTS	MV40	Unattached		439					439	439
Peter SQUIRRELL	MS	Ipswich Jaffa RC					439		439	439
James NIAL	MS	Unattached						439	439	439
Paul CONNELL	MV45	Great Bentley Running Club		438					438	438
Ben DEAN	MS	Diss & District AC					438		438	438
James STUBBS	MV40	Haverhill Running Club			436				436	436
James ELLUL	MV40	Felixstowe RRC	435						435	435
Robert BLACKMAN	MS	Great Bentley Running Club			435				435	435
Chris SEYMOUR	MV50	Stowmarket Striders Running Club						435	435	435
Simon FORD	MV40	Colchester Harriers AC						434	434	434
Jay WAITE	MV50	Colchester Harriers AC						433	433	433
Michael MOORE	MS	Stowmarket Striders Running Club			432				432	432
Neil BARNETT	MS	Unattached	431						431	431
Karle HOWARD	MV45	Lowestoft Road Runners		430					430	430
Marc BRIGGS	MS	Ipswich Jaffa RC						428	428	428
Tom CODLING	MS	TRISudbury	427						427	427
Dominic MELERO	MV40	Unattached				424			424	424
Justin HAYHOE	MV45	Unattached						424	424	424
Jon MANN	MS	Great Bentley Running Club						423	423	423
Alastair BARTLETT	MS	Woodbridge Shufflers Running Club		422					422	422
Mike MCKINSTRY	MV50	Unattached				422			422	422
Jonathan BOYLES	MV40	Running Colchester						422	422	422
Michael SIMMONS	MV50	Great Bentley Running Club	419						419	419
Peter GRAY	MV40	Framlingham Flyers		419					419	419
Gavin LAWS	MS	Colchester Harriers AC						419	419	419
Lee HOLOHAN	MV40	Colchester Harriers AC						418	418	418
Kevin MILLARD	MS	Haverhill Running Club				417			417	417
Jamie ROCK	MS	Felixstowe RRC					417		417	417
Ben HUDSON	MS	Felixstowe RRC						417	417	417
Michael UNDRILL	MV50	Unattached						416	416	416
Kevin HARPER	MV45	Unattached	415						415	415
John ALDRED	MS	Framlingham Flyers						415	415	415
Matt GODDARD	MS	Unattached					414		414	414
Simon TINKLER	MV45	Framlingham Flyers		413					413	413
Max HARROLD	MS	Unattached	412						412	412
Kallum BREWARD	MS	Unattached			410				410	410
Simon WALLIS	MS	Haverhill Running Club				409			409	409
Andrew WEBBER	MV55	Stowmarket Striders Running Club					409		409	409
Andre BESANT	MV45	Harwich runners						409	409	409
Wayne SMITH	MV40	Saint Edmund Pacers				408			408	408
Steven HUGHES	MV55	Stowmarket Striders Running Club						408	408	408
Yusuf FIRAT	MV55	Haverhill Running Club	407						407	407
Luke WITHERS	MS	Haverhill Running Club				407			407	407
Steve PALFREY	MV45	Unattached					407		407	407
George TWEED	MS	Unattached		406					406	406

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Christopher BING	MS	Ipswich Jaffa RC			405				405	405
Dean SEARLE	MV40	Felixstowe RRC	402						402	402
Sean KENNEDY	MS	Woodbridge Shufflers Running Club		402					402	402
Jim ALDRIDGE	MV45	Ipswich Jaffa RC					401		401	401
Kenneth WRIGHT	MS	Ipswich Jaffa RC	401						401	401
Danny MILLWARD	MU20	Colchester Harriers AC						401	401	401
Gabriel MARTINS	MV50	Ipswich Jaffa RC		399					399	399
Stuart GREEN	MV55	Stowmarket Striders Running Club	398						398	398
Stephen SHAW	MV50	Felixstowe RRC	397						397	397
Michael MARRIOTT	MV60	Unattached					397		397	397
Dave HOWGEGO	MV50	Unattached	396						396	396
Terry SPURGEON	MV50	Unattached		395					395	395
Miles WEAVER	MV40	Unattached				395			395	395
Andy CARR	MV50	Unattached		393					393	393
Stephen ATKINS	MV50	Saint Edmund Pacers				393			393	393
Jerome HAYNES	MS	Unattached					393		393	393
Andrew MANN	MS	Ipswich Jaffa RC			392				392	392
Ian GROENEWALD	MV50	Unattached		390					390	390
Damian NUNN	MV40	Unattached					390		390	390
Tony WALLEN	MV50	Witham RC						390	390	390
John CASHEN	MV50	Unattached				388			388	388
Daniel SNOWDEN	MS	Framlingham Flyers		387					387	387
Derek HOOD	MV45	Ipswich Jaffa RC					387		387	387
Karl HOLBROOK	MV50	Unattached	383						383	383
Mark HUGHES	MS	Unattached		382					382	382
Scott BRENTON	MV40	Tiptree RRC						382	382	382
Daniel INGLEBY	MS	Ipswich Jaffa RC		381					381	381
Will HARTWELL	MV40	Haverhill Running Club				381			381	381
Will JOHNSTON-WOOD	MS	Sudbury Joggers						381	381	381
Ron MCCULLOUGH	MV70+	Ipswich Jaffa RC						380	380	380
Arthur WHISTON	MV65	Colchester Harriers AC						378	378	378
Thomas BEECROFT	MS	Unattached		377					377	377
Malcolm STATHAM	MV45	Colchester Harriers AC						377	377	377
Steven DURRANT	MV55	Felixstowe RRC	375						375	375
Jake CHURCH	MS	Saxmundham Sports Running & Fitness Club		374					374	374
David CASEY	MV50	Ipswich Triathlon Club	373						373	373
Daniel CLARKE	MS	Unattached		372					372	372
Rob ANDERSON	MV50	Unattached	371						371	371
Thomas AYKROYD	MV40	Unattached					370		370	370
Stuart RAFFLE	MS	Harwich runners						369	369	369
Jon BETSON	MV40	Unattached			368				368	368
Darryn ASHFORD	MV40	Unattached				367			367	367
Daniel KNIGHT	MS	Haverhill Running Club					365		365	365
Dave VAUGHAN	MV65	Saint Edmund Pacers			364				364	364
Matt WILLIAMS	MS	Unattached	363						363	363
Tony SMART	MS	Unattached			363				363	363
Daniel PELLING	MV45	Haverhill Running Club				362			362	362
Michael HILL	MS	Unattached					361		361	361
Richard TAYLOR	MV60	Springfield Striders RC				360			360	360
Ian KENNEDY	MV55	Framlingham Flyers		359					359	359
Simon WYATT	MV45	Unattached					359		359	359
John SQUIRRELL	MV65	Stowmarket Striders Running Club				358			358	358
Alan GARDNER	MV45	Harwich runners						358	358	358
Mark SKINNER	MV45	Unattached	357						357	357
Tom MINNS	MS	Unattached	356						356	356
Paul BROUGH	MV50	Haverhill Running Club				356			356	356
Barry EVE	MS	Lonely Goat Running Club						355	355	355
Andrew METCALFE	MV45	Felixstowe RRC	354						354	354
Damian ASHCROFT	MV55	Bungay Black Dog RC		353					353	353
Kevin BUNTON	MV60	Tiptree RRC						352	352	352
Tom AYKROYD	MV40	Unattached	351						351	351
David MCNAE	MS	Unattached	350						350	350
John SHATFORD	MV50	Unattached			350				350	350

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
William ROXBYP-CLARKE	MS	Harwich runners						350	350	350
Gary GARNHAM	MV55	Unattached		348					348	348
Gavin RIDGEON	MV40	Unattached					347		347	347
Phil SANDERSON	MV55	Harwich runners						347	347	347
Robert LEDGER	MV40	Unattached	346						346	346
Paul BUTLER	MV45	Unattached			346				346	346
Stuart RUDDICK	MS	Unattached						346	346	346
Julian GIBBS	MV50	Unattached		345					345	345
Steve MOY	MV45	Unattached			345				345	345
Michael DALE	MV60	Unattached	343						343	343
Daniel STOCKS	MS	Unattached			343				343	343
Greg MILLS	MV60	Unattached				342			342	342
Ian GOODERHAM	MV50	Saint Edmund Pacers						342	342	342
Ian BLUETT	MS	Unattached				341			341	341
Andrew FORSTER	MV55	Unattached	337						337	337
Jonathan ROBERTS	MS	Unattached		337					337	337
Mark STEVENSON	MV50	Great Bentley Running Club						337	337	337
Christopher DURRANT	MV50	Unattached	336						336	336
Michael KNOWLES	MU20	Harwich runners						336	336	336
Alistair GOODIER	MV50	Ipswich Jaffa RC				335			335	335
Mark ALLEN	MV60	Woodbridge Shufflers Running Club				333			333	333
Henry BROWN	MS	Unattached		332					332	332
Trevor LEWIS	MS	Harwich runners						331	331	331
Andy BAILEY	MV50	Bungay Black Dog RC		330					330	330
Andrew SMITH	MV50	Thetford AC				330			330	330
Simon STUTELEY	MS	Unattached					330		330	330
Matt HOWE	MV40	Felixstowe RRC	329						329	329
Darren ANDREWS	MS	Unattached		329					329	329
Jonathan SCOTT	MV40	Unattached		328					328	328
Graham WAUDBY	MV45	Unattached					328		328	328
Paul GRAVES	MV60	Tiptree RRC			328				328	328
Michael BRENTNALL	MV65	Cambridge & Coleridge AC				328			328	328
Justin COOPER-KEEBLE	MV45	Harwich runners						327	327	327
Anthony SMITH	MV55	Witham RC			326				326	326
Paul HOLLIDGE	MV50	Great Bentley Running Club						326	326	326
Ken ROOKE	MV70+	Framlingham Flyers		325					325	325
Gary HOWE	MV65	Beccles & Bungay Harriers				325			325	325
David VAUGHAN	MV65	Saint Edmund Pacers					325		325	325
Graham BERNTHAL	MV65	Unattached	324						324	324
Patrick LOCKETT	MV70+	Newquay Road Runners	323						323	323
Mark SARGEANTSON	MV65	Framlingham Flyers		322					322	322
Kieran DURRANT	MU20	Unattached	321						321	321
Jonathan WILDING	MV50	Felixstowe RRC				321			321	321
Chris REGAN	MV50	Colchester & Tendring AC						321	321	321
Christopher TRANTER	MV45	Unattached	320						320	320
Aaron DURRANT	MU20	Unattached	319						319	319
Steve WILLIAMS	MV65	Saint Edmund Pacers			318				318	318
Richard SIDLIN	MV55	Garden City Runners				318			318	318
James POLLARD	MV40	Bournville Harriers Running Club	317						317	317
Mark NUTLEY	MS	Unattached		317					317	317
Jason CHINERY	MS	Unattached			317				317	317
Ben CROSS	MS	Unattached				317			317	317
Steve MCNAMARA	MV45	Stowmarket Striders Running Club					316		316	316
Noah COX		Unattached						316	316	316
Xavier DOWNEY	MU20	Unattached				315			315	315
Neil GOODWIN	MV40	Boston Community Runners		314					314	314
Kieran CALLAGHAN	MS	Colchester Harriers AC						314	314	314
Martin KEELER	MS	Unattached					313		313	313
Kim PRETTY	MV60	Harwich runners						313	313	313
Barry STOCKS	MV50	Unattached			312				312	312
Andrew THOMAS	MV55	Unattached	311						311	311
Kieron PERRY	MV45	Unattached		311					311	311
Glenn PROCTOR	MV45	Stowmarket Striders Running Club				311			311	311

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Steve KIRK	MV40	Framlingham Flyers		310					310	310
Mark WHITE	MV45	Haverhill Running Club			310				310	310
Darren BIRCH	MV50	Unattached				309			309	309
Ross BOURNE	MV50	Saint Edmund Pacers				308			308	308
Craig DADE	MV40	Unattached				307			307	307
Niall BURKE	MS	Harwich runners						306	306	306
Stuart HOLLINGSWORTH	MV50	Felixstowe RRC	305						305	305
Josh IRON	MS	Haverhill Running Club			305				305	305
David LAMPARD	MV55	Felixstowe RRC	304						304	304
Simon THOMPSON	MV45	Tiptree RRC						304	304	304
James MORTIMER	MS	Unattached					302		302	302
Aaron O'CONNELL	MS	Unattached					301		301	301
Chris CHANDLER	MS	100 Marathon Club			300				300	300
Robin ASHE	MV65	Bungay Black Dog RC				300			300	300
Simon DAVIES	MV55	Felixstowe RRC		299					299	299
Ian ST LEDGER	MV50	Unattached			299				299	299
Dominic MIAOULIS	MS	Felixstowe RRC		297					297	297
Ian BOLTON	MV50	Harwich runners						297	297	297
Kevin JAMIESON	MV55	Haverhill Running Club				295			295	295
Richard JAQUES	MV55	Unattached	294						294	294
Gary DARVELL	MS	Unattached				293			293	293
Stefan HOGAN	MS	Colchester Harriers AC						293	293	293
Rob ALTOFT	MS	Unattached		292					292	292
David DAMANT	MV45	Unattached					290		290	290
Peter DOWNING	MV65	Unattached						290	290	290
Jerry WRIGHT	MV55	Unattached	289						289	289
Matthew DAWSON	MS	Unattached		288					288	288
Jonathan NEWELL	MV50	Saint Edmund Pacers					288		288	288
Michael DAY	MS	Unattached					287		287	287
Christopher SLEMMINGS	MV70+	Ipswich Triathlon Club	286						286	286
Tris MORGAN	MS	Framlingham Flyers		286					286	286
David JENKINS	MV55	Unattached				286			286	286
Roger HOBSON	MV70+	Woodbridge Shufflers Running Club		285					285	285
Jeremy SORE	MV50	Unattached					285		285	285
Dennis WARNER	MV60	Harwich runners						285	285	285
Mik CARR	MV60	Bungay Black Dog RC				284			284	284
Matt DORAN	MV45	Harwich runners						284	284	284
Ian SILLETT	MV60	Felixstowe RRC				283			283	283
Jeremy DOWNS	MS	Harwich runners						283	283	283
Ian ALEXANDER	MV55	Unattached	282						282	282
David JONES	MV70+	Stowmarket Striders Running Club		282					282	282
Keith FISHER	MV55	Unattached					282		282	282
Richard SORE	MV45	Ipswich Jaffa RC					280		280	280
Bryn STUPPELL	MV45	Haverhill Running Club				279			279	279
Jeff HIGGON	MV65	Harwich runners						279	279	279
Dave ROBINSON	MV45	Unattached	278						278	278
Matt MAKIN	MS	Felixstowe RRC	277						277	277
Elie ISHAC	MV60	Felixstowe RRC	276						276	276
Stephen WILLIAMS	MV65	Saint Edmund Pacers					276		276	276
Bernard MORGAN	MV50	Unattached						276	276	276
Kevin HAYWARD	MV50	Unattached		275					275	275
Stephen MANLEY	MV50	Harwich runners						275	275	275
Andrew SILVERTON	MS	Unattached						274	274	274
Glen MURES	MV45	Unattached		273					273	273
Phil HUDSON	MV60	Ware Joggers				273			273	273
Wasim HUDA	MV40	West Suffolk Wheelers					272		272	272
Karl LEACH	MV55	Harwich runners						270	270	270
John DRIVER	MV60	Felixstowe RRC	268						268	268
Nick MELERO	MV65	Unattached				267			267	267
Paul DORSET	MV45	Felixstowe RRC	265						265	265
Jordan HALL	MS	Unattached						265	265	265
Ross SILVERTON	MV70+	Witham RC						263	263	263
Stephen NEWHALL	MV40	Unattached					261		261	261

Friday 5 Championship File 2019

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
David SALTER	MV55	Thetford AC				259			259	259
Gary HILL	MV45	Great Bentley Running Club						259	259	259
Ian BOWN	MV55	GoodGym						258	258	258
Paul RYAN	MV55	Unattached						255	255	255
Michael CLAPHAM	MV65	Unattached				255			255	255
George WICKER	MV60	Saint Edmund Pacers					255		255	255
Mark HUGHES	MV50	Stowmarket Striders Running Club					253		253	253
David BRIGHT	MS	Unattached						253	253	253
Stephen SPENCER	MV60	Brandon Fern Hoppers				252			252	252
Steven WHITNELL	MS	Unattached					251		251	251
Mark FINCH	MV50	Unattached						251	251	251
Paul ANDERSON	MV50	Suffolk Trail Runners					250		250	250
Mel CHITTOCK	MV60	Unattached				249			249	249
Paul FORSHAW	MV65	Fetch Everyone Running Club				248			248	248
Colin MATTHEWS	MV50	Harwich runners						248	248	248
Steve WAIN	MV45	Unattached						245	245	245
Des BISHOP	MV55	Unattached						244	244	244
Kris DALBY	MS	Harwich runners						242	242	242
David PLEACE	MV40	Harwich runners						239	239	239
Martin CLARKE	MV65	Harwich runners						230	230	230
Josh MILLER	MS	Unattached						227	227	227
Lewis TIMMS	MS	Unattached						225	225	225

Number of records: 1102