

5Mile Race Series

Overall winning team

Ipswich Jaffa

Overall series prize winners

	Position	Name	Club
Female	1st	Tracy ENGLISH	Southend-on-Sea AC
	2nd	Emily ZETHRAEUS	Great Bentley Running Club
	3rd	Katie KING	Saint Edmund Pacers
Male	1st	Tony GAVIN	Felixstowe RRC
	2nd	Samuel BURDETT	Stowmarket Striders Running Club
	3rd	Andrew SOUTHWOOD	Saint Edmund Pacers

Age Category winners

	Position	Name	Club
FU20	1st	Fliss KINDRED KIRK	Framlingham Flyers
	2nd	Rose MORTIMER	Unattached
	3rd	Courtney TURNER	Felixstowe RRC
FS	1st	Emily ZETHRAEUS	Great Bentley Running Club
	2nd	Katie KING	Saint Edmund Pacers
	3rd	Rebecca FISH	Unattached
FV40	1st	Tracy ENGLISH	Southend-on-Sea AC
	2nd	Kym ROBERTSON	Saint Edmund Pacers
	3rd	Magdalena KOMOROWSKA	Great Bentley Running Club
FV45	1st	Kate SANDERCOCK	Colchester Harriers AC
	2nd	Sarah COLBERT	Mid Essex Casuals
	3rd	Kaye BRANTON	Felixstowe RRC
FV50	1st	Jackie HANN	Sudbury Joggers
	2nd	Sharon BRANDON	Saint Edmund Pacers
	3rd	Sandy PHILLIPS	Ipswich Jaffa RC
FV55	1st	Rebecca PITTMAN	Springfield Striders RC
	2nd	Jenny SHEAHAN	Eastern Veterans AC
	3rd	Jenny CHURCH	Felixstowe RRC
FV60	1st	Belinda GODBOLD	Ipswich Jaffa RC
	2nd	Jenny MORGAN	Saint Edmund Pacers
	3rd	Marion LEWIS	Saxmundham Sports Running & Fitness Club
FV65	1st	Cathy BEARD	Sudbury Joggers
	2nd	Vivienne TAYLOR	Framlingham Flyers
	3rd	Chris GAY	Lonely Goat Running Club
FV70+	1st	Maureen WRIGHT	Ipswich Jaffa RC
	2nd	Jan GREEN	Framlingham Flyers
	3rd	Gaye FARRAR	Framlingham Flyers
MU20	1st	Freddie ADAMS	Ipswich Harriers
	2nd	Tom HAYDEN	Framlingham Flyers
	3rd	William TERRY	Stowmarket Striders Running Club
MS	1st	Tony GAVIN	Felixstowe RRC

	2nd 3rd	Samuel BURDETT Adam WADE	Stowmarket Striders Running Club Ipswich Jaffa RC
MV40	1st 2nd 3rd	Andrew SOUTHWOOD Jason MARTER Benjamin JACOBS	Saint Edmund Pacers Framlingham Flyers Felixstowe RRC
MV45	1st 2nd 3rd	Keith TILLEY Adam HOWLETT Mark HAYDEN	Ipswich Jaffa RC Framlingham Flyers Framlingham Flyers
MV50	1st 2nd 3rd	Wilfred CAMPBELL Steve BROOKE Mark ALLEN	Ipswich Jaffa RC Felixstowe RRC Ipswich Jaffa RC
MV55	1st 2nd 3rd	Chris COOKE Peter WEST Todd LEWIS	Saint Edmund Pacers Colchester Harriers AC Sudbury Joggers
MV60	1st 2nd 3rd	Terry BACK Alan JACKSON Stephen PRETTY	Ipswich Jaffa RC Ipswich Jaffa RC Saint Edmund Pacers
MV65	1st 2nd 3rd	Neville CLARKE Keith BORRETT Chris AYLMER	Newmarket Joggers Unattached Newmarket Joggers
MV70+	1st 2nd 3rd	David TAYLOR John CULLUM Chris HARBORD	Framlingham Flyers Saint Edmund Pacers Bungay Black Dog RC