

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
f										
Katie KING	FS	Saint Edmund Pacers	500	499	499	499			1997	1997
Helen JERROLD	FV40	Felixstowe RRC	495	493	493	491			1972	1972
Holly TAYLOR	FS	Felixstowe RRC	494	494	491	488			1967	1967
Grace LEAVY	FS	Stowmarket Striders RC	491	490	489	494			1964	1964
Maddy LANSDOWN	FU20	Ipswich Jaffa RC	490	495	483	493			1961	1961
Rebecca FISH	FS	Unattached	480	486	487	483			1936	1936
Jo HAYWARD	FV50	Stowmarket Striders RC	479	483	478	490			1930	1930
Juliet GARNHAM	FV45	Stowmarket Striders RC	481	488	476	478			1923	1923
Magdalena KOMOROWSKA	FV40	Great Bentley Running Club	477	479	475	480			1911	1911
Hien HOANG	FV40	Great Bentley Running Club	473	474	469	473			1889	1889
Debbie CATLING	FV50	Felixstowe RRC	471	473	460	464			1868	1868
Hannah JEWERS	FV40	Stowmarket Striders RC	463	465	466	467			1861	1861
Michelle HEWITT	FS	Framlingham Flyers	456	467	454	468			1845	1845
Sharon WARLAND	FV55	Stowmarket Striders RC	453	464	450	460			1827	1827
Goldie YULE	FV45	Unattached	461	460	448	456			1825	1825
Sarah DAVISON	FV45	Great Bentley Running Club	457	466	439	449			1811	1811
Belinda GODBOLD	FV60	Hadleigh Hares AC	443	461	446	455			1805	1805
Lyndsey SMITH	FS	Diss and District AC	437	448	442	448			1775	1775
Caroline TALBOT	FV40	Great Bentley Running Club	439	442	437	453			1771	1771
Clare WHITFIELD	FV45	Saint Edmund Pacers	432	451	432	447			1762	1762
Teresa TRANTER	FV70+	Sudbury Joggers	431	445	435	446			1757	1757
Julia MOSS-ECCARDT	FV50	Stowmarket Striders RC	434	443	427	443			1747	1747
Jenny LYNCH	FV55	Felixstowe RRC	421	441	426	440			1728	1728
Trish JARVIS	FV55	Jogging Made Easy	415	435	417	439			1706	1706
Helen SPOONER	FV50	Haverhill Running Club	405	426	414	435			1680	1680
Victoria SENIOR	FS	Saint Edmund Pacers	401	429	398	420			1648	1648
Donna HARRIS	FV40	Great Bentley Running Club	389	420	407	429			1645	1645
Sophie GATHORNE-HARDY	FU20	Saint Edmund Pacers	404	419	391	415			1629	1629
Kirsty MARSH	FS	Felixstowe RRC	388	417	403	411			1619	1619
Emily COOPER-READE	FV55	Stowmarket Striders RC	374	415	384	417			1590	1590
Belinda PALMER-BARNES	FV60	Great Bentley Running Club	348	418	385	422			1573	1573
Jacqueline ALLPORT	FV50	Felixstowe RRC	363	407	375	408			1553	1553
Doranne BREWSTER	FV40	Unattached	361	403	371	405			1540	1540
Teresa FARMER	FV50	Great Bentley Running Club	356	399	367	393			1515	1515
Elaine ROBINSON	FV60	Stowmarket Striders RC	346	392	364	402			1504	1504
Holly WEIR	FV40	Sudbury Joggers	498	498		498			1494	1494
Margaret DEASY	FV55	Colchester Harriers AC	496	497		496			1489	1489
Rebecca PITTMAN	FV60	Springfield Striders RC	489		490	492			1471	1471
Kaye BRANTON	FV50	Felixstowe RRC	487	489	488				1464	1464
Joanna LEADER	FV50	Saint Edmund Pacers		481	486	487			1454	1454
Henrietta-Mae BAWN	FS	Unattached		484	484	481			1449	1449
Sandra MAYHEW	FV55	Stowmarket Striders RC	482	485	477				1444	1444
Emma KEEN	FS	Felixstowe RRC		482	481	479			1442	1442
Kirsty WEAVERS	FV55	Saint Edmund Pacers	475	477	472				1424	1424
Ruth ACWORTH	FV60	Woodbridge Shufflers RC	468	476	465				1409	1409
Lisa BRIGGS	FS	Great Bentley Running Club		472	470	463			1405	1405
Kayleigh TURPIN	FS	Felixstowe RRC	470	471	461				1402	1402
Mary-Ann TULI	FV50	Haverhill Running Club	462	468		469			1399	1399
Amber BRADNAM	FU20	Saint Edmund Pacers		470	463	465			1398	1398
Kathy WILSON-BROWN	FS	Ipswich Jaffa RC	459	463		474			1396	1396
Jenny SHEAHAN	FV60	Eastern Masters AC	450		452	458			1360	1360
Claire MASKERY	FV40	Stowmarket Striders RC	436	453	444				1333	1333
Nicky WATSON	FV50	Woodbridge Shufflers RC	440		441	452			1333	1333
Liza PUTWAIN	FV40	Stowmarket Striders RC	429		431	444			1304	1304
Rachael HATTEN	FS	Unattached	427		428	434			1289	1289
Holly CRIMP	FS	Framlingham Flyers	416	433	430				1279	1279
Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	412	439	420				1271	1271
Sophie COLEMAN	FS	Ipswich Jaffa RC	414	438	415				1267	1267
Hayley WILSON	FS	Haverhill Running Club	408	431		427			1266	1266
Joanna WHITE	FV50	Saxmundham Sports Running & Fitness	399	428		425			1252	1252
Denise WRIGHT	FV55	Stowmarket Striders RC	392	425	405				1222	1222
Denise SHEPPARD	FV45	Unattached	394	432	395				1221	1221

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Mandy GODBOLD	FV50	Ipswich Harriers	385	421	399				1205	1205
Veronica LEWIS	FV45	Haverhill Running Club		412	381	409			1202	1202
Amanda CHILDS	FV50	Ipswich Jaffa RC	373	414	392				1179	1179
Heidi KNIGHT	FV45	Capel Cheetahs	360	401	378				1139	1139
Simone SUTHERLAND	FV65	Framlingham Flyers	350	398	361				1109	1109
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness	349		360	399			1108	1108
Claire RUSH	FV40	Kesgrave Cruisers	345	397	365				1107	1107
Maddie JORDAN-LEE	FU20	Stowmarket Striders RC		500		500			1000	1000
Anna KEEBLE	FS	Ipswich Jaffa RC	492		495				987	987
Sian KINGSTON	FV40	Unattached	486		492				978	978
Emma MORTIMER	FS	Ipswich Phoenix Running Club		491		484			975	975
Sam SPENCER	FS	Ipswich Jaffa RC	483	487					970	970
Sandy PAGE	FV45	Kesgrave Cruisers			479	486			965	965
Helen ARIYO	FV40	Kesgrave Cruisers	484	480					964	964
Sandra WEBB	FV50	Saint Edmund Pacers		478	480				958	958
Mary NAREY	FV50	Stowmarket Striders RC			473	482			955	955
Jenny MORGAN	FV65	Saint Edmund Pacers			474	477			951	951
Jasmine BILNER	FU20	Ipswich Jaffa RC	474			476			950	950
Kirsty BROOKFIELD	FS	Woodbridge Shufflers RC	478		471				949	949
Julie BRANCH	FV50	Unattached		475		470			945	945
Helen FINDLEY	FV40	Kesgrave Cruisers	476		464				940	940
Rachel TERRY	FV50	Stowmarket Striders RC			468	471			939	939
Lynsey WARREN	FS	Unattached		462	455				917	917
Lydia SIMMONS	FS	Saint Edmund Pacers			456	461			917	917
Kathy BISHOP	FV55	Great Bentley Running Club	447	469					916	916
Victoria ORFORD	FV45	Framlingham Flyers	455		458				913	913
Nicole SISSON	FS	Haverhill Running Club		456		450			906	906
Emily ROGERS	FS	Stowmarket Striders RC		449	451				900	900
Karen DEASY	FV40	Unattached		457	438				895	895
Wendy KELLETT	FV50	Ipswich Jaffa RC	446		443				889	889
Sil CLAY	FV55	Haverhill Running Club		444		445			889	889
Cheryl TRUNDLE	FV65	Haverhill Running Club		446		442			888	888
Beryl LANSDOWN	FV50	Ipswich Jaffa RC	454			432			886	886
Lorna WEBBER	FS	Capel Cheetahs			433	451			884	884
Emma HARWOOD	FV50	Framlingham Flyers	438		445				883	883
Sarah VICK	FV50	Saxmundham Sports Running & Fitness	430	447					877	877
Aimee MCLACHLAN	FV50	Woodbridge Shufflers RC	465		411				876	876
Ruth COWLIN	FV55	Sudbury Joggers	424	452					876	876
Christine MARSH	FV65	Stowmarket Striders RC	433		429				862	862
Laura BROWN	FS	Stowmarket Striders RC	420			441			861	861
Claire STEELE	FV45	Unattached		430		424			854	854
Tasha SALMON	FV40	Unattached		437	416				853	853
Louise RAMSAY	FV50	Ipswich Jaffa RC	428		424				852	852
Fiona SMITH	FV50	Unattached	425		422				847	847
Keeley WHITE	FS	Haverhill Running Club	409	436					845	845
Jackie CUNINGHAME	FV65	Stowmarket Striders RC		424		416			840	840
Alison MYLES	FV50	Unattached	417		421				838	838
Clair NAGORSKI	FS	Haverhill Running Club	407	423					830	830
Elizabeth COBBOLD	FV40	Unattached	411		413				824	824
Kate WARBOYS	FV50	Newmarket Joggers		405		410			815	815
Rebecca ELLUL	FS	Felixstowe RRC	410		404				814	814
Nicola ALEXANDER	FS	Unattached	403		409				812	812
Kathryn GERRY	FV50	Woodbridge Shufflers RC	400		410				810	810
Janice HOLMES	FV55	Newmarket Joggers		406		404			810	810
Claire BUTCHER	FV40	Felixstowe RRC		402		406			808	808
Jackie COLLINS	FV55	Felixstowe RRC		411	393				804	804
Annabel BROWN	FS	Ipswich Jaffa RC	387			412			799	799
Lois MICKLEBURGH	FV45	Unattached	398		400				798	798
Julie HOCKEN	FV55	Jogging Made Easy	378	413					791	791
Caroline MCINTOSH	FV65	Newmarket Joggers		393		398			791	791
Rachel STONE	FV45	Unattached	382		408				790	790
Jo WHELAN	FV60	Felixstowe RRC		409	380				789	789
Olivia CATLEY	FU20	Kesgrave Cruisers	372			407			779	779

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kelly WADE	FV40	Ipswich Jaffa RC	379		394				773	773
Georgia HUMPHREYS	FS	Unattached	366		406				772	772
Vivienne TAYLOR	FV65	Framlingham Flyers	375		387				762	762
Jane MATHIAS	FV45	Unattached		396	366				762	762
Harriet ATHERTON	FS	Unattached		395	362				757	757
Susannah ROSENBERG	FV60	Ipswich Triathlon Club		390	359				749	749
Claire ROOKE	FV45	Sudbury Joggers	352			395			747	747
Agnieszka ANDRZEJAK	FV40	Unattached		391	355				746	746
Karen AUSTIN	FV55	Unattached	351			394			745	745
Suzi SAUNDERS	FV40	Unattached	369		376				745	745
Danielle ADAMS	FV40	Unattached	355		372				727	727
Maureen WRIGHT	FV70+	Ipswich Jaffa RC	357		370				727	727
Tania PATERSON	FV60	Unattached	339		374				713	713
Nicki WALKER	FV50	Unattached	344		363				707	707
Liz HICKS	FV50	Unattached	342		358				700	700
Helen SAAGI	FV55	Rushmere Community Runners	343		357				700	700
Vicki ALLISON	FS	Unattached	336		354				690	690
Laura THOMAS	FS	Ipswich Jaffa RC			500				500	500
Jess GOODERHAM	FS	Saint Edmund Pacers	499						499	499
Claire JACOBS	FS	Hadleigh Hares AC			498				498	498
Alice HEATHER - HAYES	FV45	Ipswich Harriers	497						497	497
Katie AUSTIN	FS	Ipswich Jaffa RC			497				497	497
Cath JEFFERY	FV40	Saint Edmund Pacers				497			497	497
Ellie CUMNER	FV40	Colchester Harriers AC		496					496	496
Carys DURIE	FS	Unattached			496				496	496
Rachael LAURANCE	FV40	Ipswich Jaffa RC				495			495	495
Zohra ARMITAGE	FV45	Saint Edmund Pacers			494				494	494
Collette GREEN	FS	Felixstowe RRC	493						493	493
Ann-Louise SALT	FV40	Unattached		492					492	492
Sandy THOROGOOD	FV55	Unattached				489			489	489
Sam LINASSI	FV45	Felixstowe RRC	488						488	488
Gemma SHEPPARD	FV40	Unattached	485						485	485
Amy PLUMBLY	FV40	Ipswich Harriers			485				485	485
Sally-Ann BOWEN	FV45	Sudbury Joggers				485			485	485
Rosie DENNY	FV40	Woodbridge Shufflers RC			482				482	482
Isabel HOLLANDS	FU20	Unattached				475			475	475
Sandra ROBERTS	FV60	Ipswich Jaffa RC	472						472	472
Lara POCOOCK	FS	Saint Edmund Pacers				472			472	472
Jackie HANN	FV55	Sudbury Joggers	469						469	469
Gemma MOSS	FV45	Ipswich Jaffa RC	467						467	467
Lucy BEALES	FS	Woodbridge Shufflers RC			467				467	467
Marion PARKER	FV55	Felixstowe RRC	466						466	466
Katy BURGIN	FS	Unattached				466			466	466
Carissa WYATT	FV45	Unattached	464						464	464
Bev SHORTLEY	FV55	Great Bentley Running Club			462				462	462
Chloe STUTELEY	FS	Saint Edmund Pacers				462			462	462
Catherine BERESFORD	FV50	Rushmere Community Runners	460						460	460
Margaret LIFFEN	FS	Unattached		459					459	459
Meera RAJOO-OAKLEY	FS	Great Bentley Running Club			459				459	459
Jane PARKINGTO	FV50	Unattached				459			459	459
Jackie WASTELL	FV60	London Heathside	458						458	458
Joanne HARPER	FV40	Felixstowe RRC		458					458	458
Sarah MAIDMENT	FV45	Framlingham Flyers			457				457	457
Michelle BELL	FV45	Unattached				457			457	457
Alison VINCENT	FV55	Unattached		455					455	455
Katharine FOWLER	FS	Unattached				454			454	454
Annie GOURLAY	FV40	Sudbury Joggers		454					454	454
Sian ABBOTT	FS	Ipswich Jaffa RC			453				453	453
Sandra BUMPHREY	FV50	Capel Cheetahs	452						452	452
Maria RIERA TURRO	FS	Felixstowe RRC	451						451	451
Tracy QUARRELL	FV50	Haverhill Running Club		450					450	450
Annabel HENSON	FU20	Saint Edmund Pacers	449						449	449
Lydia KIRK	FS	Framlingham Flyers			449				449	449

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jennifer WRIGHT	FV40	Ipswich Jaffa RC	448						448	448
Geraldine CLARKE	FV55	Framlingham Flyers			447				447	447
Amanda KEMP	FV40	Felixstowe RRC	445						445	445
Rebecca CREASEY	FS	Unattached	444						444	444
Pauline ADAMS	FV45	Unattached	442						442	442
Eleanor WELLS	FS	Ipswich Jaffa RC	441						441	441
Helen DUGGAN	FV55	Felixstowe RRC			440				440	440
Bethany BEDINGFIELD	FS	Capel Cheetahs		440					440	440
Nathalie HOOPER	FV55	Hadleigh Hares AC				438			438	438
Claire BLANCHFORD	FV40	Unattached				437			437	437
Diane EMSDEN	FV55	Unattached			436				436	436
Claire DOUGLAS	FV40	Stowmarket Striders RC				436			436	436
Sarah BANHAM	FS	Felixstowe RRC	435						435	435
Karen SKENE	FV50	Capel Cheetahs		434					434	434
Nicola STEVENSON	FV60	Felixstowe RRC			434				434	434
Donna TALBOT	FV40	Saint Edmund Pacers				433			433	433
Victoria SQUIRRELL	FV40	Ipswich Jaffa RC				431			431	431
Lisa BRUTON	FV40	Haverhill Running Club				430			430	430
Isabella BRYSON	FS	Unattached				428			428	428
Jenny MERRY	FV40	Unattached		427					427	427
Sophie BELL	FS	Unattached	426						426	426
Amanda SMITH	FV45	Woodbridge Shufflers RC				426			426	426
Annie ROGERS	FS	Unattached			425				425	425
Katie PEAKE	FS	Ipswich Jaffa RC	423						423	423
Sophie DOE	FS	Unattached			423				423	423
Joanne SARGENT	FV50	Hadleigh Hares AC				423			423	423
Lucy JONES	FV40	Unattached	422						422	422
Grace JUDGE	FV55	Haverhill Running Club		422					422	422
Rebecca JENNINGS	FV55	Unattached				421			421	421
Dawn GIBSON	FV40	Felixstowe RRC	419						419	419
Jo CLARK	FV45	Unattached			419				419	419
Hannah DAVIES	FS	Unattached				419			419	419
Danielle WRIGHT	FS	Felixstowe RRC	418						418	418
Steph LING	FV40	Unattached			418				418	418
Becky ROBERTSON	FS	Unattached				418			418	418
Sarah BOXALL	FS	TRISudbury		416					416	416
Jayne ATTWELL	FV45	Unattached				414			414	414
Sophie GODBOLD	FS	Unattached	413						413	413
Angela CHERRETT	FV65	Framlingham Flyers				413			413	413
Hannah WATTAM	FS	Woodbridge Shufflers RC			412				412	412
Suzanne FROST	FV50	Unattached		410					410	410
Alison NOBLE	FV40	Unattached		408					408	408
Karen SHELLEY	FV55	Stowmarket Striders RC	406						406	406
Timea TOTH	FS	Unattached		404					404	404
Gill CHARLTON	FV60	Stowmarket Striders RC				403			403	403
Alice MEADOWS	FS	Unattached	402						402	402
Sarita RAO	FV50	Unattached			402				402	402
Lisa COX	FV40	Unattached			401				401	401
Helen STACY	FV55	Unattached				401			401	401
Samantha POLLARD	FS	Haverhill Running Club		400					400	400
Gillian ROGERS	FV60	Unattached				400			400	400
Deb HART	FV50	Unattached	397						397	397
Michelle KEEBLE	FV45	Saxmundham Sports Running & Fitness			397				397	397
Jackie HENLEY	FV55	Newmarket Joggers				397			397	397
Mary BURGESS	FV65	Felixstowe RRC	396						396	396
Veronica MANLY	FV70+	Unattached			396				396	396
Joanna MEYER	FV65	Unattached				396			396	396
Bernadette WHITE	FV50	Unattached	395						395	395
Jo BIRCH	FV45	Lonely Goat RC		394					394	394
Nina SIMMONS	FS	Great Bentley Running Club	393						393	393
Kerri BARRELL	FS	Jogging Made Easy				392			392	392
Marion SIMMONS	FV55	Great Bentley Running Club	391						391	391
Natalie WALSH	FV40	Unattached				391			391	391

Friday 5 Championship File 2022

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rachel PRIOR	FS	Woodbridge Shufflers RC	390						390	390
Diane CHESTER	FV50	Unattached			390				390	390
Marion GREENWOOD	FV55	Unattached				390			390	390
Susan HUNTER	FV60	Unattached		389					389	389
Hannah DORAN	FV45	Unattached			389				389	389
Caroline GLEED	FV55	Unattached				389			389	389
Hilary COOK	FV60	Ipswich Harriers			388				388	388
Emma READER	FS	Newmarket Joggers				388			388	388
Rebecca MORGAN	FS	Saint Edmund Pacers				387			387	387
Kirsty ABERDEIN	FV45	Unattached	386						386	386
Tanya BARNES	FV55	Vegan Runners UK			386				386	386
Jenny CHURCH	FV60	Felixstowe RRC	384						384	384
Pippa SARGENT	FV40	Stowmarket Striders RC	383						383	383
Gemma BERRY	FS	Unattached			383				383	383
Muriel LOVERING	FV40	Harwich Runners			382				382	382
Ethel MATHEWS	FV70+	Unattached	381						381	381
Amanda BIRD	FV50	Ipswich Jaffa RC	380						380	380
Lucy BRYANTON	FV50	Unattached			379				379	379
Sally GARNHAM	FV60	Felixstowe RRC	377						377	377
Daniela ELSTONE	FV55	Felixstowe RRC			377				377	377
Adriana HOUCHELL	FS	Ipswich Jaffa RC	376						376	376
Julie HASELWOOD	FV65	Ipswich Jaffa RC			373				373	373
Jessica MAYHEW	FV40	Unattached	371						371	371
Lisa XX	FV40	Unattached	370						370	370
Niki MACSEPHNEY	FV50	Unattached			369				369	369
Amanda PRIOR	FV50	Capel Cheetahs	368						368	368
Sue HARGADON	FV65	Woodbridge Shufflers RC			368				368	368
Maddie JAKUBIK	FS	Unattached	367						367	367
Katie MEADOWS	FS	Unattached	365						365	365
Gemma HOWARD	FS	Ipswich Triathlon Club	364						364	364
Annette HUGGINS	FV65	Framlingham Flyers	362						362	362
Charlotte HARDING	FS	Unattached	359						359	359
Catriona PEARSON	FS	Unattached	358						358	358
Jacqueline WILDING	FV55	Framlingham Flyers			356				356	356
Michelle HOGGETT	FV50	Saint Edmund Pacers	354						354	354
Katherine AYKROYD	FS	Felixstowe RRC	353						353	353
Jodie BUDD	FV45	Sudbury Joggers	347						347	347
Jule RACE	FV60	Unattached	341						341	341
Cheryl WAKERLEY	FV40	Unattached	340						340	340
Gina DIMASCIO	FV60	Unattached	338						338	338
Barbara LAW	FV70+	Great Bentley Running Club	337						337	337
Wendie HALES	FV50	Unattached	335						335	335

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
m										
Mark HAYWARD	MV40	Newmarket Joggers	493	496	493	493			1975	1975
Aidan COUGHLAN	MV40	Felixstowe RRC	491	493	492	487			1963	1963
Henry CATLING	MS	Felixstowe RRC	479	484	483	478			1924	1924
Adrian FROST	MV50	Saint Edmund Pacers	469	481	477	481			1908	1908
Nicholas CLARKE	MV40	Ipswich Jaffa RC	471	478	478	476			1903	1903
Andrew SOUTHWOOD	MV40	Saint Edmund Pacers	457	476	473	482			1888	1888
Dylan BRADNAM	MU20	Saint Edmund Pacers	468	475	469	468			1880	1880
Jake HAYWARD	MU20	Stowmarket Striders RC	496	497	392	491			1876	1876
Steve BROOKE	MV50	Felixstowe RRC	460	469	466	463			1858	1858
Tom ALEXANDER	MV40	Woodbridge Shufflers RC	458	471	456	462			1847	1847
James MINNETTE	MV45	Haverhill Running Club	450	460	463	465			1838	1838
Neil SMITH	MS	Framlingham Flyers	451	463	468	446			1828	1828
Alastair READ	MV40	Felixstowe RRC	446	457	457	450			1810	1810
George WRIGHT	MS	Stowmarket Striders RC	435	450	443	434			1762	1762
Robin HARPER	MV45	Felixstowe RRC	440	442	449	423			1754	1754
Neil CATLEY	MV40	Kesgrave Cruisers	431	447	438	436			1752	1752
Vince WEBB	MV50	Saint Edmund Pacers	422	441	434	441			1738	1738
Kevin COLEMAN	MV55	Stowmarket Striders RC	401	437	429	432			1699	1699
Simon SMITH	MV55	Colchester Harriers AC	419	434	411	416			1680	1680
Chris SERVANT	MV55	Ipswich Jaffa RC	405	424	426	424			1679	1679
Martin JARVIS	MV45	Unattached	407	429	407	426			1669	1669
Kev LINSELL	MV45	Kesgrave Cruisers	413	420	405	414			1652	1652
Andrew BUDD	MV60	Capel Cheetahs	420	433	421	377			1651	1651
Kerry BUCKLEY	MV50	Felixstowe RRC	416	427	410	391			1644	1644
Nigel BARNES	MV50	Vegan Runners UK	390	411	415	408			1624	1624
Femi ARIYO	MV45	Kesgrave Cruisers	402	401	402	411			1616	1616
Joe WEBB	MU20	Saint Edmund Pacers	395	417	401	389			1602	1602
Tom STEPHENS	MV50	Felixstowe RRC	408	413	383	379			1583	1583
Andrew CHATFIELD	MV40	Capel Cheetahs	398	414	398	365			1575	1575
Colin FARMER	MV55	Great Bentley Running Club	375	404	394	402			1575	1575
Robin BELSOM	MV60	Ipswich Jaffa RC	365	396	384	403			1548	1548
Keith LANSDOWN	MV55	Ipswich Jaffa RC	366	389	372	380			1507	1507
Andre EDWARDS	MV45	Unattached	361	393	377	373			1504	1504
Jamie BRANDON	MS	Ipswich Phoenix Running Club	384	399	362	353			1498	1498
Freddie ADAMS	MU20	Ipswich Harriers	497	499	498				1494	1494
Oliver MANNING	MS	Kesgrave Cruisers	495	498	496				1489	1489
Neil POLLARD	MV40	Newmarket Joggers	494		497	496			1487	1487
Mark PHILLIPS	MV45	Haverhill Running Club	358	383	364	376			1481	1481
Paul HOLLEY	MV55	Newmarket Joggers		488	494	489			1471	1471
James SMITH	MV40	Newmarket Joggers	488	491	490				1469	1469
John SCAIFE	MV45	Colchester Harriers AC	489	489	489				1467	1467
Aden BELL	MS	Hadleigh Hares AC	486		491	490			1467	1467
Yusuf FIRAT	MV55	Haverhill Running Club	362	387	358	359			1466	1466
Justin RABETT	MV55	Saint Edmund Pacers	347	374	359	382			1462	1462
Jack NOBLE	MS	Ipswich Jaffa RC	490		487	479			1456	1456
Joseph BENDALL	MS	Newmarket Joggers		485	486	485			1456	1456
Chris AXFORD	MV55	Jogging Made Easy	349	377	354	374			1454	1454
Mark ALLEN	MV55	Ipswich Jaffa RC	477		482	484			1443	1443
Daniel WHYMARK	MV40	Great Bentley Running Club	352	381	360	346			1439	1439
James WILSON	MS	Saxmundham Sports Running & Fitness	474		484	480			1438	1438
Oliver WATSON	MS	Ipswich Jaffa RC	481		485	471			1437	1437
James CORNISH	MV40	Woodbridge Shufflers RC	475	482	479				1436	1436
Ben CHILDS	MV40	Unattached	338	371	352	371			1432	1432
James WITHAMS	MS	Vegan Runners UK	472	479		474			1425	1425
Paul DAVISON	MV45	Great Bentley Running Club	325	362	314	422			1423	1423
Wilfred CAMPBELL	MV55	Ipswich Jaffa RC		473	472	475			1420	1420
Lee GODDARD	MV50	Stowmarket Striders RC	328	364	357	370			1419	1419
Ian WEIR	MV45	Sudbury Joggers	466	472		470			1408	1408
Simon MILLER	MV50	Colchester Harriers AC	334	367	331	375			1407	1407
Brian MUNNS	MV55	Newmarket Joggers	331	335	349	366			1381	1381
Piotr BULACZ	MV50	Sudbury Joggers	448	464		458			1370	1370
Morgan MOORE	MS	Stowmarket Striders RC	437	467	451				1355	1355

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jamie FITTOCK	MS	Saint Edmund Pacers		444	453	448			1345	1345
Terry BACK	MV65	Ipswich Jaffa RC	442		445	457			1344	1344
Ben PHILLIPS	MU20	Haverhill Running Club		459	464	418			1341	1341
Mark KING	MS	Felixstowe RRC	323	358	325	331			1337	1337
Tim HANMAN	MV50	Ipswich Jaffa RC		443	447	445			1335	1335
Philip HYMERS	MV70+	Saint Edmund Pacers	319	354	318	339			1330	1330
Steve KIRK	MV40	Framlingham Flyers	322	353	322	330			1327	1327
Stuart WRIGHT	MV45	Felixstowe RRC	430		444	452			1326	1326
Ben JACKSON	MU20	Unattached	295	333	328	368			1324	1324
Nigel SCHOFIELD	MV55	Saint Edmund Pacers	429	445		444			1318	1318
Chris WONG	MS	Saxmundham Sports Running & Fitness	436	431		442			1309	1309
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness	445		442	420			1307	1307
Ashley SMY	MV40	Ipswich Jaffa RC	427		440	439			1306	1306
Adam HOCKEN	MV55	Witham RC	312	348	317	326			1303	1303
Richard ALLPORT	MV55	Felixstowe RRC	309	355	307	322			1293	1293
Phil DAVIES	MV55	Ipswich Jaffa RC	302	343	313	328			1286	1286
Joe ADAMS	MV50	Unattached	423	451	408				1282	1282
Mon LEE	MV60	Ipswich Jaffa RC	293	342	321	324			1280	1280
Karl FEAGAN	MV45	Ipswich Harriers		423	427	427			1277	1277
John GREENER	MV50	Saint Edmund Pacers		421	423	425			1269	1269
Matt TRILL	MV45	Ipswich Jaffa RC		428	420	412			1260	1260
Steve PAUL	MV60	Eastern Masters AC		412	413	429			1254	1254
Tim NAISH	MV40	Kesgrave Cruisers	406		424	413			1243	1243
Ian RUSH	MV45	Kesgrave Cruisers	301	338	305	299			1243	1243
Andy GLASS	MV45	Unattached	410		419	410			1239	1239
Adrian GOODE	MV55	Felixstowe RRC	417	416	406				1239	1239
James BRIGGS	MV40	Unattached	292	337	289	319			1237	1237
Mark HAYDEN	MV45	Framlingham Flyers	411		393	419			1223	1223
Hayden FORDER	MS	Unattached	285	329	300	308			1222	1222
Tom AYKROYD	MV40	Felixstowe RRC	415		418	385			1218	1218
Alan JACKSON	MV60	Ipswich Jaffa RC		408	404	399			1211	1211
Gary INGRAM	MS	Ipswich Jaffa RC	296	350	271	291			1208	1208
Neville CLARKE	MV65	Newmarket Joggers		402	397	400			1199	1199
Ashley SADLER	MV45	Kesgrave Cruisers	397		403	397			1197	1197
Steve NEUMANN	MV40	Unattached	387	400		407			1194	1194
Graham WIGLEY	MV60	Framlingham Flyers	383		400	404			1187	1187
Ian SILLETT	MV65	Felixstowe RRC	284	331	278	294			1187	1187
William TAYLOR	MS	Framlingham Flyers	391	397		394			1182	1182
Adrian COLE	MV60	Stowmarket Striders RC	275	323	285	296			1179	1179
Peter WARLAND	MV55	Stowmarket Striders RC	396	425		355			1176	1176
Mark DAVEY	MV50	Ipswich Phoenix Running Club	271	321	282	301			1175	1175
Wayne DAVIS	MV45	Jogging Made Easy	276	322	286	286			1170	1170
Jim WITHERS	MV65	Newmarket Joggers	272	324	277	297			1170	1170
Chris CHORLEY	MV55	Bungay Black Dog RC	388	406	369				1163	1163
John GAGE	MV55	Stowmarket Striders RC	377	395	388				1160	1160
Simon ASHTON	MV55	Lonely Goat RC	282	319	269	287			1157	1157
Marcus KWAN	MV45	Kesgrave Cruisers	389		386	378			1153	1153
Stephen HATTEN	MV55	Saint Edmund Pacers	372	391	382				1145	1145
Trevor BRIGDEN	MV45	Unattached	373		376	392			1141	1141
Frank GARDINER	MV65	Great Bentley Running Club	259	318	265	288			1130	1130
Keith BORRETT	MV65	Unattached	261	308	268	290			1127	1127
Tim PARNELL	MV55	Ipswich Jaffa RC	364	388	371				1123	1123
David BEIGHTON	MV45	Saint Edmund Pacers	336	392		393			1121	1121
Miles BERRY	MS	Framlingham Flyers	370	382		362			1114	1114
Neil DENNIS	MS	Stowmarket Striders RC	368	390		354			1112	1112
Steven REYNOLDS	MV60	Unattached	250	310	266	280			1106	1106
Robert KEMP	MS	Felixstowe RRC	246	305	262	274			1087	1087
Ian GOODERHAM	MV55	Saint Edmund Pacers	340	370	370				1080	1080
Mark GODBOLD	MV55	Ipswich Harriers	346	378	355				1079	1079
John BUSH	MV55	Great Bentley Running Club	247	302	256	273			1078	1078
Tom ROBINSON	MS	Stowmarket Striders RC		373	351	345			1069	1069
Graham ROOKE	MV50	Unattached	339	366		356			1061	1061
Duncan CHENERY	MV60	Ipswich Jaffa RC	341	368	347				1056	1056

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Alan HILLYARD	MV60	Ipswich Triathlon Club		356	338	336			1030	1030
David SWALES	MV55	Saint Edmund Pacers	326	357		340			1023	1023
Robert ROLKA	MV55	Jogging Made Easy	327	360		335			1022	1022
Mark AVERY	MV55	Ipswich Jaffa RC	318	359	342				1019	1019
Gerry MCCARTHY	MV65	Ipswich Phoenix Running Club		352	316	342			1010	1010
Jamie BARCLAY	MS	Saint Edmund Pacers		330	363	309			1002	1002
Neil HUNTING	MV40	Unattached	332		327	341			1000	1000
Jack NIXON	MS	Saint Edmund Pacers			500	499			999	999
Danny ROCK	MV40	Felixstowe RRC			499	498			997	997
Ben BAYLY	MU20	Unattached	498			497			995	995
Denys OLEFIR	MV40	Saint Edmund Pacers			495	495			990	990
Jason ABLETT	MV50	Stowmarket Striders RC	308	349		332			989	989
Gary TAYLOR	MS	Felixstowe RRC	492	495					987	987
Keith TILLEY	MV50	Ipswich Jaffa RC		494		492			986	986
Chay HOPKINS	MS	Haverhill Running Club		490	488				978	978
Samuel BURDETT	MS	Stowmarket Striders RC	483	486					969	969
Chris GREEN	MS	Unattached	484	483					967	967
Will WHITE	MS	Felixstowe RRC	478			486			964	964
Stuart PRICE	MS	Unattached			481	483			964	964
Haydn WADE	MS	Unattached	480			477			957	957
Frank MOGGAN	MV70+	Stowmarket Striders RC	313	340	303				956	956
Jim LAST	MV45	Framlingham Flyers			480	473			953	953
David SHEAHAN	MV60	Unattached	316		310	321			947	947
Gavin DAVIES	MV40	Ipswich Jaffa RC	461		474				935	935
Alex ARCHER	MS	Ipswich Jaffa RC	459	474					933	933
Alexander MCKAIL	MS	Framlingham Flyers	470		460				930	930
Ricky O'NEILL	MS	Ipswich Jaffa RC	454	468					922	922
Michael STROWGER	MS	Unattached	455		467				922	922
Westley WALKER	MV40	Unattached			462	459			921	921
David PERCY	MV45	Haverhill Running Club		465		456			921	921
Stewart WOODS	MS	Framlingham Flyers			459	461			920	920
David BREWSTER	MV40	Felixstowe RRC	335	307		277			919	919
Peter FINCH	MV60	Unattached	310		298	311			919	919
Mike GREENER	MV50	Saint Edmund Pacers	463			455			918	918
Ben JEFFERY	MV40	Saint Edmund Pacers	456			460			916	916
Jan KADING	MV45	Stowmarket Striders RC		454	461				915	915
Peter WEST	MV55	Colchester Harriers AC	452	462					914	914
Mark WATTS	MV55	Saint Edmund Pacers		458	455				913	913
Jamie JACKSON	MS	Unattached		317	288	307			912	912
Brett DEAKIN	MV40	Felixstowe RRC	283	328	291				902	902
Ian DUGGAN	MV55	Felixstowe RRC			446	453			899	899
David BREWSTER	MV45	Stowmarket Striders RC	287		295	313			895	895
Daniel SUMMERSGILL	MS	Ipswich Jaffa RC	438		454				892	892
Chris GLADWELL	MV65	Stowmarket Striders RC	279		299	314			892	892
Duncan SCOTT	MV40	Colchester Harriers AC	443		448				891	891
Fraser WELSH	MV45	Unattached		449		438			887	887
Andrew LAWS	MV55	Ipswich Jaffa RC		448		437			885	885
Paul COOKE	MV45	Rushmere Community Runners	428		452				880	880
Simon STAFFORD	MV50	Kesgrave Cruisers	433	440					873	873
Gary PARKER	MS	Unattached	434		437				871	871
Stuart SHEPHERD	MV55	Saint Edmund Pacers	267	315		285			867	867
Simon WILLIAMS	MV45	Framlingham Flyers		432		435			867	867
Daniel PELLING	MV50	Haverhill Running Club		430		433			863	863
Roger STONE	MV50	Kesgrave Cruisers	425		435				860	860
Andrew John CRAIG	MV45	Woodbridge Shufflers RC	426		432				858	858
Trevor BUNCH	MV45	Haverhill Running Club	418	438					856	856
Wayne GRANT	MV60	Unattached	281		276	298			855	855
William BURDETT	MV60	Stowmarket Striders RC	273		281	300			854	854
Gavin ALEXANDER	MV40	Unattached	258	316	279				853	853
Clive PEMBERTON	MV50	Unattached	255	320	273				848	848
Karl CRIDLAND	MS	Unattached		304	258	275			837	837
Andrew LONG	MV50	Stowmarket Striders RC		422	414				836	836
James SPILLETT	MV50	Unattached	257	313	263				833	833

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Matthew LAST	MU20	Unattached			428	405			833	833
Lee BROWN	MS	Unattached		415		415			830	830
Rob JEWERS	MV45	Stowmarket Striders RC			412	417			829	829
Phil HUDSON	MV65	Ware Joggers	251	309	267				827	827
Stephen CARTWRIGHT	MV60	Great Bentley Running Club		301	254	272			827	827
Alan BROWN	MV50	Unattached	412			409			821	821
Matt BENSON	MV40	Sudbury Joggers		418		395			813	813
Geraint WHITE	MS	Ipswich Jaffa RC	464			348			812	812
Peter STURGEON	MV50	Unattached	248	303	255				806	806
Mark LAWES	MV50	Tiptree Road Runners		410	396				806	806
Mark WHITE	MV50	Haverhill Running Club	393	407					800	800
Richard LAYCOCK	MV45	Unattached	409			386			795	795
Peter BIVEN	MV40	Unattached			399	396			795	795
Stephen NEWHALL	MV45	Unattached	254		260	278			792	792
Ricky DEASY	MV40	Unattached		403	389				792	792
David WENYON	MV40	Woodbridge Shufflers RC	403	385					788	788
Stuart GREEN	MV60	Unattached		384		387			771	771
Nick FALIVENO	MS	Unattached			381	388			769	769
Chris DURRANT	MV50	Unattached	386		380				766	766
Christopher FULLER	MS	Saxmundham Sports Running & Fitness			379	384			763	763
James ELLUL	MV40	Felixstowe RRC	378		374				752	752
Mark GLEEN	MV45	Kesgrave Cruisers	376	372					748	748
Stephen DIXON	MV55	Ipswich Jaffa RC		405		343			748	748
Ben SHEPPARD	MV45	Unattached	356		385				741	741
Alex BATHO	MV50	Unattached	359		378				737	737
Daniel SMITH	MS	Woodbridge Shufflers RC	380		356				736	736
Conner BILNER	MS	Ipswich Jaffa RC	353			381			734	734
Richard WHITE	MV55	Saxmundham Sports Running & Fitness		363		369			732	732
Laurence GOWERS	MV45	Unattached		365		364			729	729
Gerard NIXON	MV70+	Saint Edmund Pacers			350	372			722	722
Paul SCOGGINS	MV50	Woodbridge Shufflers RC			353	360			713	713
Robert MORGAN	MV60	Saint Edmund Pacers			346	361			707	707
David HURLEY	MV55	Mid Essex Casuals			343	363			706	706
Paul SCHWER	MV60	Felixstowe RRC		361	341				702	702
John RAINBOW	MV40	Framlingham Flyers			337	358			695	695
Christopher BING	MV40	Ipswich Jaffa RC	348		332				680	680
Jeremy HENNELL JAMES	MV55	Hadleigh Hares AC			329	349			678	678
Richard PHILLIPS	MV40	Kesgrave Cruisers	342		334				676	676
Freddie TURNER	MS	Framlingham Flyers	329		345				674	674
Peter WOODS	MS	Felixstowe RRC		351	320				671	671
Stewart WHITE	MV40	Saint Edmund Pacers		344		316			660	660
Kyle FILBY	MS	Unattached	344		315				659	659
Mark LEWIS	MV45	Saint Edmund Pacers		326	333				659	659
Malcolm SAVAGE	MV70+	Trail Running Association		339		317			656	656
Gavin RIDGEON	MV40	Unattached	314			337			651	651
Hugh WHITE	MV55	Unattached	304			347			651	651
Robert REASON	MV55	Stowmarket Striders RC			306	334			640	640
David STEWARD	MV55	Woodbridge Shufflers RC			309	325			634	634
David FIELD	MV60	Stowmarket Striders RC		332		302			634	634
Richard SMITH	MV55	Saint Edmund Pacers	360			270			630	630
Chris JOHNS	MV65	Woodbridge Shufflers RC	286	334					620	620
Graham WAUDBY	MV50	Unattached	303		312				615	615
David SEYMOUR	MV60	Felixstowe RRC			308	303			611	611
Dom SOUTH	MV45	Unattached	300		302				602	602
Simon GOLDSMITH	MV45	Unattached	274	327					601	601
Nathan HARVEY	MS	Unattached	298		301				599	599
Dereck BRETT	MV70+	Unattached		312		282			594	594
David TAYLOR	MV70+	Framlingham Flyers	294		296				590	590
David DAMANT	MV50	Stowmarket Striders RC	289		294				583	583
Iain HUNTER	MV60	Stowmarket Striders RC		299		276			575	575
Tony ADOLPHUS	MV60	Ipswich Jaffa RC	288		280				568	568
David SUTHERLAND	MV70+	Framlingham Flyers		306	261				567	567
Matthew SALISBURY	MS	Unattached			274	289			563	563

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Will SCHWER	MS	Felixstowe RRC	241	300					541	541
Sam HARDWICK	MS	Stowmarket Striders RC	264		270				534	534
Tony GAVIN	MS	Felixstowe RRC	500						500	500
Jonathan	MS	Cambridge & Coleridge AC		500					500	500
Michael GILBERT	MS	Cambridge & Coleridge AC				500			500	500
Jack WILKINSON	MS	Ipswich Jaffa RC	499						499	499
Cooper BERRY	MS	Best Athletics				494			494	494
Tom CRESSWELL	MS	Colchester Harriers AC		492					492	492
Craig SHAND	MS	Unattached				488			488	488
Jonathan GLANFIELD	MS	Felixstowe RRC	487						487	487
Wesley BENTON	MV40	Colchester Harriers AC		487					487	487
Malcolm MUIR	MV45	Ilford AC	485						485	485
Paul WAIN	MS	Ipswich Jaffa RC	482						482	482
Matthew AXTON	MV40	Saint Edmund Pacers		480					480	480
Oliver SCHOFIELD	MS	Saint Edmund Pacers		477					477	477
Carl CREASEY	MV40	Unattached	476						476	476
Tom HANCOCK	MV50	Harwich Runners			476				476	476
Tim LARKE	MV45	Stowmarket Striders RC			475				475	475
Kevin PEIRCE	MV45	Ipswich Harriers	473						473	473
Luke HEATHER	MU20	Stowmarket Striders RC				472			472	472
Jonathan HOCKEN	MS	Unattached			471				471	471
Chris MOWER	MV45	Saint Edmund Pacers		470					470	470
Benjamin JACOBS	MV45	Felixstowe RRC			470				470	470
Joe ROBSON	MS	Saint Edmund Pacers				469			469	469
Martin POTTER	MV55	London Heathside	467						467	467
William HOLLANDS	MU20	Unattached				467			467	467
Keith MARLEY	MV50	Colchester Harriers AC		466					466	466
Andy ECCLES	MV45	Saint Edmund Pacers				466			466	466
Paul OSBORNE	MV45	Felixstowe RRC	465						465	465
Thomas STEWART	MV50	Woodbridge Shufflers RC			465				465	465
Daniel STOCKS	MS	Saint Edmund Pacers				464			464	464
Charlton DAMANT	MS	Ipswich Triathlon Club	462						462	462
Darren SHEPPARD	MV50	Framlingham Flyers		461					461	461
Glynn THOMAS	MV55	Ipswich Jaffa RC			458				458	458
Paul CONNELL	MV50	Great Bentley Running Club		456					456	456
Stephen HUSBAND	MS	Haverhill Running Club		455					455	455
Jason BEETON	MS	Newmarket Joggers				454			454	454
Alex MCCARTHY	MS	Unattached	453						453	453
Thomas CODLING	MS	TRISudbury		453					453	453
David ALLEN	MV55	Great Bentley Running Club		452					452	452
Kevin VAUGHAN	MV55	Thetford AC				451			451	451
Steve HALL	MV45	Framlingham Flyers			450				450	450
Jess FARTHING	MV45	Felixstowe RRC	449						449	449
Jonathan MANN	MV40	Great Bentley Running Club				449			449	449
Warren BIRCH	MV55	Rushmere Community Runners	447						447	447
Rakesh RAJA	MV50	Saint Edmund Pacers				447			447	447
Jon BATTRAM	MV45	Colchester Harriers AC		446					446	446
Jacob HOWARD	MS	Ipswich Triathlon Club	444						444	444
Mark NOVELS	MV55	Haverhill Running Club				443			443	443
Charles HANN	MV55	Sudbury Joggers	441						441	441
Peter CLARKE	MV55	Diss and District AC			441				441	441
Matt WESLEY	MS	Unattached				440			440	440
Andy ELLIS	MS	Felixstowe RRC	439						439	439
Doug ONEILL	MV50	Colchester Harriers AC		439					439	439
Alex MCGREGOR	MS	Framlingham Flyers			439				439	439
Josh SCARLETT	MS	Saint Edmund Pacers		436					436	436
Dave COPLAND	MV55	Ipswich Triathlon Club			436				436	436
Mike ONSLOW	MS	Unattached		435					435	435
Michael BROWN	MS	Framlingham Flyers			433				433	433
Peter SQUIRRELL	MS	Ipswich Jaffa RC	432						432	432
Robert BLACKMAN	MS	Great Bentley Running Club			431				431	431
Ian ELDEN	MV45	Haverhill Running Club				431			431	431
Martin PEARTREE	MV45	Ipswich Jaffa RC			430				430	430

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jon LOCKWOOD	MV50	Unattached				430			430	430
Ben DAVIES	MS	Unattached				428			428	428
Antony GREEN	MS	Saint Edmund Pacers		426					426	426
Rob KINGSTON	MV45	Unattached			425				425	425
Alec WRIGHT	MV40	Ipswich Jaffa RC	424						424	424
Gary DONOGHUE	MV55	Harwich Runners			422				422	422
Steven UTTERIDGE	MV40	Unattached	421						421	421
Jason DIGHTON	MV45	Ipswich Phoenix Running Club				421			421	421
Rob DYER	MV40	Great Bentley Running Club		419					419	419
Peter ROBINSON	MV40	Unattached			417				417	417
Mike ROWE	MV45	Unattached			416				416	416
Neill READHEAD	MS	Saxmundham Sports Running & Fitness	414						414	414
Chris REGAN	MV50	Colchester Harriers AC		409					409	409
Thomas BEECROFT	MS	Unattached			409				409	409
Jody OSULLIVAN	MV40	Unattached				406			406	406
Adam PLUMMER	MS	Unattached	404						404	404
Rob PAGE	MV40	Ipswich Jaffa RC				401			401	401
Richard HIGGINS	MV55	Framlingham Flyers	400						400	400
Derek HOOD	MS	Ipswich Jaffa RC	399						399	399
Adrian PEAKE	MV55	Ipswich Jaffa RC				398			398	398
D ROBERTS	MV50	Unattached		398					398	398
Simon SINCLAIR	MV55	Woodbridge Shufflers RC			395				395	395
Richard WOLD	MV60	Felixstowe RRC	394						394	394
Simon APPLEBY	MV40	Unattached		394					394	394
Daniel JONES	MS	Ipswich Harriers	392						392	392
Andy CARR	MV50	Unattached			391				391	391
Jamie WRIGHT	MV45	Framlingham Flyers			390				390	390
Ian CUNNINGTON	MV55	Saint Edmund Pacers				390			390	390
Dave HOWGEGO	MV55	Unattached			387				387	387
Tomasz KOMOROWSKI	MV40	Great Bentley Running Club		386					386	386
Greg DODDS	MV45	Woodbridge Shufflers RC	385						385	385
Tim CHERRETT	MV60	Framlingham Flyers				383			383	383
Steven LANE	MV40	Ipswich Jaffa RC	382						382	382
Mark GOODWIN	MV45	Felixstowe RRC	381						381	381
Philip SCOULAR	MS	Unattached		380					380	380
Kevin HARPER	MV45	Unattached	379						379	379
Tony SMART	MS	Unattached		379					379	379
Marc DRISCOLL	MV40	Unattached		376					376	376
Alistair DICK	MV55	Ipswich Jaffa RC			375				375	375
Stuart MATTHEWS	MV50	Saint Edmund Pacers		375					375	375
Peter BIRD	MV45	Saint Edmund Pacers	374						374	374
Stuart CLARKE	MV40	Unattached			373				373	373
Leo BANFIELD	MU20	Unattached	371						371	371
Lewis GRANT	MV45	Unattached	369						369	369
Dan STEPTOE-THOMPSON	MS	Boxted Runners		369					369	369
Chris WRIGHT	MS	Unattached			368				368	368
Tom CROWTHER	MS	Unattached	367						367	367
George TWEED	MS	Framlingham Flyers			367				367	367
Richard MANN	MV55	Achilles Club				367			367	367
Gary LOWE	MV60	Saxmundham Sports Running & Fitness			366				366	366
Andrew WARNE	MV60	Unattached			365				365	365
Tim EDMONDS	MV60	Unattached	363						363	363
Rob ALDER	MV50	Woodbridge Shufflers RC			361				361	361
Gabriel MARTINS	MV50	Ipswich Jaffa RC	357						357	357
Matthew DAVIES	MS	Unattached				357			357	357
Stephen JONES	MS	Unattached	355						355	355
Jimmy SECKER	MV45	Saint Edmund Pacers	354						354	354
Keith STEPHEN	MV60	Unattached				352			352	352
Mark ANDREWS	MV55	Unattached	351						351	351
Greg MILLS	MV65	Unattached				351			351	351
Andrew SMITH	MV50	Thetford AC	350						350	350
John CASHEN	MV55	Unattached				350			350	350
Charles LAYZELL	MS	Ipswich Phoenix Running Club			348				348	348

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Brian BLOOMFIELD	MV45	Sudbury Joggers		347					347	347
Nic VINCENT	MV50	Tiptree Road Runners		346					346	346
David CHURCH	MV50	Felixstowe RRC	345						345	345
Robert GOURLAY	MV50	Unattached		345					345	345
Garry MACDONALD	MV55	Unattached			344				344	344
Miles WEAVER	MV45	Unattached				344			344	344
Darren ABBOTT	MV50	Unattached	343						343	343
Andy LIFFEN	MV50	Unattached		341					341	341
Mark ROSE	MV45	Ipswich Jaffa RC			340				340	340
Chris HOWARD	MV40	Framlingham Flyers			339				339	339
Simon STUTELEY	MS	Unattached				338			338	338
John DRIVER	MS	Felixstowe RRC	337						337	337
Liam ROBINSON	MV55	Fetch Everyone		336					336	336
Kevin HAYWARD	MV50	Framlingham Flyers			336				336	336
Dave YOUNG	MV50	Unattached			335				335	335
Matthew ARNOLD	MS	Unattached	333						333	333
Colin KNIGHT	MV65	Saint Edmund Pacers				333			333	333
Shane BROWNLEE	MS	Unattached	330						330	330
Matthew YEATTS	MS	Unattached			330				330	330
Rod PRIME	MV55	Unattached				329			329	329
Darren BIRCH	MV55	Unattached				327			327	327
Tim NEWTON	MV70+	Unattached			326				326	326
Roly ARBON	MV40	Unattached		325					325	325
Alex KUCZER	MV55	Unattached	324						324	324
Gavin HORREX	MS	Ipswich Phoenix Running Club			324				324	324
Tom CLEMENTS	MV60	Framlingham Flyers			323				323	323
Alan BURGIN	MV65	Huntingdonshire AC				323			323	323
Alex HERMON	MS	Unattached	321						321	321
David GRIMMER	MV50	Ipswich Phoenix Running Club	320						320	320
Neil DARRACOTT	MV55	Haverhill Running Club				320			320	320
Steve MCNAMARA	MV50	Stowmarket Striders RC			319				319	319
Ryan BRUTY	MS	Saint Edmund Pacers				318			318	318
Christian HADWEN	MV45	Unattached	317						317	317
Daniel WARD	MS	Unattached	315						315	315
John BAIN	MV60	Lonely Goat RC				315			315	315
Paul BELAND	MV60	Unattached		314					314	314
Colin LEWIS	MV55	Saint Edmund Pacers				312			312	312
Nathan PITTAM	MV40	Unattached	311						311	311
Martyn BREWSTER	MV50	Unattached			311				311	311
James HYMAS	MV40	Haverhill Running Club		311					311	311
Peter LAMBILLION-JAMESON	MV60	Unattached				310			310	310
Merv COOK	MV50	Unattached	307						307	307
Mark LANKESTER	MV50	Unattached	306						306	306
Alex HOBBS	MV40	Saint Edmund Pacers				306			306	306
Chris FOX	MV55	Woodbridge Shufflers RC	305						305	305
Carl JARRETT	MV45	Felixstowe RRC				305			305	305
Paul MAYCOCK	MV60	Capel Cheetahs			304				304	304
Dean ABDUL	MV40	Unattached				304			304	304
Michael BURRIS	MS	Thetford AC	299						299	299
Kenneth STOWE	MV70+	Unattached	297						297	297
Mark SARGEANTSON	MV65	Framlingham Flyers			297				297	297
Steven ALDER	MS	Witham RC				295			295	295
Stuart RISEBROW	MV50	Ipswich Phoenix Running Club			293				293	293
Rob GOODCHILD	MV50	Unattached				293			293	293
Ryan MCNEILL	MS	Hadleigh Hares AC			292				292	292
Stuart GARRARD	MV45	Unattached				292			292	292
Neil WINTON	MV55	Felixstowe RRC	291						291	291
Steve MOY	MV45	Unattached	290						290	290
Stuart HUNT	MS	Hadleigh Hares AC			290				290	290
Tim NIVEN	MV50	Ipswich Jaffa RC			287				287	287
David COLEY	MV70+	Ipswich Jaffa RC				284			284	284
Sean DAVIDSON	MV50	Unattached			284				284	284
Andrew SARGENT	MV40	Stowmarket Striders RC			283				283	283

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Richard ATTWELL	MV50	Unattached				283			283	283
Lee TAYLOR	MV45	Unattached				281			281	281
Glen PAGE	MV40	Rushmere Community Runners	280						280	280
Jason DEAR	MV45	Unattached				279			279	279
Robert BARKER	MV60	Felixstowe RRC	278						278	278
Glenn YELLOP	MV50	Capel Cheetahs	277						277	277
Jonathan SCOTT	MV40	Unattached			275				275	275
Mark HARRIS	MV45	Great Bentley Running Club			272				272	272
Mel CHITTOCK	MV65	Unattached				271			271	271
Simon GIRLING	MV45	Unattached	270						270	270
Chris OZANNE	MV45	Unattached	269						269	269
John CHELL	MV40	Unattached	268						268	268
Bill RICHMOND	MV55	Unattached	266						266	266
Justin OSTLER	MV50	Felixstowe RRC	265						265	265
Michael SHELDRAKE	MS	Rushmere Community Runners			264				264	264
Andrew JACOBS	MV50	Unattached	263						263	263
Matt HOWE	MV45	Felixstowe RRC	262						262	262
Paul DORSET	MV50	Felixstowe RRC	260						260	260
Owen COX	MU20	Framlingham Flyers			259				259	259
Lee KNIGHT	MV55	Rushmere Community Runners			257				257	257
Chris SLEMMINGS	MV70+	Ipswich Triathlon Club	256						256	256
Andy FISHER	MV55	Unattached	253						253	253
Dennis BURGIN	MV65	Unattached			253				253	253
Craig SMITH	MS	Saint Edmund Pacers	252						252	252
Aiden JAKUBIK	MS	Unattached	249						249	249
David LLEWELLYN	MV60	Stowmarket Striders RC	245						245	245
Graham PAGE	MV65	Unattached	244						244	244
Paul BUTLER	MV45	Unattached	243						243	243
Graham CLARK	MV65	Unattached	242						242	242

Number of records: 762