

Friday 5 Championship File 2022

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Katie KING	FS	Saint Edmund Pacers	500	500	499	500			1999	1999
Holly TAYLOR	FS	Felixstowe RRC	498	499	494	498			1989	1989
Grace LEAVY	FS	Stowmarket Striders RC	495	497	493	499			1984	1984
Rebecca FISH	FS	Unattached	493	495	492	496			1976	1976
Michelle HEWITT	FS	Framlingham Flyers	489	490	482	491			1952	1952
Lyndsey SMITH	FS	Diss and District AC	485	484	478	483			1930	1930
Victoria SENIOR	FS	Saint Edmund Pacers	469	478	466	478			1891	1891
Kirsty MARSH	FS	Felixstowe RRC	466	476	467	474			1883	1883
Henrietta-Mae BAWN	FS	Unattached		494	491	495			1480	1480
Emma KEEN	FS	Felixstowe RRC		493	490	494			1477	1477
Kathy WILSON-BROWN	FS	Ipswich Jaffa RC	490	489		493			1472	1472
Lisa BRIGGS	FS	Great Bentley Running Club		492	488	489			1469	1469
Kayleigh TURPIN	FS	Felixstowe RRC	491	491	486				1468	1468
Rachael HATTEN	FS	Unattached	483		475	481			1439	1439
Holly CRIMP	FS	Framlingham Flyers	478	480	476				1434	1434
Sophie COLEMAN	FS	Ipswich Jaffa RC	477	482	472				1431	1431
Hayley WILSON	FS	Haverhill Running Club	473	479		479			1431	1431
Emma MORTIMER	FS	Ipswich Phoenix Running Club		498		497			995	995
Anna KEEBLE	FS	Ipswich Jaffa RC	496		495				991	991
Sam SPENCER	FS	Ipswich Jaffa RC	494	496					990	990
Kirsty BROOKFIELD	FS	Woodbridge Shufflers RC	492		489				981	981
Lynsey WARREN	FS	Unattached		488	483				971	971
Lydia SIMMONS	FS	Saint Edmund Pacers			484	487			971	971
Nicole SISSON	FS	Haverhill Running Club		486		484			970	970
Emily ROGERS	FS	Stowmarket Striders RC		485	480				965	965
Laura BROWN	FS	Stowmarket Striders RC	480			482			962	962
Lorna WEBBER	FS	Capel Cheetahs			477	485			962	962
Keeley WHITE	FS	Haverhill Running Club	474	481					955	955
Clair NAGORSKI	FS	Haverhill Running Club	472	477					949	949
Rebecca ELLUL	FS	Felixstowe RRC	475		468				943	943
Nicola ALEXANDER	FS	Unattached	471		470				941	941
Annabel BROWN	FS	Ipswich Jaffa RC	465			475			940	940
Harriet ATHERTON	FS	Unattached		472	464				936	936
Georgia HUMPHREYS	FS	Unattached	462		469				931	931
Vicki ALLISON	FS	Unattached	456		463				919	919
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
Collette GREEN	FS	Felixstowe RRC	497						497	497
Katie AUSTIN	FS	Ipswich Jaffa RC			497				497	497
Carys DURIE	FS	Unattached			496				496	496
Lara POCOCK	FS	Saint Edmund Pacers				492			492	492
Katy BURGIN	FS	Unattached				490			490	490
Maria RIERA TURRO	FS	Felixstowe RRC	488						488	488
Chloe STUTELEY	FS	Saint Edmund Pacers				488			488	488
Rebecca CREASEY	FS	Unattached	487						487	487
Margaret LIFFEN	FS	Unattached		487					487	487
Lucy BEALES	FS	Woodbridge Shufflers RC			487				487	487
Eleanor WELLS	FS	Ipswich Jaffa RC	486						486	486
Katharine FOWLER	FS	Unattached				486			486	486
Meera RAJOO-OAKLEY	FS	Great Bentley Running Club			485				485	485
Sarah BANHAM	FS	Felixstowe RRC	484						484	484
Bethany BEDINGFIELD	FS	Capel Cheetahs		483					483	483
Sophie BELL	FS	Unattached	482						482	482
Katie PEAKE	FS	Ipswich Jaffa RC	481						481	481
Sian ABBOTT	FS	Ipswich Jaffa RC			481				481	481
Isabella BRYSON	FS	Unattached				480			480	480
Danielle WRIGHT	FS	Felixstowe RRC	479						479	479
Lydia KIRK	FS	Framlingham Flyers			479				479	479
Hannah DAVIES	FS	Unattached				477			477	477
Sophie GODBOLD	FS	Unattached	476						476	476
Becky ROBERTSON	FS	Unattached				476			476	476
Sarah BOXALL	FS	TRISudbury		475					475	475

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Timea TOTH	FS	Unattached		474					474	474
Annie ROGERS	FS	Unattached			474				474	474
Kerri BARRELL	FS	Jogging Made Easy				473			473	473
Samantha POLLARD	FS	Haverhill Running Club		473					473	473
Sophie DOE	FS	Unattached			473				473	473
Emma READER	FS	Newmarket Joggers				472			472	472
Hannah WATTAM	FS	Woodbridge Shufflers RC			471				471	471
Rebecca MORGAN	FS	Saint Edmund Pacers				471			471	471
Alice MEADOWS	FS	Unattached	470						470	470
Nina SIMMONS	FS	Great Bentley Running Club	468						468	468
Rachel PRIOR	FS	Woodbridge Shufflers RC	467						467	467
Gemma BERRY	FS	Unattached			465				465	465
Adriana HOUCHELL	FS	Ipswich Jaffa RC	464						464	464
Maddie JAKUBIK	FS	Unattached	463						463	463
Katie MEADOWS	FS	Unattached	461						461	461
Gemma HOWARD	FS	Ipswich Triathlon Club	460						460	460
Charlotte HARDING	FS	Unattached	459						459	459
Catrina PEARSON	FS	Unattached	458						458	458
Katherine AYKROYD	FS	Felixstowe RRC	457						457	457

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Maddy LANSDOWN	FU20	Ipswich Jaffa RC	500	499	500	499			1998	1998
Sophie GATHORNE-HARDY	FU20	Saint Edmund Pacers	497	497	498	495			1987	1987
Amber BRADNAM	FU20	Saint Edmund Pacers		498	499	496			1493	1493
Maddie JORDAN-LEE	FU20	Stowmarket Striders RC		500		500			1000	1000
Jasmine BILNER	FU20	Ipswich Jaffa RC	499			498			997	997
Olivia CATLEY	FU20	Kesgrave Kruisers	496			494			990	990
Annabel HENSON	FU20	Saint Edmund Pacers	498						498	498
Isabel HOLLANDS	FU20	Unattached				497			497	497

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Helen JERROLD	FV40	Felixstowe RRC	499	498	500	497			1994	1994
Magdalena KOMOROWSKA	FV40	Great Bentley Running Club	495	495	496	496			1982	1982
Hien HOANG	FV40	Great Bentley Running Club	493	494	495	495			1977	1977
Hannah JEWERS	FV40	Stowmarket Striders RC	492	493	494	494			1973	1973
Caroline TALBOT	FV40	Great Bentley Running Club	489	488	490	493			1960	1960
Donna HARRIS	FV40	Great Bentley Running Club	483	485	485	486			1939	1939
Doranne BREWSTER	FV40	Unattached	477	483	479	484			1923	1923
Holly WEIR	FV40	Sudbury Joggers	500	500		500			1500	1500
Claire MASKERY	FV40	Stowmarket Striders RC	488	489	492				1469	1469
Liza PUTWAIN	FV40	Stowmarket Striders RC	487		489	492			1468	1468
Claire RUSH	FV40	Kesgrave Cruisers	475	481	478				1434	1434
Sian KINGSTON	FV40	Unattached	498		499				997	997
Helen ARIYO	FV40	Kesgrave Cruisers	496	496					992	992
Helen FINDLEY	FV40	Kesgrave Cruisers	494		493				987	987
Karen DEASY	FV40	Unattached		491	491				982	982
Tasha SALMON	FV40	Unattached		487	487				974	974
Elizabeth COBBOLD	FV40	Unattached	484		486				970	970
Claire BUTCHER	FV40	Felixstowe RRC		482		485			967	967
Kelly WADE	FV40	Ipswich Jaffa RC	481		483				964	964
Suzi SAUNDERS	FV40	Unattached	478		481				959	959
Agnieszka ANDRZEJAK	FV40	Unattached		480	477				957	957
Danielle ADAMS	FV40	Unattached	476		480				956	956
Ellie CUMNER	FV40	Colchester Harriers AC		499					499	499
Cath JEFFERY	FV40	Saint Edmund Pacers				499			499	499
Amy PLUMBLY	FV40	Ipswich Harriers			498				498	498
Rachael LAURANCE	FV40	Ipswich Jaffa RC				498			498	498
Gemma SHEPPARD	FV40	Unattached	497						497	497
Ann-Louise SALT	FV40	Unattached		497					497	497
Rosie DENNY	FV40	Woodbridge Shufflers RC			497				497	497
Joanne HARPER	FV40	Felixstowe RRC		492					492	492
Jennifer WRIGHT	FV40	Ipswich Jaffa RC	491						491	491
Claire BLANCHFORD	FV40	Unattached				491			491	491
Amanda KEMP	FV40	Felixstowe RRC	490						490	490
Annie GOURLAY	FV40	Sudbury Joggers		490					490	490
Claire DOUGLAS	FV40	Stowmarket Striders RC				490			490	490
Donna TALBOT	FV40	Saint Edmund Pacers				489			489	489
Steph LING	FV40	Unattached			488				488	488
Victoria SQUIRRELL	FV40	Ipswich Jaffa RC				488			488	488
Lisa BRUTON	FV40	Haverhill Running Club				487			487	487
Lucy JONES	FV40	Unattached	486						486	486
Jenny MERRY	FV40	Unattached		486					486	486
Dawn GIBSON	FV40	Felixstowe RRC	485						485	485
Alison NOBLE	FV40	Unattached		484					484	484
Lisa COX	FV40	Unattached			484				484	484
Natalie WALSH	FV40	Unattached				483			483	483
Pippa SARGENT	FV40	Stowmarket Striders RC	482						482	482
Muriel LOVERING	FV40	Harwich Runners			482				482	482
Jessica MAYHEW	FV40	Unattached	480						480	480
Lisa XX	FV40	Unattached	479						479	479
Cheryl WAKERLEY	FV40	Unattached	474						474	474

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Juliet GARNHAM	FV45	Stowmarket Striders RC	498	500	498	498			1994	1994
Goldie YULE	FV45	Unattached	495	498	495	496			1984	1984
Sarah DAVISON	FV45	Great Bentley Running Club	494	499	494	495			1982	1982
Clare WHITFIELD	FV45	Saint Edmund Pacers	491	497	493	494			1975	1975
Denise SHEPPARD	FV45	Unattached	489	496	488				1473	1473
Veronica LEWIS	FV45	Haverhill Running Club		494	486	490			1470	1470
Heidi KNIGHT	FV45	Capel Cheetahs	486	493	485				1464	1464
Sandy PAGE	FV45	Kesgrave Cruisers			499	500			999	999
Victoria ORFORD	FV45	Framlingham Flyers	493		497				990	990
Claire STEELE	FV45	Unattached		495		492			987	987
Lois MICKLEBURGH	FV45	Unattached	490		490				980	980
Rachel STONE	FV45	Unattached	487		491				978	978
Jane MATHIAS	FV45	Unattached		492	484				976	976
Claire ROOKE	FV45	Sudbury Joggers	485			489			974	974
Alice HEATHER - HAYES	FV45	Ipswich Harriers	500						500	500
Zohra ARMITAGE	FV45	Saint Edmund Pacers			500				500	500
Sam LINASSI	FV45	Felixstowe RRC	499						499	499
Sally-Ann BOWEN	FV45	Sudbury Joggers				499			499	499
Gemma MOSS	FV45	Ipswich Jaffa RC	497						497	497
Michelle BELL	FV45	Unattached				497			497	497
Carissa WYATT	FV45	Unattached	496						496	496
Sarah MAIDMENT	FV45	Framlingham Flyers			496				496	496
Amanda SMITH	FV45	Woodbridge Shufflers RC				493			493	493
Pauline ADAMS	FV45	Unattached	492						492	492
Jo CLARK	FV45	Unattached			492				492	492
Jo BIRCH	FV45	Lonely Goat RC		491					491	491
Jayne ATTWELL	FV45	Unattached				491			491	491
Michelle KEEBLE	FV45	Saxmundham Sports Running & Fitness			489				489	489
Kirsty ABERDEIN	FV45	Unattached	488						488	488
Hannah DORAN	FV45	Unattached			487				487	487
Jodie BUDD	FV45	Sudbury Joggers	484						484	484

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jo HAYWARD	FV50	Stowmarket Striders RC	499	499	497	500			1995	1995
Debbie CATLING	FV50	Felixstowe RRC	498	495	494	494			1981	1981
Julia MOSS-ECCARDT	FV50	Stowmarket Striders RC	489	491	490	491			1961	1961
Helen SPOONER	FV50	Haverhill Running Club	484	488	486	490			1948	1948
Jacqueline ALLPORT	FV50	Felixstowe RRC	475	484	478	485			1922	1922
Teresa FARMER	FV50	Great Bentley Running Club	474	482	476	483			1915	1915
Kaye BRANTON	FV50	Felixstowe RRC	500	500	500				1500	1500
Joanna LEADER	FV50	Saint Edmund Pacers		498	499	499			1496	1496
Mary-Ann TULI	FV50	Haverhill Running Club	496	494		495			1485	1485
Nicky WATSON	FV50	Woodbridge Shufflers RC	491		491	492			1474	1474
Joanna WHITE	FV50	Saxmundham Sports Running & Fitness	482	489		488			1459	1459
Mandy GODBOLD	FV50	Ipswich Harriers	479	487	482				1448	1448
Amanda CHILDS	FV50	Ipswich Jaffa RC	477	486	481				1444	1444
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness	472		474	484			1430	1430
Sandra WEBB	FV50	Saint Edmund Pacers		497	498				995	995
Mary NAREY	FV50	Stowmarket Striders RC			496	498			994	994
Julie BRANCH	FV50	Unattached		496		496			992	992
Rachel TERRY	FV50	Stowmarket Striders RC			495	497			992	992
Wendy KELLETT	FV50	Ipswich Jaffa RC	492		492				984	984
Beryl LANSDOWN	FV50	Ipswich Jaffa RC	494			489			983	983
Emma HARWOOD	FV50	Framlingham Flyers	490		493				983	983
Aimee MCLACHLAN	FV50	Woodbridge Shufflers RC	497		485				982	982
Sarah VICK	FV50	Saxmundham Sports Running & Fitness	488	492					980	980
Louise RAMSAY	FV50	Ipswich Jaffa RC	487		489				976	976
Fiona SMITH	FV50	Unattached	486		488				974	974
Alison MYLES	FV50	Unattached	485		487				972	972
Kate WARBOYS	FV50	Newmarket Joggers		483		486			969	969
Kathryn GERRY	FV50	Woodbridge Shufflers RC	483		484				967	967
Nicki WALKER	FV50	Unattached	471		475				946	946
Liz HICKS	FV50	Unattached	470		473				943	943
Catherine BERESFORD	FV50	Rushmere Community Runners	495						495	495
Sandra BUMPHREY	FV50	Capel Cheetahs	493						493	493
Tracy QUARRELL	FV50	Haverhill Running Club		493					493	493
Jane PARKINGTO	FV50	Unattached				493			493	493
Karen SKENE	FV50	Capel Cheetahs		490					490	490
Joanne SARGENT	FV50	Hadleigh Hares AC				487			487	487
Suzanne FROST	FV50	Unattached		485					485	485
Sarita RAO	FV50	Unattached			483				483	483
Deb HART	FV50	Unattached	481						481	481
Bernadette WHITE	FV50	Unattached	480						480	480
Diane CHESTER	FV50	Unattached			480				480	480
Lucy BRYANTON	FV50	Unattached			479				479	479
Amanda BIRD	FV50	Ipswich Jaffa RC	478						478	478
Niki MACSEPHNEY	FV50	Unattached			477				477	477
Amanda PRIOR	FV50	Capel Cheetahs	476						476	476
Michelle HOGGETT	FV50	Saint Edmund Pacers	473						473	473
Wendie HALES	FV50	Unattached	469						469	469

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sharon WARLAND	FV55	Stowmarket Striders RC	495	496	497	498			1986	1986
Jenny LYNCH	FV55	Felixstowe RRC	492	492	493	496			1973	1973
Trish JARVIS	FV55	Jogging Made Easy	491	491	492	495			1969	1969
Emily COOPER-READE	FV55	Stowmarket Striders RC	486	488	488	492			1954	1954
Margaret DEASY	FV55	Colchester Harriers AC	500	500		500			1500	1500
Sandra MAYHEW	FV55	Stowmarket Striders RC	499	499	500				1498	1498
Kirsty WEAVERS	FV55	Saint Edmund Pacers	498	498	499				1495	1495
Denise WRIGHT	FV55	Stowmarket Striders RC	489	490	491				1470	1470
Kathy BISHOP	FV55	Great Bentley Running Club	494	497					991	991
Sil CLAY	FV55	Haverhill Running Club		493		497			990	990
Ruth COWLIN	FV55	Sudbury Joggers	493	494					987	987
Jackie COLLINS	FV55	Felixstowe RRC		486	490				976	976
Janice HOLMES	FV55	Newmarket Joggers		485		491			976	976
Julie HOCKEN	FV55	Jogging Made Easy	487	487					974	974
Karen AUSTIN	FV55	Unattached	485			488			973	973
Helen SAAGI	FV55	Rushmere Community Runners	484		486				970	970
Sandy THOROGOOD	FV55	Unattached				499			499	499
Bev SHORTLEY	FV55	Great Bentley Running Club			498				498	498
Jackie HANN	FV55	Sudbury Joggers	497						497	497
Marion PARKER	FV55	Felixstowe RRC	496						496	496
Geraldine CLARKE	FV55	Framlingham Flyers			496				496	496
Helen DUGGAN	FV55	Felixstowe RRC			495				495	495
Alison VINCENT	FV55	Unattached		495					495	495
Diane EMSDEN	FV55	Unattached			494				494	494
Nathalie HOOPER	FV55	Hadleigh Hares AC				494			494	494
Rebecca JENNINGS	FV55	Unattached				493			493	493
Karen SHELLEY	FV55	Stowmarket Striders RC	490						490	490
Helen STACY	FV55	Unattached				490			490	490
Grace JUDGE	FV55	Haverhill Running Club		489					489	489
Tanya BARNES	FV55	Vegan Runners UK			489				489	489
Jackie HENLEY	FV55	Newmarket Joggers				489			489	489
Marion SIMMONS	FV55	Great Bentley Running Club	488						488	488
Daniela ELSTONE	FV55	Felixstowe RRC			487				487	487
Marion GREENWOOD	FV55	Unattached				487			487	487
Caroline GLEED	FV55	Unattached				486			486	486
Jacqueline WILDING	FV55	Framlingham Flyers			485				485	485

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Belinda GODBOLD	FV60	Hadleigh Hares AC	495	499	497	498			1989	1989
Belinda PALMER-BARNES	FV60	Great Bentley Running Club	491	497	493	497			1978	1978
Elaine ROBINSON	FV60	Stowmarket Striders RC	490	495	490	495			1970	1970
Rebecca PITTMAN	FV60	Springfield Striders RC	500		500	500			1500	1500
Ruth ACWORTH	FV60	Woodbridge Shufflers RC	498	500	499				1497	1497
Jenny SHEAHAN	FV60	Eastern Masters AC	496		498	499			1493	1493
Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	494	498	495				1487	1487
Jo WHELAN	FV60	Felixstowe RRC		496	492				988	988
Susannah ROSENBERG	FV60	Ipswich Triathlon Club		494	489				983	983
Tania PATERSON	FV60	Unattached	488		491				979	979
Sandra ROBERTS	FV60	Ipswich Jaffa RC	499						499	499
Jackie WASTELL	FV60	London Heathside	497						497	497
Nicola STEVENSON	FV60	Felixstowe RRC			496				496	496
Gill CHARLTON	FV60	Stowmarket Striders RC				496			496	496
Hilary COOK	FV60	Ipswich Harriers			494				494	494
Gillian ROGERS	FV60	Unattached				494			494	494
Jenny CHURCH	FV60	Felixstowe RRC	493						493	493
Susan HUNTER	FV60	Unattached		493					493	493
Sally GARNHAM	FV60	Felixstowe RRC	492						492	492
Jule RACE	FV60	Unattached	489						489	489
Gina DIMASCIO	FV60	Unattached	487						487	487

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Simone SUTHERLAND	FV65	Framlingham Flyers	496	498	495				1489	1489
Jenny MORGAN	FV65	Saint Edmund Pacers			500	500			1000	1000
Christine MARSH	FV65	Stowmarket Striders RC	500		499				999	999
Cheryl TRUNDLE	FV65	Haverhill Running Club		500		499			999	999
Jackie CUNINGHAME	FV65	Stowmarket Striders RC		499		498			997	997
Vivienne TAYLOR	FV65	Framlingham Flyers	498		498				996	996
Caroline MCINTOSH	FV65	Newmarket Joggers		497		496			993	993
Mary BURGESS	FV65	Felixstowe RRC	499						499	499
Annette HUGGINS	FV65	Framlingham Flyers	497						497	497
Angela CHERRETT	FV65	Framlingham Flyers				497			497	497
Julie HASSELWOOD	FV65	Ipswich Jaffa RC			497				497	497
Sue HARGADON	FV65	Woodbridge Shufflers RC			496				496	496
Joanna MEYER	FV65	Unattached				495			495	495

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Teresa TRANTER	FV70+	Sudbury Joggers	500	500	500	500			2000	2000
Maureen WRIGHT	FV70+	Ipswich Jaffa RC	498		498				996	996
Ethel MATHEWS	FV70+	Unattached	499						499	499
Veronica MANLY	FV70+	Unattached			499				499	499
Barbara LAW	FV70+	Great Bentley Running Club	497						497	497

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Henry CATLING	MS	Felixstowe RRC	488	493	492	490			1963	1963
Neil SMITH	MS	Framlingham Flyers	477	486	489	481			1933	1933
George WRIGHT	MS	Stowmarket Striders RC	470	483	482	478			1913	1913
Jamie BRANDON	MS	Ipswich Phoenix Running Club	462	476	470	467			1875	1875
Mark KING	MS	Felixstowe RRC	450	468	464	463			1845	1845
Hayden FORDER	MS	Unattached	444	464	459	460			1827	1827
Gary INGRAM	MS	Ipswich Jaffa RC	445	466	454	457			1822	1822
Robert KEMP	MS	Felixstowe RRC	440	462	451	454			1807	1807
Oliver MANNING	MS	Kesgrave Cruisers	498	499	499				1496	1496
Aden BELL	MS	Hadleigh Hares AC	494		498	497			1489	1489
Jack NOBLE	MS	Ipswich Jaffa RC	496		496	491			1483	1483
Joseph BENDALL	MS	Newmarket Joggers		494	495	494			1483	1483
James WILSON	MS	Saxmundham Sports Running & Fitness	486		493	492			1471	1471
Oliver WATSON	MS	Ipswich Jaffa RC	490		494	487			1471	1471
James WITHAMS	MS	Vegan Runners UK	485	491		488			1464	1464
Jamie FITTOCK	MS	Saint Edmund Pacers		482	484	482			1448	1448
Morgan MOORE	MS	Stowmarket Striders RC	472	487	483				1442	1442
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness	476		481	476			1433	1433
Chris WONG	MS	Saxmundham Sports Running & Fitness	471	479		480			1430	1430
William TAYLOR	MS	Framlingham Flyers	463	475		474			1412	1412
Miles BERRY	MS	Framlingham Flyers	460	473		470			1403	1403
Tom ROBINSON	MS	Stowmarket Striders RC		470	468	465			1403	1403
Neil DENNIS	MS	Stowmarket Striders RC	459	474		468			1401	1401
Jamie BARCLAY	MS	Saint Edmund Pacers		465	471	461			1397	1397
Jamie JACKSON	MS	Unattached		463	456	459			1378	1378
Karl CRIDLAND	MS	Unattached		461	450	455			1366	1366
Jack NIXON	MS	Saint Edmund Pacers				500	499		999	999
Gary TAYLOR	MS	Felixstowe RRC	497	498					995	995
Chay HOPKINS	MS	Haverhill Running Club		496	497				993	993
Samuel BURDETT	MS	Stowmarket Striders RC	492	495					987	987
Chris GREEN	MS	Unattached	493	492					985	985
Stuart PRICE	MS	Unattached			491	493			984	984
Will WHITE	MS	Felixstowe RRC	487			495			982	982
Haydn WADE	MS	Unattached	489			489			978	978
Alexander MCKAIL	MS	Framlingham Flyers	484		487				971	971
Alex ARCHER	MS	Ipswich Jaffa RC	481	489					970	970
Stewart WOODS	MS	Framlingham Flyers			486	484			970	970
Michael STROWGER	MS	Unattached	480		488				968	968
Ricky O'NEILL	MS	Ipswich Jaffa RC	479	488					967	967
Daniel SUMMERSGILL	MS	Ipswich Jaffa RC	473		485				958	958
Lee BROWN	MS	Unattached		477		475			952	952
Geraint WHITE	MS	Ipswich Jaffa RC	483			466			949	949
Gary PARKER	MS	Unattached	469		479				948	948
Nick FALIVENO	MS	Unattached			475	473			948	948
Christopher FULLER	MS	Saxmundham Sports Running & Fitness			474	472			946	946
Daniel SMITH	MS	Woodbridge Shufflers RC	461		469				930	930
Peter WOODS	MS	Felixstowe RRC		467	462				929	929
Conner BILNER	MS	Ipswich Jaffa RC	456			471			927	927
Freddie TURNER	MS	Framlingham Flyers	451		466				917	917
Kyle FILBY	MS	Unattached	455		461				916	916
Matthew SALISBURY	MS	Unattached			455	456			911	911
Nathan HARVEY	MS	Unattached	446		460				906	906
Will SCHWER	MS	Felixstowe RRC	439	460					899	899
Sam HARDWICK	MS	Stowmarket Striders RC	443		453				896	896
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				498			498	498
Tom CRESSWELL	MS	Colchester Harriers AC		497					497	497
Craig SHAND	MS	Unattached				496			496	496
Jonathan GLANFIELD	MS	Felixstowe RRC	495						495	495
Paul WAIN	MS	Ipswich Jaffa RC	491						491	491

Friday 5 Championship File 2022

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Oliver SCHOFIELD	MS	Saint Edmund Pacers		490					490	490
Jonathan HOCKEN	MS	Unattached			490				490	490
Joe ROBSON	MS	Saint Edmund Pacers				486			486	486
Stephen HUSBAND	MS	Haverhill Running Club		485					485	485
Daniel STOCKS	MS	Saint Edmund Pacers				485			485	485
Thomas CODLING	MS	TRISudbury		484					484	484
Jason BEETON	MS	Newmarket Joggers				483			483	483
Charlton DAMANT	MS	Ipswich Triathlon Club	482						482	482
Josh SCARLETT	MS	Saint Edmund Pacers		481					481	481
Mike ONSLOW	MS	Unattached		480					480	480
Alex MCGREGOR	MS	Framlingham Flyers			480				480	480
Matt WESLEY	MS	Unattached				479			479	479
Alex MCCARTHY	MS	Unattached	478						478	478
Antony GREEN	MS	Saint Edmund Pacers		478					478	478
Michael BROWN	MS	Framlingham Flyers			478				478	478
Robert BLACKMAN	MS	Great Bentley Running Club			477				477	477
Ben DAVIES	MS	Unattached				477			477	477
Thomas BEECROFT	MS	Unattached			476				476	476
Jacob HOWARD	MS	Ipswich Triathlon Club	475						475	475
Andy ELLIS	MS	Felixstowe RRC	474						474	474
Chris WRIGHT	MS	Unattached			473				473	473
Philip SCOLAR	MS	Unattached		472					472	472
George TWEED	MS	Framlingham Flyers			472				472	472
Tony SMART	MS	Unattached		471					471	471
Dan STEPTOE-THOMPSON	MS	Boxted Runners		469					469	469
Matthew DAVIES	MS	Unattached				469			469	469
Peter SQUIRRELL	MS	Ipswich Jaffa RC	468						468	468
Neill READHEAD	MS	Saxmundham Sports Running & Fitness	467						467	467
Charles LAYZELL	MS	Ipswich Phoenix Running Club			467				467	467
Adam PLUMMER	MS	Unattached	466						466	466
Derek HOOD	MS	Ipswich Jaffa RC	465						465	465
Matthew YEATTS	MS	Unattached			465				465	465
Daniel JONES	MS	Ipswich Harriers	464						464	464
Simon STUTELEY	MS	Unattached				464			464	464
Gavin HORREX	MS	Ipswich Phoenix Running Club			463				463	463
Ryan BRUTY	MS	Saint Edmund Pacers				462			462	462
Tom CROWTHER	MS	Unattached	458						458	458
Ryan MCNEILL	MS	Hadleigh Hares AC			458				458	458
Steven ALDER	MS	Witham RC				458			458	458
Stephen JONES	MS	Unattached	457						457	457
Stuart HUNT	MS	Hadleigh Hares AC			457				457	457
John DRIVER	MS	Felixstowe RRC	454						454	454
Matthew ARNOLD	MS	Unattached	453						453	453
Shane BROWNLEE	MS	Unattached	452						452	452
Michael SHELDRAKE	MS	Rushmere Community Runners			452				452	452
Alex HERMON	MS	Unattached	449						449	449
Daniel WARD	MS	Unattached	448						448	448
Michael BURRIS	MS	Thetford AC	447						447	447
Craig SMITH	MS	Saint Edmund Pacers	442						442	442
Aiden JAKUBIK	MS	Unattached	441						441	441

Friday 5 Championship File 2022

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Dylan BRADNAM	MU20	Saint Edmund Pacers	497	498	499	497			1991	1991
Jake HAYWARD	MU20	Stowmarket Striders RC	498	499	495	499			1991	1991
Joe WEBB	MU20	Saint Edmund Pacers	496	496	496	493			1981	1981
Ben JACKSON	MU20	Unattached	494	495	494	492			1975	1975
Freddie ADAMS	MU20	Ipswich Harriers	499	500	500				1499	1499
Ben PHILLIPS	MU20	Haverhill Running Club		497	498	495			1490	1490
Ben BAYLY	MU20	Unattached	500			500			1000	1000
Matthew LAST	MU20	Unattached			497	494			991	991
Luke HEATHER	MU20	Stowmarket Striders RC				498			498	498
William HOLLANDS	MU20	Unattached				496			496	496
Leo BANFIELD	MU20	Unattached	495						495	495
Owen COX	MU20	Framlingham Flyers			493				493	493

Friday 5 Championship File 2022

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Mark HAYWARD	MV40	Newmarket Joggers	499	500	497	497			1993	1993
Aidan COUGHLAN	MV40	Felixstowe RRC	498	499	496	496			1989	1989
Nicholas CLARKE	MV40	Ipswich Jaffa RC	494	494	493	494			1975	1975
Andrew SOUTHWOOD	MV40	Saint Edmund Pacers	491	493	491	495			1970	1970
Tom ALEXANDER	MV40	Woodbridge Shufflers RC	492	492	488	493			1965	1965
Alastair READ	MV40	Felixstowe RRC	489	491	489	490			1959	1959
Neil CATLEY	MV40	Kesgrave Cruisers	487	490	485	487			1949	1949
Andrew CHATFIELD	MV40	Capel Cheetahs	480	487	480	478			1925	1925
Daniel WHYMARK	MV40	Great Bentley Running Club	476	481	476	476			1909	1909
Ben CHILDS	MV40	Unattached	473	479	475	479			1906	1906
Steve KIRK	MV40	Framlingham Flyers	470	478	469	473			1890	1890
James BRIGGS	MV40	Unattached	467	476	467	472			1882	1882
Neil POLLARD	MV40	Newmarket Joggers	500		499	499			1498	1498
James SMITH	MV40	Newmarket Joggers	497	498	495				1490	1490
James CORNISH	MV40	Woodbridge Shufflers RC	495	496	494				1485	1485
Ashley SMY	MV40	Ipswich Jaffa RC	486		486	488			1460	1460
Tim NAISH	MV40	Kesgrave Cruisers	482		484	486			1452	1452
Steve NEUMANN	MV40	Unattached	479	485		485			1449	1449
Tom AYKROYD	MV40	Felixstowe RRC	483		483	480			1446	1446
Neil HUNTING	MV40	Unattached	471		470	475			1416	1416
David BREWSTER	MV40	Felixstowe RRC	472	471		468			1411	1411
Brett DEAKIN	MV40	Felixstowe RRC	466	475	468				1409	1409
Gavin ALEXANDER	MV40	Unattached	463	473	465				1401	1401
Danny ROCK	MV40	Felixstowe RRC			500	500			1000	1000
Denys OLEFIR	MV40	Saint Edmund Pacers			498	498			996	996
Gavin DAVIES	MV40	Ipswich Jaffa RC	493		492				985	985
Ben JEFFERY	MV40	Saint Edmund Pacers	490			492			982	982
Westley WALKER	MV40	Unattached			490	491			981	981
Duncan SCOTT	MV40	Colchester Harriers AC	488		487				975	975
Matt BENSON	MV40	Sudbury Joggers		488		481			969	969
Ricky DEASY	MV40	Unattached		486	479				965	965
David WENYON	MV40	Woodbridge Shufflers RC	481	482					963	963
Peter BIVEN	MV40	Unattached			481	482			963	963
James ELLUL	MV40	Felixstowe RRC	477		478				955	955
John RAINBOW	MV40	Framlingham Flyers			473	477			950	950
Stewart WHITE	MV40	Saint Edmund Pacers		477		471			948	948
Christopher BING	MV40	Ipswich Jaffa RC	475		471				946	946
Richard PHILLIPS	MV40	Kesgrave Cruisers	474		472				946	946
Gavin RIDGEON	MV40	Unattached	469			474			943	943
Wesley BENTON	MV40	Colchester Harriers AC		497					497	497
Carl CREASEY	MV40	Unattached	496						496	496
Matthew AXTON	MV40	Saint Edmund Pacers		495					495	495
Rob DYER	MV40	Great Bentley Running Club		489					489	489
Jonathan MANN	MV40	Great Bentley Running Club				489			489	489
Alec WRIGHT	MV40	Ipswich Jaffa RC	485						485	485
Steven UTTERIDGE	MV40	Unattached	484						484	484
Simon APPLEBY	MV40	Unattached		484					484	484
Jody OSULLIVAN	MV40	Unattached				484			484	484
Tomasz KOMOROWSKI	MV40	Great Bentley Running Club		483					483	483
Rob PAGE	MV40	Ipswich Jaffa RC				483			483	483
Peter ROBINSON	MV40	Unattached			482				482	482
Marc DRISCOLL	MV40	Unattached		480					480	480
Steven LANE	MV40	Ipswich Jaffa RC	478						478	478
Stuart CLARKE	MV40	Unattached			477				477	477
Roly ARBON	MV40	Unattached		474					474	474
Chris HOWARD	MV40	Framlingham Flyers			474				474	474
James HYMAS	MV40	Haverhill Running Club		472					472	472
Alex HOBBS	MV40	Saint Edmund Pacers				470			470	470
Dean ABDUL	MV40	Unattached				469			469	469
Nathan PITTAM	MV40	Unattached	468						468	468
Andrew SARGENT	MV40	Stowmarket Striders RC			466				466	466
Glen PAGE	MV40	Rushmere Community Runners	465						465	465
John CHELL	MV40	Unattached	464						464	464

Friday 5 Championship File 2022

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jonathan SCOTT	MV40	Unattached			464				464	464

Friday 5 Championship File 2022

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
James MINNETTE	MV45	Haverhill Running Club	495	496	496	497			1984	1984
Robin HARPER	MV45	Felixstowe RRC	493	492	492	489			1966	1966
Martin JARVIS	MV45	Unattached	484	489	482	490			1945	1945
Kev LINSELL	MV45	Kesgrave Cruisers	488	486	481	484			1939	1939
Femi ARIYO	MV45	Kesgrave Cruisers	483	485	479	482			1929	1929
Andre EDWARDS	MV45	Unattached	473	484	474	474			1905	1905
Paul DAVISON	MV45	Great Bentley Running Club	468	479	469	488			1904	1904
Mark PHILLIPS	MV45	Haverhill Running Club	472	482	472	475			1901	1901
Ian RUSH	MV45	Kesgrave Cruisers	466	477	468	469			1880	1880
Wayne DAVIS	MV45	Jogging Made Easy	462	474	465	467			1868	1868
John SCAIFE	MV45	Colchester Harriers AC	500	500	500				1500	1500
Ian WEIR	MV45	Sudbury Joggers	497	499		499			1495	1495
Stuart WRIGHT	MV45	Felixstowe RRC	492		491	495			1478	1478
Karl FEAGAN	MV45	Ipswich Harriers		487	488	491			1466	1466
Matt TRILL	MV45	Ipswich Jaffa RC		488	486	483			1457	1457
Andy GLASS	MV45	Unattached	486		485	481			1452	1452
Mark HAYDEN	MV45	Framlingham Flyers	487		478	486			1451	1451
Ashley SADLER	MV45	Kesgrave Cruisers	482		480	480			1442	1442
Marcus KWAN	MV45	Kesgrave Cruisers	481		476	476			1433	1433
David BEIGHTON	MV45	Saint Edmund Pacers	469	483		479			1431	1431
Trevor BRIGDEN	MV45	Unattached	475		473	478			1426	1426
David BREWSTER	MV45	Stowmarket Striders RC	463		466	471			1400	1400
Stephen NEWHALL	MV45	Unattached	457		463	464			1384	1384
Jim LAST	MV45	Framlingham Flyers			499	500			999	999
David PERCY	MV45	Haverhill Running Club		497		496			993	993
Jan KADING	MV45	Stowmarket Striders RC		495	495				990	990
Fraser WELSH	MV45	Unattached		494		494			988	988
Paul COOKE	MV45	Rushmere Community Runners	491		494				985	985
Simon WILLIAMS	MV45	Framlingham Flyers		490		493			983	983
Andrew John CRAIG	MV45	Woodbridge Shufflers RC	490		490				980	980
Trevor BUNCH	MV45	Haverhill Running Club	489	491					980	980
Rob JEWERS	MV45	Stowmarket Striders RC			483	485			968	968
Richard LAYCOCK	MV45	Unattached	485			477			962	962
Mark GLEEN	MV45	Kesgrave Cruisers	477	481					958	958
Laurence GOWERS	MV45	Unattached		480		473			953	953
Ben SHEPPARD	MV45	Unattached	471		475				946	946
Mark LEWIS	MV45	Saint Edmund Pacers		475	470				945	945
Simon GOLDSMITH	MV45	Unattached	461	476					937	937
Dom SOUTH	MV45	Unattached	465		467				932	932
Malcolm MUIR	MV45	Ilford AC	499						499	499
Kevin PEIRCE	MV45	Ipswich Harriers	498						498	498
Chris MOWER	MV45	Saint Edmund Pacers		498					498	498
Tim LARKE	MV45	Stowmarket Striders RC			498				498	498
Andy ECCLES	MV45	Saint Edmund Pacers				498			498	498
Benjamin JACOBS	MV45	Felixstowe RRC			497				497	497
Paul OSBORNE	MV45	Felixstowe RRC	496						496	496
Jess FARTHING	MV45	Felixstowe RRC	494						494	494
Jon BATTRAM	MV45	Colchester Harriers AC		493					493	493
Steve HALL	MV45	Framlingham Flyers			493				493	493
Ian ELDEN	MV45	Haverhill Running Club				492			492	492
Martin PEARTREE	MV45	Ipswich Jaffa RC			489				489	489
Rob KINGSTON	MV45	Unattached			487				487	487
Jason DIGHTON	MV45	Ipswich Phoenix Running Club				487			487	487
Mike ROWE	MV45	Unattached			484				484	484
Greg DODDS	MV45	Woodbridge Shufflers RC	480						480	480
Mark GOODWIN	MV45	Felixstowe RRC	479						479	479
Kevin HARPER	MV45	Unattached	478						478	478
Brian BLOOMFIELD	MV45	Sudbury Joggers		478					478	478
Jamie WRIGHT	MV45	Framlingham Flyers			477				477	477
Peter BIRD	MV45	Saint Edmund Pacers	476						476	476
Lewis GRANT	MV45	Unattached	474						474	474
Miles WEAVER	MV45	Unattached				472			472	472
Mark ROSE	MV45	Ipswich Jaffa RC			471				471	471

Friday 5 Championship File 2022

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jimmy SECKER	MV45	Saint Edmund Pacers	470						470	470
Carl JARRETT	MV45	Felixstowe RRC				470			470	470
Stuart GARRARD	MV45	Unattached				468			468	468
Christian HADWEN	MV45	Unattached	467						467	467
Lee TAYLOR	MV45	Unattached				466			466	466
Jason DEAR	MV45	Unattached				465			465	465
Steve MOY	MV45	Unattached	464						464	464
Mark HARRIS	MV45	Great Bentley Running Club			464				464	464
Simon GIRLING	MV45	Unattached	460						460	460
Chris OZANNE	MV45	Unattached	459						459	459
Matt HOWE	MV45	Felixstowe RRC	458						458	458
Paul BUTLER	MV45	Unattached	456						456	456

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Adrian FROST	MV50	Saint Edmund Pacers	500	499	500	499			1998	1998
Steve BROOKE	MV50	Felixstowe RRC	498	498	498	498			1992	1992
Vince WEBB	MV50	Saint Edmund Pacers	493	491	494	493			1971	1971
Kerry BUCKLEY	MV50	Felixstowe RRC	492	487	490	487			1956	1956
Nigel BARNES	MV50	Vegan Runners UK	488	483	492	488			1951	1951
Tom STEPHENS	MV50	Felixstowe RRC	490	484	486	486			1946	1946
Lee GODDARD	MV50	Stowmarket Striders RC	479	475	482	484			1920	1920
Simon MILLER	MV50	Colchester Harriers AC	480	477	478	485			1920	1920
Mark DAVEY	MV50	Ipswich Phoenix Running Club	471	470	470	480			1891	1891
Piotr BULACZ	MV50	Sudbury Joggers	497	496		497			1490	1490
Tim HANMAN	MV50	Ipswich Jaffa RC		492	496	494			1482	1482
Joe ADAMS	MV50	Unattached	494	493	489				1476	1476
John GREENER	MV50	Saint Edmund Pacers		485	493	490			1468	1468
Graham ROOKE	MV50	Unattached	481	476		482			1439	1439
Jason ABLETT	MV50	Stowmarket Striders RC	477	474		481			1432	1432
Clive PEMBERTON	MV50	Unattached	466	469	469				1404	1404
James SPILLETT	MV50	Unattached	467	468	468				1403	1403
Peter STURGEON	MV50	Unattached	465	467	467				1399	1399
Keith TILLEY	MV50	Ipswich Jaffa RC		500		500			1000	1000
Mike GREENER	MV50	Saint Edmund Pacers	499			496			995	995
Roger STONE	MV50	Kesgrave Cruisers	495		495				990	990
Simon STAFFORD	MV50	Kesgrave Cruisers	496	490					986	986
Alan BROWN	MV50	Unattached	491			489			980	980
Daniel PELLING	MV50	Haverhill Running Club		488		492			980	980
Andrew LONG	MV50	Stowmarket Striders RC		486	491				977	977
Chris DURRANT	MV50	Unattached	487		485				972	972
Alex BATHO	MV50	Unattached	486		484				970	970
Mark LAWES	MV50	Tiptree Road Runners		482	488				970	970
Mark WHITE	MV50	Haverhill Running Club	489	480					969	969
Paul SCOGGINS	MV50	Woodbridge Shufflers RC			481	483			964	964
Graham WAUDBY	MV50	Unattached	474		476				950	950
David DAMANT	MV50	Stowmarket Striders RC	473		474				947	947
Tom HANCOCK	MV50	Harwich Runners			499				499	499
Keith MARLEY	MV50	Colchester Harriers AC		497					497	497
Thomas STEWART	MV50	Woodbridge Shufflers RC			497				497	497
Darren SHEPPARD	MV50	Framlingham Flyers		495					495	495
Rakesh RAJA	MV50	Saint Edmund Pacers				495			495	495
Paul CONNELL	MV50	Great Bentley Running Club		494					494	494
Jon LOCKWOOD	MV50	Unattached				491			491	491
Doug ONEILL	MV50	Colchester Harriers AC		489					489	489
Andy CARR	MV50	Unattached			487				487	487
Gabriel MARTINS	MV50	Ipswich Jaffa RC	485						485	485
Andrew SMITH	MV50	Thetford AC	484						484	484
David CHURCH	MV50	Felixstowe RRC	483						483	483
Rob ALDER	MV50	Woodbridge Shufflers RC			483				483	483
Darren ABBOTT	MV50	Unattached	482						482	482
Chris REGAN	MV50	Colchester Harriers AC		481					481	481
Kevin HAYWARD	MV50	Framlingham Flyers			480				480	480
D ROBERTS	MV50	Unattached		479					479	479
Dave YOUNG	MV50	Unattached			479				479	479
Rob GOODCHILD	MV50	Unattached				479			479	479
David GRIMMER	MV50	Ipswich Phoenix Running Club	478						478	478
Stuart MATTHEWS	MV50	Saint Edmund Pacers		478					478	478
Richard ATTWELL	MV50	Unattached				478			478	478
Steve MCNAMARA	MV50	Stowmarket Striders RC			477				477	477
Merv COOK	MV50	Unattached	476						476	476
Mark LANKESTER	MV50	Unattached	475						475	475
Martyn BREWSTER	MV50	Unattached			475				475	475
Stuart RISEBROW	MV50	Ipswich Phoenix Running Club			473				473	473
Nic VINCENT	MV50	Tiptree Road Runners		473					473	473
Glenn YELLOP	MV50	Capel Cheetahs	472						472	472
Robert GOURLAY	MV50	Unattached		472					472	472
Tim NIVEN	MV50	Ipswich Jaffa RC			472				472	472

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Andy LIFFEN	MV50	Unattached		471					471	471
Sean DAVIDSON	MV50	Unattached			471				471	471
Justin OSTLER	MV50	Felixstowe RRC	470						470	470
Andrew JACOBS	MV50	Unattached	469						469	469
Paul DORSET	MV50	Felixstowe RRC	468						468	468

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kevin COLEMAN	MV55	Stowmarket Striders RC	491	493	492	492			1968	1968
Simon SMITH	MV55	Colchester Harriers AC	494	492	489	490			1965	1965
Chris SERVANT	MV55	Ipswich Jaffa RC	492	490	491	491			1964	1964
Colin FARMER	MV55	Great Bentley Running Club	486	486	486	489			1947	1947
Keith LANSDOWN	MV55	Ipswich Jaffa RC	484	483	481	485			1933	1933
Justin RABETT	MV55	Saint Edmund Pacers	478	478	477	486			1919	1919
Yusuf FIRAT	MV55	Haverhill Running Club	482	481	476	479			1918	1918
Chris AXFORD	MV55	Jogging Made Easy	479	479	474	484			1916	1916
Brian MUNNS	MV55	Newmarket Joggers	475	468	473	481			1897	1897
Adam HOCKEN	MV55	Witham RC	470	471	468	467			1876	1876
Phil DAVIES	MV55	Ipswich Jaffa RC	466	470	467	469			1872	1872
Richard ALLPORT	MV55	Felixstowe RRC	469	472	465	465			1871	1871
Simon ASHTON	MV55	Lonely Goat RC	464	467	463	462			1856	1856
John BUSH	MV55	Great Bentley Running Club	460	465	461	460			1846	1846
Paul HOLLEY	MV55	Newmarket Joggers		500	500	500			1500	1500
Mark ALLEN	MV55	Ipswich Jaffa RC	500		499	499			1498	1498
Wilfred CAMPBELL	MV55	Ipswich Jaffa RC		499	498	498			1495	1495
Nigel SCHOFIELD	MV55	Saint Edmund Pacers	495	494		495			1484	1484
Adrian GOODE	MV55	Felixstowe RRC	493	489	488				1470	1470
Peter WARLAND	MV55	Stowmarket Striders RC	489	491		478			1458	1458
John GAGE	MV55	Stowmarket Striders RC	487	485	485				1457	1457
Chris CHORLEY	MV55	Bungay Black Dog RC	488	488	478				1454	1454
Stephen HATTEN	MV55	Saint Edmund Pacers	485	484	483				1452	1452
Tim PARNELL	MV55	Ipswich Jaffa RC	483	482	480				1445	1445
Ian GOODERHAM	MV55	Saint Edmund Pacers	476	477	479				1432	1432
Mark GODBOLD	MV55	Ipswich Harriers	477	480	475				1432	1432
Robert ROLKA	MV55	Jogging Made Easy	474	475		472			1421	1421
David SWALES	MV55	Saint Edmund Pacers	473	473		473			1419	1419
Mark AVERY	MV55	Ipswich Jaffa RC	471	474	470				1415	1415
Stuart SHEPHERD	MV55	Saint Edmund Pacers	463	466		461			1390	1390
Peter WEST	MV55	Colchester Harriers AC	498	498					996	996
Mark WATTS	MV55	Saint Edmund Pacers		497	496				993	993
Ian DUGGAN	MV55	Felixstowe RRC			495	497			992	992
Andrew LAWS	MV55	Ipswich Jaffa RC		495		493			988	988
Stephen DIXON	MV55	Ipswich Jaffa RC		487		474			961	961
Richard WHITE	MV55	Saxmundham Sports Running & Fitness		476		483			959	959
David HURLEY	MV55	Mid Essex Casuals			471	480			951	951
Jeremy HENNELL JAMES	MV55	Hadleigh Hares AC			469	476			945	945
Hugh WHITE	MV55	Unattached	467			475			942	942
Richard SMITH	MV55	Saint Edmund Pacers	481			459			940	940
Robert REASON	MV55	Stowmarket Striders RC			464	471			935	935
David STEWARD	MV55	Woodbridge Shufflers RC			466	466			932	932
Martin POTTER	MV55	London Heathside	499						499	499
Warren BIRCH	MV55	Rushmere Community Runners	497						497	497
Glynn THOMAS	MV55	Ipswich Jaffa RC			497				497	497
Charles HANN	MV55	Sudbury Joggers	496						496	496
David ALLEN	MV55	Great Bentley Running Club		496					496	496
Kevin VAUGHAN	MV55	Thetford AC				496			496	496
Peter CLARKE	MV55	Diss and District AC			494				494	494
Mark NOVELS	MV55	Haverhill Running Club				494			494	494
Dave COPLAND	MV55	Ipswich Triathlon Club			493				493	493
Richard HIGGINS	MV55	Framlingham Flyers	490						490	490
Gary DONOGHUE	MV55	Harwich Runners			490				490	490
Adrian PEAKE	MV55	Ipswich Jaffa RC				488			488	488
Simon SINCLAIR	MV55	Woodbridge Shufflers RC			487				487	487
Ian CUNNINGTON	MV55	Saint Edmund Pacers				487			487	487
Dave HOWGEGO	MV55	Unattached			484				484	484
Alistair DICK	MV55	Ipswich Jaffa RC			482				482	482
Richard MANN	MV55	Achilles Club				482			482	482
Mark ANDREWS	MV55	Unattached	480						480	480
John CASHEN	MV55	Unattached				477			477	477
Alex KUCZER	MV55	Unattached	472						472	472
Garry MACDONALD	MV55	Unattached			472				472	472

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rod PRIME	MV55	Unattached				470			470	470
Liam ROBINSON	MV55	Fetch Everyone		469					469	469
Chris FOX	MV55	Woodbridge Shufflers RC	468						468	468
Darren BIRCH	MV55	Unattached				468			468	468
Neil WINTON	MV55	Felixstowe RRC	465						465	465
Neil DARRACOTT	MV55	Haverhill Running Club				464			464	464
Colin LEWIS	MV55	Saint Edmund Pacers				463			463	463
Bill RICHMOND	MV55	Unattached	462						462	462
Lee KNIGHT	MV55	Rushmere Community Runners			462				462	462
Andy FISHER	MV55	Unattached	461						461	461

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Andrew BUDD	MV60	Capel Cheetahs	500	500	500	494			1994	1994
Robin BELSOM	MV60	Ipswich Jaffa RC	497	497	496	498			1988	1988
Mon LEE	MV60	Ipswich Jaffa RC	492	492	488	490			1962	1962
Adrian COLE	MV60	Stowmarket Striders RC	488	490	483	481			1942	1942
Steven REYNOLDS	MV60	Unattached	486	488	479	480			1933	1933
Steve PAUL	MV60	Eastern Masters AC		499	499	500			1498	1498
Graham WIGLEY	MV60	Framlingham Flyers	498		497	499			1494	1494
Alan JACKSON	MV60	Ipswich Jaffa RC		498	498	497			1493	1493
Duncan CHENERY	MV60	Ipswich Jaffa RC	495	495	493				1483	1483
Alan HILLYARD	MV60	Ipswich Triathlon Club		493	490	491			1474	1474
David SHEAHAN	MV60	Unattached	494		487	489			1470	1470
Peter FINCH	MV60	Unattached	493		484	487			1464	1464
Wayne GRANT	MV60	Unattached	490		480	482			1452	1452
William BURDETT	MV60	Stowmarket Striders RC	487		482	483			1452	1452
Stephen CARTWRIGHT	MV60	Great Bentley Running Club		487	478	478			1443	1443
Stuart GREEN	MV60	Unattached		496		496			992	992
Paul SCHWER	MV60	Felixstowe RRC		494	491				985	985
Robert MORGAN	MV60	Saint Edmund Pacers			492	493			985	985
David FIELD	MV60	Stowmarket Striders RC		491		484			975	975
Tony ADOLPHUS	MV60	Ipswich Jaffa RC	491		481				972	972
David SEYMOUR	MV60	Felixstowe RRC			486	485			971	971
Iain HUNTER	MV60	Stowmarket Striders RC		486		479			965	965
Richard WOLD	MV60	Felixstowe RRC	499						499	499
Tim EDMONDS	MV60	Unattached	496						496	496
Gary LOWE	MV60	Saxmundham Sports Running & Fitness			495				495	495
Tim CHERRETT	MV60	Framlingham Flyers				495			495	495
Andrew WARNE	MV60	Unattached			494				494	494
Keith STEPHEN	MV60	Unattached				492			492	492
Robert BARKER	MV60	Felixstowe RRC	489						489	489
Paul BELAND	MV60	Unattached		489					489	489
Tom CLEMENTS	MV60	Framlingham Flyers			489				489	489
John BAIN	MV60	Lonely Goat RC				488			488	488
Peter LAMBILLION-JAMESON	MV60	Unattached				486			486	486
David LLEWELLYN	MV60	Stowmarket Striders RC	485						485	485
Paul MAYCOCK	MV60	Capel Cheetahs			485				485	485

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ian SILLETT	MV65	Felixstowe RRC	498	497	495	492			1982	1982
Jim WITHERS	MV65	Newmarket Joggers	496	496	494	493			1979	1979
Keith BORRETT	MV65	Unattached	495	493	493	491			1972	1972
Frank GARDINER	MV65	Great Bentley Running Club	494	495	491	490			1970	1970
Terry BACK	MV65	Ipswich Jaffa RC	500		500	500			1500	1500
Neville CLARKE	MV65	Newmarket Joggers		500	499	499			1498	1498
Gerry MCCARTHY	MV65	Ipswich Phoenix Running Club		499	498	497			1494	1494
Chris GLADWELL	MV65	Stowmarket Striders RC	497		497	494			1488	1488
Phil HUDSON	MV65	Ware Joggers	493	494	492				1479	1479
Chris JOHNS	MV65	Woodbridge Shufflers RC	499	498					997	997
Greg MILLS	MV65	Unattached				498			498	498
Mark SARGEANTSON	MV65	Framlingham Flyers			496				496	496
Colin KNIGHT	MV65	Saint Edmund Pacers				496			496	496
Alan BURGIN	MV65	Huntingdonshire AC				495			495	495
Graham PAGE	MV65	Unattached	492						492	492
Graham CLARK	MV65	Unattached	491						491	491
Dennis BURGIN	MV65	Unattached			490				490	490
Mel CHITTOCK	MV65	Unattached				489			489	489

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Philip HYMERS	MV70+	Saint Edmund Pacers	500	500	498	499			1997	1997
Frank MOGGAN	MV70+	Stowmarket Striders RC	499	499	497				1495	1495
Gerard NIXON	MV70+	Saint Edmund Pacers			500	500			1000	1000
Malcolm SAVAGE	MV70+	Trail Running Association		498		498			996	996
David TAYLOR	MV70+	Framlingham Flyers	497		496				993	993
Dereck BRETT	MV70+	Unattached		497		496			993	993
David SUTHERLAND	MV70+	Framlingham Flyers		496	495				991	991
Tim NEWTON	MV70+	Unattached			499				499	499
Kenneth STOWE	MV70+	Unattached	498						498	498
David COLEY	MV70+	Ipswich Jaffa RC				497			497	497
Chris SLEMMINGS	MV70+	Ipswich Triathlon Club	496						496	496

Number of records: 762