

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
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Maddie JORDAN-LEE	FU20	Stowmarket Striders RC		500		500	500	500	2000	2000
Katie KING	FS	Saint Edmund Pacers	500	499	499	499	499	499	2995	1997
Holly WEIR	FV40	Sudbury Joggers	498	498		498	495		1989	1989
Margaret DEASY	FV55	Colchester Harriers AC	496	497		496		489	1978	1978
Helen JERROLD	FV40	Felixstowe RRC	495	493	493	491			1972	1972
Holly TAYLOR	FS	Felixstowe RRC	494	494	491	488		487	2454	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 PITTMAN	FV60	Springfield Striders RC	489		490	492	489	483	2443	1960
Emma MORTIMER	FS	Ipswich Phoenix Running Club		491		484	493	488	1956	1956
Kaye BRANTON	FV50	Felixstowe RRC	487	489	488		490	482	2436	1954
Joanna LEADER	FV50	Saint Edmund Pacers		481	486	487	491		1945	1945
Rebecca FISH	FS	Unattached	480	486	487	483	487		2423	1943
Henrietta-Mae BAWN	FS	Unattached		484	484	481	486	486	2421	1940
Jo HAYWARD	FV50	Stowmarket Striders RC	479	483	478	490		478	2408	1930
Emma KEEN	FS	Felixstowe RRC		482	481	479	488		1930	1930
Helen ARIYO	FV40	Kesgrave Cruisers	484	480			483	479	1926	1926
Sandra MAYHEW	FV55	Stowmarket Striders RC	482	485	477			480	1924	1924
Juliet GARNHAM	FV45	Stowmarket Striders RC	481	488	476	478		474	2397	1923
Magdalena KOMOROWSKA	FV40	Great Bentley Running Club	477	479	475	480			1911	1911
Mary NAREY	FV50	Stowmarket Striders RC			473	482	481	472	1908	1908
Hien HOANG	FV40	Great Bentley Running Club	473	474	469	473	475		2364	1895
Kirsty WEAVERS	FV55	Saint Edmund Pacers	475	477	472			463	1887	1887
Lisa BRIGGS	FS	Great Bentley Running Club		472	470	463	473	467	2345	1882
Ruth ACWORTH	FV60	Woodbridge Shufflers RC	468	476	465		472	457	2338	1881
Rachel TERRY	FV50	Stowmarket Striders RC			468	471	476	464	1879	1879
Debbie CATLING	FV50	Felixstowe RRC	471	473	460	464	470	458	2796	1878
Jenny MORGAN	FV65	Saint Edmund Pacers			474	477	477	449	1877	1877
Amber BRADNAM	FU20	Saint Edmund Pacers		470	463	465	469		1867	1867
Hannah JEWERS	FV40	Stowmarket Striders RC	463	465	466	467	467	454	2782	1865
Kayleigh TURPIN	FS	Felixstowe RRC	470	471	461		459	452	2313	1861
Michelle HEWITT	FS	Framlingham Flyers	456	467	454	468	462		2307	1853
Kathy WILSON-BROWN	FS	Ipswich Jaffa RC	459	463		474		451	1847	1847
Lydia SIMMONS	FS	Saint Edmund Pacers			456	461	466	455	1838	1838
Sharon WARLAND	FV55	Stowmarket Striders RC	453	464	450	460	458	442	2727	1835
Goldie YULE	FV45	Unattached	461	460	448	456	452	447	2724	1829
Sarah DAVISON	FV45	Great Bentley Running Club	457	466	439	449	456	450	2717	1829
Jenny SHEAHAN	FV60	Eastern Masters AC	450		452	458	453	439	2252	1813
Belinda GODBOLD	FV60	Hadleigh Hares AC	443	461	446	455		435	2240	1805
Caroline TALBOT	FV40	Great Bentley Running Club	439	442	437	453	449	445	2665	1789
Nicky WATSON	FV50	Woodbridge Shufflers RC	440		441	452		448	1781	1781
Lyndsey SMITH	FS	Diss and District AC	437	448	442	448			1775	1775
Teresa TRANTER	FV70+	Sudbury Joggers	431	445	435	446	446	426	2629	1772
Lorna WEBBER	FS	Capel Cheetahs			433	451	451	432	1767	1767
Clare WHITFIELD	FV45	Saint Edmund Pacers	432	451	432	447			1762	1762
Ruth COWLIN	FV55	Sudbury Joggers	424	452			447	436	1759	1759
Sil CLAY	FV55	Haverhill Running Club		444		445	438	421	1748	1748
Julia MOSS-ECCARDT	FV50	Stowmarket Striders RC	434	443	427	443			1747	1747
Liza PUTWAIN	FV40	Stowmarket Striders RC	429		431	444	441		1745	1745
Trish JARVIS	FV55	Jogging Made Easy	415	435	417	439	433	424	2563	1731
Jenny LYONCH	FV55	Felixstowe RRC	421	441	426	440		419	2147	1728
Helen SPOONER	FV50	Haverhill Running Club	405	426	414	434	430	405	2514	1704
Holly CRIMP	FS	Framlingham Flyers	416	433	430		418		1697	1697
Claire STEELE	FV45	Unattached		430		423	427	416	1696	1696
Donna HARRIS	FV40	Great Bentley Running Club	389	420	407	428	429	403	2476	1684
Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	412	439	420			410	1681	1681
Hayley WILSON	FS	Haverhill Running Club	408	431		426		414	1679	1679
Victoria SENIOR	FS	Saint Edmund Pacers	401	429	398	419	417		2064	1666
Rachael HATTEN	FS	Unattached	427		428	433		378	1666	1666
Sophie COLEMAN	FS	Ipswich Jaffa RC	414	438	415			397	1664	1664
Joanna WHITE	FV50	Saxmundham Sports Running & Fitness	399	428		424	412		1663	1663
Denise SHEPPARD	FV45	Unattached	394	432	395		434	395	2050	1656

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Denise WRIGHT	FV55	Stowmarket Striders RC	392	425	405		425	390	2037	1647
Kirsty MARSH	FS	Felixstowe RRC	388	417	403	410	406	392	2416	1636
Belinda PALMER-BARNES	FV60	Great Bentley Running Club	348	418	385	421	411	385	2368	1635
Sophie GATHORNE-HARDY	FU20	Saint Edmund Pacers	404	419	391	414			1628	1628
Mandy GODBOLD	FV50	Ipswich Harriers	385	421	399		414		1619	1619
Emily COOPER-READE	FV55	Stowmarket Striders RC	374	415	384	416	393	375	2357	1608
Amanda CHILDS	FV50	Ipswich Jaffa RC	373	414	392		404	380	1963	1590
Kate WARBOYS	FV50	Newmarket Joggers		405		409	396	370	1580	1580
Jacqueline ALLPORT	FV50	Felixstowe RRC	363	407	375	407	383		1935	1572
Jackie COLLINS	FV55	Felixstowe RRC		411	393		394	374	1572	1572
Doranne BREWSTER	FV40	Unattached	361	403	371	404	390	368	2297	1568
Teresa FARMER	FV50	Great Bentley Running Club	356	399	367	392	381	358	2253	1539
Elaine ROBINSON	FV60	Stowmarket Striders RC	346	392	364	401	382	359	2244	1539
Julie HOCKEN	FV55	Jogging Made Easy	378	413			376	372	1539	1539
Heidi KNIGHT	FV45	Capel Cheetahs	360	401	378		389	366	1894	1534
Caroline MCINTOSH	FV65	Newmarket Joggers		393		397	374	352	1516	1516
Jane MATHIAS	FV45	Unattached		396	366		391	354	1507	1507
Claire RUSH	FV40	Kesgrave Cruisers	345	397	365		380	355	1842	1497
Katie AUSTIN	FS	Ipswich Jaffa RC			497		496	494	1487	1487
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness	349		360	398	379		1486	1486
Maureen WRIGHT	FV70+	Ipswich Jaffa RC	357		370		392	362	1481	1481
Sandy THOROGOOD	FV55	Unattached				489	492	485	1466	1466
Sandy PAGE	FV45	Kesgrave Cruisers			479	486	485		1450	1450
Sandra WEBB	FV50	Saint Edmund Pacers		478	480		479		1437	1437
Kirsty BROOKFIELD	FS	Woodbridge Shufflers RC	478		471			468	1417	1417
Mary-Ann TULI	FV50	Haverhill Running Club	462	468		469			1399	1399
Sandra ROBERTS	FV60	Ipswich Jaffa RC	472				468	453	1393	1393
Nicole SISSON	FS	Haverhill Running Club		456		450		437	1343	1343
Wendy KELLETT	FV50	Ipswich Jaffa RC	446		443		448		1337	1337
Claire MASKERY	FV40	Stowmarket Striders RC	436	453	444				1333	1333
Karen DEASY	FV40	Unattached		457	438			434	1329	1329
Aimee MCLACHLAN	FV50	Woodbridge Shufflers RC	465		411			444	1320	1320
Beryl LANSDOWN	FV50	Ipswich Jaffa RC	454			431		430	1315	1315
Louise RAMSAY	FV50	Ipswich Jaffa RC	428		424		444		1296	1296
Sophie DOE	FS	Unattached			423		442	427	1292	1292
Katie PEAKE	FS	Ipswich Jaffa RC	423				435	423	1281	1281
Fiona SMITH	FV50	Ipswich Phoenix Running Club	425		422			425	1272	1272
Tasha SALMON	FV40	Unattached		437	416			413	1266	1266
Keeley WHITE	FS	Haverhill Running Club	409	436				412	1257	1257
Jackie CUNINGHAME	FV65	Stowmarket Striders RC		424		415	413		1252	1252
Joanne SARGENT	FV50	Hadleigh Hares AC				422	420	398	1240	1240
Kathryn GERRY	FV50	Woodbridge Shufflers RC	400		410		428		1238	1238
Nicola ALEXANDER	FS	Unattached	403		409		423		1235	1235
Lois MICKLEBURGH	FV45	Unattached	398		400		421		1219	1219
Clair NAGORSKI	FS	Haverhill Running Club	407	423				373	1203	1203
Veronica LEWIS	FV45	Haverhill Running Club		412	381	408			1201	1201
Annabel BROWN	FS	Ipswich Jaffa RC	387			411		381	1179	1179
Olivia CATLEY	FU20	Kesgrave Cruisers	372			406	397		1175	1175
Vivienne TAYLOR	FV65	Framlingham Flyers	375		387		408		1170	1170
Diane CHESTER	FV50	Unattached			390		402	377	1169	1169
Muriel LOVERING	FV40	Harwich Runners			382		398	382	1162	1162
Jackie HENLEY	FV55	Newmarket Joggers				396	375	353	1124	1124
Niki MACSEPHNEY	FV50	Unattached			369		387	363	1119	1119
Kerri BARRELL	FS	Jogging Made Easy				391	373	351	1115	1115
Simone SUTHERLAND	FV65	Framlingham Flyers	350	398	361				1109	1109
Agnieszka ANDRZEJAK	FV40	Unattached		391	355			350	1096	1096
Helen SAAGI	FV55	Rushmere Community Runners	343		357			357	1057	1057
Laura THOMAS	FS	Ipswich Jaffa RC			500		498		998	998
Jess GOODERHAM	FS	Saint Edmund Pacers	499					497	996	996
Claire JACOBS	FS	Hadleigh Hares AC			498			498	996	996
Millie JORDAN-LEE	FU20	Stowmarket Striders RC					497	496	993	993
Cath JEFFERY	FV40	Saint Edmund Pacers				497		492	989	989
Anna KEEBLE	FS	Ipswich Jaffa RC	492		495				987	987

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rosie HORSFIELD	FS	Ipswich Jaffa RC					494	490	984	984
Sian KINGSTON	FV40	Unattached	486		492				978	978
Rachael LAURANCE	FV40	Ipswich Jaffa RC				495		477	972	972
Sam SPENCER	FS	Ipswich Jaffa RC	483	487					970	970
Amy PLUMBLY	FV40	Ipswich Harriers			485			481	966	966
Anna KOCINSKA	FV40	Unattached					480	476	956	956
Sally-Ann BOWEN	FV45	Sudbury Joggers				485		469	954	954
Jasmine BILNER	FU20	Ipswich Jaffa RC	474			476			950	950
Val JENNINGS	FV55	Ipswich Jaffa RC					478	470	948	948
Kate HEEKS	FS	Stowmarket Striders RC					482	466	948	948
Julie BRANCH	FV50	Unattached		475		470			945	945
Helen FINDLEY	FV40	Kesgrave Cruisers	476		464				940	940
Lara POCOCK	FS	Saint Edmund Pacers				472		465	937	937
Crystal MURRAY	FS	Hadleigh Hares AC					474	462	936	936
Gillian LEATHERS	FV50	Saint Edmund Pacers					464	471	935	935
Chloe STUTELEY	FS	Saint Edmund Pacers				462	471		933	933
Michelle BELL	FV45	Unattached				457	465		922	922
Sarah MAIDMENT	FV45	Framlingham Flyers			457		461		918	918
Lynsey WARREN	FS	Unattached		462	455				917	917
Kathy BISHOP	FV55	Great Bentley Running Club	447	469					916	916
Bev SHORTLEY	FV55	Great Bentley Running Club			462		454		916	916
Victoria ORFORD	FV45	Framlingham Flyers	455		458				913	913
Emily ROGERS	FS	Stowmarket Striders RC		449	451				900	900
Ellen TURNER	FS	Unattached					457	440	897	897
Sandra BUMPHREY	FV50	Capel Cheetahs	452					441	893	893
Joanne HARPER	FV40	Felixstowe RRC		458				431	889	889
Cheryl TRUNDLE	FV65	Haverhill Running Club		446		442			888	888
Claire BLANCHFORD	FV40	Unattached				436	450		886	886
Emma HARWOOD	FV50	Framlingham Flyers	438		445				883	883
Alex HOBBS	MV40	Saint Edmund Pacers				438	445		883	883
Sarah VICK	FV50	Saxmundham Sports Running & Fitness	430	447					877	877
Nathalie HOOPER	FV55	Hadleigh Hares AC				437		438	875	875
Claire DOUGLAS	FV40	Stowmarket Striders RC				435	440		875	875
Bethany BEDINGFIELD	FS	Capel Cheetahs		440				433	873	873
Christine MARSH	FV65	Stowmarket Striders RC	433		429				862	862
Laura BROWN	FS	Stowmarket Striders RC	420			441			861	861
Amanda SMITH	FV45	Woodbridge Shufflers RC				425	436		861	861
Victoria SQUIRELL	FV40	Ipswich Jaffa RC				430	431		861	861
Donna TALBOT	FV40	Saint Edmund Pacers				432	424		856	856
Jennifer WRIGHT	FV40	Ipswich Jaffa RC	448					396	844	844
Alison MYLES	FV50	Unattached	417		421				838	838
Sophie BELL	FS	Ipswich Phoenix Running Club	426					408	834	834
Laura BEALE	FS	Ipswich Jaffa RC					426	399	825	825
Nicola STEVENSON	FV60	Felixstowe RRC			434			391	825	825
Elizabeth COBBOLD	FV40	Unattached	411		413				824	824
Rebecca JENNINGS	FV55	Unattached				420	400		820	820
Rebecca ELLUL	FS	Felixstowe RRC	410		404				814	814
Janice HOLMES	FV55	Newmarket Joggers		406		403			809	809
Claire BUTCHER	FV40	Felixstowe RRC		402		405			807	807
Mary BURGESS	FV65	Felixstowe RRC	396					402	798	798
Pippa SARGENT	FV40	Stowmarket Striders RC	383				415		798	798
Jane MOON	FV60	Felixstowe RRC					407	389	796	796
Rebecca MORGAN	FS	Saint Edmund Pacers				386		409	795	795
Karen SHELLEY	FV55	Stowmarket Striders RC	406					388	794	794
Deb HART	FV50	Unattached	397					394	791	791
Rachel STONE	FV45	Unattached	382		408				790	790
Jo WHELAN	FV60	Felixstowe RRC		409	380				789	789
Kelly WADE	FV40	Ipswich Jaffa RC	379		394				773	773
Georgia HUMPHREYS	FS	Unattached	366		406				772	772
Hannah DORAN	FV45	Unattached			389			379	768	768
Julie HASELWOOD	FV65	Ipswich Jaffa RC			373		395		768	768
Natalie WALSH	FV40	Unattached				390	378		768	768
Daniela ELSTONE	FV55	Felixstowe RRC			377		385		762	762

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Emma READER	FS	Newmarket Joggers				387	372		759	759
Harriet ATHERTON	FS	Unattached		395	362				757	757
Adriana HOUCHELL	FS	Ipswich Jaffa RC	376					376	752	752
Susannah ROSENBERG	FV60	Ipswich Triathlon Club		390	359				749	749
Lucy BRYANTON	FV50	Unattached			379			369	748	748
Claire ROOKE	FV45	Sudbury Joggers	352			394			746	746
Suzi SAUNDERS	FV40	Unattached	369		376				745	745
Karen AUSTIN	FV55	Unattached	351			393			744	744
Danielle ADAMS	FV40	Unattached	355		372				727	727
Catriona PEARSON	FS	Unattached	358					365	723	723
Tania PATERSON	FV60	Unattached	339		374				713	713
Nicki WALKER	FV50	Unattached	344		363				707	707
Liz HICKS	FV50	Unattached	342		358				700	700
Vicki ALLISON	FS	Unattached	336		354				690	690
Alice HEATHER - HAYES	FV45	Ipswich Harriers	497						497	497
Ellie CUMNER	FV40	Colchester Harriers AC		496					496	496
Carys DURIE	FS	Unattached			496				496	496
Victoria PRIMMER	FS	Colchester Harriers AC						495	495	495
Zohra ARMITAGE	FV45	Saint Edmund Pacers			494				494	494
Collette GREEN	FS	Felixstowe RRC	493						493	493
Heidi HOGAN-STEEL	FS	Colchester Harriers AC						493	493	493
Ann-Louise SALT	FV40	Unattached		492					492	492
Justine SHEEKEY	FS	Colchester Harriers AC						491	491	491
Sam LINASSI	FV45	Felixstowe RRC	488						488	488
Gemma SHEPPARD	FV40	Unattached	485						485	485
Alice GOODWIN	FS	Ipswich Jaffa RC					484		484	484
Amelia DARNELL	FS	Huntingdonshire AC						484	484	484
Rosie DENNY	FV40	Woodbridge Shufflers RC			482				482	482
Vashti MACDONALD-CLINK	FV40	Cambridge & Coleridge AC						475	475	475
Isabel HOLLANDS	FU20	Unattached				475			475	475
Nicola RANSON	FV55	Springfield Striders RC						473	473	473
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
Vikki CHAMPION	FS	Unattached					463		463	463
Kelly SMITH	FV50	Boxted Runners						461	461	461
Catherine BERESFORD	FV50	Rushmere Community Runners	460						460	460
Debbie JACOB	FV55	Diss and District AC					460		460	460
Jane IRVIN	FV45	Boxted 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
Bron SARGINSON	FV40	Ipswich Phoenix Running Club						459	459	459
Jackie WASTELL	FV60	London Heathside	458						458	458
Kerry WATSON	FV40	Ipswich Jaffa RC						456	456	456
Alison VINCENT	FV55	Unattached		455					455	455
Kirsty DOW	FS	Saint Edmund Pacers					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
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
Geraldine CLARKE	FV55	Framlingham Flyers			447				447	447
Claire BROWN	FV55	Saint Edmund Pacers						446	446	446
Amanda KEMP	FV40	Felixstowe RRC	445						445	445
Rebecca CREASEY	FS	Unattached	444						444	444
Ruth GOODCHILD	FV45	Unattached					443		443	443
Marie PAVELEY	FV45	Capel Cheetahs						443	443	443

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Pauline ADAMS	FV45	Unattached	442						442	442
Eleanor WELLS	FS	Ipswich Jaffa RC	441						441	441
Helen DUGGAN	FV55	Felixstowe RRC			440				440	440
Jennifer BIRD	FV50	Unattached					439		439	439
Natalie COOKE	FV45	Unattached					437		437	437
Diane EMSDEN	FV55	Unattached			436				436	436
Sarah BANHAM	FS	Felixstowe RRC	435						435	435
Karen SKENE	FV50	Capel Cheetahs		434					434	434
Somer BEXON	FS	Unattached					432		432	432
Lisa BRUTON	FV40	Haverhill Running Club				429			429	429
Tracy LAWRIE	FV40	Harwich Runners						429	429	429
Jenny BIRD	FV50	Unattached						428	428	428
Jenny MERRY	FV40	Unattached		427					427	427
Isabella BRYSON	FS	Unattached				427			427	427
Annie ROGERS	FS	Unattached			425				425	425
Lucy JONES	FV40	Unattached	422						422	422
Grace JUDGE	FV55	Haverhill Running Club		422					422	422
Ayse SINGH	FV40	Unattached					422		422	422
Frances BREDIN	FV40	Unattached						422	422	422
Alison EVANS	FV60	Harwich Runners						420	420	420
Dawn GIBSON	FV40	Felixstowe RRC	419						419	419
Jo CLARK	FV45	Unattached			419				419	419
Emma STEVENSON	FS	Stowmarket Striders RC					419		419	419
Danielle WRIGHT	FS	Felixstowe RRC	418						418	418
Steph LING	FV40	Unattached			418				418	418
Hannah DAVIES	FS	Unattached				418			418	418
Ann PIERCY	FV65	Harwich Runners						418	418	418
Becky ROBERTSON	FS	Unattached				417			417	417
Valentina BURLEY	FV50	Harwich Runners						417	417	417
Sarah BOXALL	FS	TRISudbury		416					416	416
Nicole GREEN	FV40	Unattached					416		416	416
Emily WHITE	FS	Unattached						415	415	415
Sophie GODBOLD	FS	Unattached	413						413	413
Jayne ATTWELL	FV45	Unattached				413			413	413
Hannah WATTAM	FS	Woodbridge Shufflers RC			412				412	412
Angela CHERRETT	FV65	Framlingham Flyers				412			412	412
Lil ODEA	FS	Harwich Runners						411	411	411
Suzanne FROST	FV50	Unattached		410					410	410
Aimee HEEKS	FU20	Stowmarket Striders RC					410		410	410
Jasmine SELFE	FU20	Stowmarket Striders RC					409		409	409
Alison NOBLE	FV40	Unattached		408					408	408
Kerry MARSH	FV40	Tiptree Road Runners						407	407	407
Liz BEIGHTON	FV45	Ipswich Jaffa RC						406	406	406
Dawn ROBB	FV45	Unattached					405		405	405
Timea TOTH	FS	Unattached		404					404	404
Victoria FIEBELKORN	FV50	Unattached						404	404	404
Angela SELFE	FV45	Stowmarket Striders RC					403		403	403
Alice MEADOWS	FS	Unattached	402						402	402
Sarita RAO	FV50	Unattached			402				402	402
Gill CHARLTON	FV60	Stowmarket Striders RC				402			402	402
Lisa COX	FV40	Unattached			401				401	401
Claire PHILLIPS	FV40	Unattached					401		401	401
Christina PRETTY	FV60	Harwich Runners						401	401	401
Samantha POLLARD	FS	Haverhill Running Club		400					400	400
Helen STACY	FV55	Unattached				400			400	400
Tracie EMERSON	FV50	Unattached						400	400	400
Gillian ROGERS	FV60	Unattached				399			399	399
Samantha EMMS	FV40	Run Mummy Run CRC					399		399	399
Michelle KEEBLE	FV45	Saxmundham Sports Running & Fitness			397				397	397
Veronica MANLY	FV70+	Unattached			396				396	396
Bernadette WHITE	FV50	Unattached	395						395	395
Joanna MEYER	FV65	Unattached				395			395	395
Jo BIRCH	FV45	Lonely Goat RC		394					394	394

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Nina SIMMONS	FS	Great Bentley Running Club	393						393	393
Jan WILCOX	FV55	Boxted Runners						393	393	393
Marion SIMMONS	FV55	Great Bentley Running Club	391						391	391
Rachel PRIOR	FS	Woodbridge Shufflers RC	390						390	390
Susan HUNTER	FV60	Unattached		389					389	389
Marion GREENWOOD	FV55	Unattached				389			389	389
Hilary COOK	FV60	Ipswich Harriers			388				388	388
Caroline GLEED	FV55	Unattached				388			388	388
Anneli OSTLER	FV40	Felixstowe RRC					388		388	388
Lucia HARDWICK	FV45	Kesgrave Cruisers						387	387	387
Kirsty ABERDEIN	FV45	Unattached	386						386	386
Tanya BARNES	FV55	Vegan Runners UK			386				386	386
Trudi DUNN	FV50	Unattached					386		386	386
Geraldine SUCKLING	FS	Hadleigh Hares AC						386	386	386
Jenny CHURCH	FV60	Felixstowe RRC	384						384	384
Siobhan HOLCOMBE	FV55	Unattached					384		384	384
Cornell LE ROUX	FS	Boxted Runners						384	384	384
Gemma BERRY	FS	Unattached			383				383	383
Eleanor SKAN	FV45	Unattached						383	383	383
Ethel MATHEWS	FV70+	Unattached	381						381	381
Amanda BIRD	FV50	Ipswich Jaffa RC	380						380	380
Sally GARNHAM	FV60	Felixstowe RRC	377						377	377
Hannah STANSFIELD	FS	Unattached					377		377	377
Jessica MAYHEW	FV40	Unattached	371						371	371
Sarah HEARN	FS	Boxted Runners						371	371	371
Lisa XX	FV40	Unattached	370						370	370
Amanda PRIOR	FV50	Capel Cheetahs	368						368	368
Sue HARGADON	FV65	Woodbridge Shufflers RC			368				368	368
Maddie JAKUBIK	FS	Unattached	367						367	367
Anita BOND	FV60	Eastern Masters AC						367	367	367
Katie MEADOWS	FS	Unattached	365						365	365
Gemma HOWARD	FS	Ipswich Triathlon Club	364						364	364
Karen JONES	FS	Boxted Runners						364	364	364
Annette HUGGINS	FV65	Framlingham Flyers	362						362	362
Katrina HOPKINS	FV60	Unattached						361	361	361
Caroline PORTER	FV55	Unattached						360	360	360
Charlotte HARDING	FS	Unattached	359						359	359
Jacqueline WILDING	FV55	Framlingham Flyers			356				356	356
Miranda RAYNER	FV50	Harwich Runners						356	356	356
Michelle HOGGETT	FV50	Saint Edmund Pacers	354						354	354
Katherine AYKROYD	FS	Felixstowe RRC	353						353	353
Sue FOLEY	FV55	Running Colchester						349	349	349
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										
Jack NIXON	MS	Saint Edmund Pacers			500	499	500	498	1997	1997
Danny ROCK	MV40	Felixstowe RRC			499	498	499	496	1992	1992
Freddie ADAMS	MU20	Ipswich Harriers	497	499	498		490		1984	1984
Neil POLLARD	MV40	Newmarket Joggers	494		497	496	496	491	2474	1983
Oliver MANNING	MS	Kesgrave Cruisers	495	498	496		491	487	2467	1980
Jake HAYWARD	MU20	Stowmarket Striders RC	496	497	392	491	495	482	2853	1979
Mark HAYWARD	MV40	Newmarket Joggers	493	496	493	493	492	478	2945	1975
Keith TILLEY	MV50	Ipswich Jaffa RC		494		492	494	485	1965	1965
Aidan COUGHLAN	MV40	Felixstowe RRC	491	493	492	487	487	472	2922	1963
Aden BELL	MS	Hadleigh Hares AC	486		491	490	489	477	2433	1956
Paul HOLLEY	MV55	Newmarket Joggers		488	494	489		476	1947	1947
Chay HOPKINS	MS	Haverhill Running Club		490	488		485	483	1946	1946
Joseph BENDALL	MS	Newmarket Joggers		485	486	485	486	473	2415	1942
Jack NOBLE	MS	Ipswich Jaffa RC	490		487	479		474	1930	1930
Mark ALLEN	MV55	Ipswich Jaffa RC	477		482	484	481	464	2388	1924
Henry CATLING	MS	Felixstowe RRC	479	484	483	478			1924	1924
James WILSON	MS	Saxmundham Sports Running & Fitness	474		484	480	483	463	2384	1921
James CORNISH	MV40	Kesgrave Cruisers	475	482	479		482	456	2374	1918
Adrian FROST	MV50	Saint Edmund Pacers	469	481	477	481	478		2386	1917
Andrew SOUTHWOOD	MV40	Saint Edmund Pacers	457	476	473	482	479	453	2820	1910
Stuart PRICE	MS	Unattached			481	483	484	461	1909	1909
Nicholas CLARKE	MV40	Ipswich Jaffa RC	471	478	478	476	475	454	2832	1907
James WITHAMS	MS	Vegan Runners UK	472	479		474	476	449	2350	1901
Dylan BRADNAM	MU20	Saint Edmund Pacers	468	475	469	468	473		2353	1885
Ian WEIR	MV45	Sudbury Joggers	466	472		470	474		1882	1882
Wilfred CAMPBELL	MV55	Ipswich Jaffa RC		473	472	475		439	1859	1859
Steve BROOKE	MV50	Felixstowe RRC	460	469	466	463		432	2290	1858
Tom ALEXANDER	MV40	Woodbridge Shufflers RC	458	471	456	462		434	2281	1847
James MINNETTE	MV45	Haverhill Running Club	450	460	463	465	458	426	2722	1846
Neil SMITH	MS	Framlingham Flyers	451	463	468	446	462	430	2720	1844
Michael STROWGER	MS	Unattached	455		467		464	451	1837	1837
Ricky O'NEILL	MS	Ipswich Jaffa RC	454	468			465	443	1830	1830
Westley WALKER	MV40	Haverhill Running Club			462	459	468	440	1829	1829
Alastair READ	MV40	Felixstowe RRC	446	457	457	450	459		2269	1823
Piotr BULACZ	MV50	Sudbury Joggers	448	464		458	451	423	2244	1821
Mike GREENER	MV50	Saint Edmund Pacers	463			455	463	436	1817	1817
Ben JEFFERY	MV40	Saint Edmund Pacers	456			460	456	429	1801	1801
Jan KADING	MV45	Stowmarket Striders RC		454	461		457	425	1797	1797
Jamie FITTOCK	MS	Saint Edmund Pacers		444	453	448	447	420	2212	1792
Terry BACK	MV65	Ipswich Jaffa RC	442		445	457	444	422	2210	1788
Morgan MOORE	MS	Stowmarket Striders RC	437	467	451			433	1788	1788
George WRIGHT	MS	Stowmarket Striders RC	435	450	443	434	449		2211	1777
Tim HANMAN	MV50	Ipswich Jaffa RC		443	447	445	441	416	2192	1776
Stuart WRIGHT	MV45	Felixstowe RRC	430		444	452	446		1772	1772
Robin HARPER	MV45	Felixstowe RRC	440	442	449	423	433	407	2594	1764
Nigel SCHOFIELD	MV55	Saint Edmund Pacers	429	445		444	437		1755	1755
Neil CATLEY	MV40	Kesgrave Cruisers	431	447	438	436	428		2180	1752
Ashley SMY	MV40	Ipswich Jaffa RC	427		440	439	445	424	2175	1751
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness	445		442	420	440		1747	1747
Vince WEBB	MV50	Saint Edmund Pacers	422	441	434	441			1738	1738
Kevin COLEMAN	MV55	Stowmarket Striders RC	401	437	429	432	432	402	2533	1730
Geraint WHITE	MS	Ipswich Jaffa RC	464			348	460	455	1727	1727
Chris WONG	MS	Saxmundham Sports Running & Fitness	436	431		442		411	1720	1720
Andrew John CRAIG	MV45	Woodbridge Shufflers RC	426		432		436	408	1702	1702
Andrew BUDD	MV60	Capel Cheetahs	420	433	421	377	424		2075	1698
Simon SMITH	MV55	Colchester Harriers AC	419	434	411	416	426	394	2500	1695
Martin JARVIS	MV45	Unattached	407	429	407	426	425	396	2490	1687
Chris SERVANT	MV55	Ipswich Jaffa RC	405	424	426	424		387	2066	1679
Steve PAUL	MV60	Eastern Masters AC		412	413	429	422	384	2060	1676
Karl FEAGAN	MV45	Hadleigh Hares AC		423	427	427		398	1675	1675
Tim NAISH	MV40	Kesgrave Cruisers	406		424	413	427	406	2076	1670
Kerry BUCKLEY	MV50	Felixstowe RRC	416	427	410	391	413	388	2445	1666

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kev LINSELL	MV45	Kesgrave Cruisers	413	420	405	414	415	355	2422	1662
Adrian GOODE	MV55	Felixstowe RRC	417	416	406		416	378	2033	1655
Matt TRILL	MV45	Ipswich Jaffa RC		428	420	412		391	1651	1651
Mark HAYDEN	MV45	Framlingham Flyers	411		393	419	423		1646	1646
Joe WEBB	MU20	Saint Edmund Pacers	395	417	401	389	421		2023	1634
Rob JEWERS	MV45	Stowmarket Striders RC			412	417	417	386	1632	1632
Tom AYKROYD	MV40	Felixstowe RRC	415		418	385	409	380	2007	1627
Nigel BARNES	MV50	Vegan Runners UK	390	411	415	408		368	1992	1624
Andrew CHATFIELD	MV40	Capel Cheetahs	398	414	398	365	410	364	2349	1620
Ashley SADLER	MV45	Kesgrave Cruisers	397		403	397	414	404	2015	1618
Alan JACKSON	MV60	Ipswich Jaffa RC		408	404	399	406	374	1991	1617
Femi ARIYO	MV45	Kesgrave Cruisers	402	401	402	411			1616	1616
Alan BROWN	MV50	Unattached	412			409	402	382	1605	1605
Neville CLARKE	MV65	Newmarket Joggers		402	397	400	404	377	1980	1603
Colin FARMER	MV55	Great Bentley Running Club	375	404	394	402	398	365	2338	1598
Tom STEPHENS	MV50	Felixstowe RRC	408	413	383	379	392	347	2322	1596
William TAYLOR	MS	Framlingham Flyers	391	397		394	408	371	1961	1590
Graham WIGLEY	MV60	Framlingham Flyers	383		400	404	403		1590	1590
Robin BELSOM	MV60	Ipswich Jaffa RC	365	396	384	403	401	357	2306	1584
Steve NEUMANN	MV40	Unattached	387	400		407	387		1581	1581
Matt BENSON	MV40	Sudbury Joggers		418		395	390	363	1566	1566
John GAGE	MV55	Stowmarket Striders RC	377	395	388		395		1555	1555
John GREENER	MV50	Saint Edmund Pacers		421	423	425	281		1550	1550
Jamie BRANDON	MS	Ipswich Phoenix Running Club	384	399	362	353	400	361	2259	1545
Peter WARLAND	MV55	Stowmarket Striders RC	396	425		355	357	359	1892	1537
Andre EDWARDS	MV45	Unattached	361	393	377	373	385	346	2235	1528
Marcus KWAN	MV45	Kesgrave Cruisers	389		386	378	373	358	1884	1526
Chris CHORLEY	MV55	Bungay Black Dog RC	388	406	369			362	1525	1525
Trevor BRIGDEN	MV45	Unattached	373		376	392		375	1516	1516
Christopher FULLER	MS	Saxmundham Sports Running & Fitness			379	384	389	356	1508	1508
Keith LANSDOWN	MV55	Ipswich Jaffa RC	366	389	372	380		336	1843	1507
Tim PARNELL	MV55	Ipswich Jaffa RC	364	388	371		383	332	1838	1506
Ben BAYLY	MU20	Saint Edmund Pacers	498			497	498		1493	1493
Neil DENNIS	MS	Stowmarket Striders RC	368	390		354	378		1490	1490
David BEIGHTON	MV45	Saint Edmund Pacers	336	392		393		367	1488	1488
David WENYON	MV40	Woodbridge Shufflers RC	403	385			354	343	1485	1485
Justin RABETT	MV55	Saint Edmund Pacers	347	374	359	382	369		1831	1484
Denys OLEFIR	MV40	Saint Edmund Pacers			495	495	493		1483	1483
Mark PHILLIPS	MV45	Haverhill Running Club	358	383	364	376			1481	1481
Chris AXFORD	MV55	Jogging Made Easy	349	377	354	374	364	326	2144	1469
James SMITH	MV40	Newmarket Joggers	488	491	490				1469	1469
Daniel WHYMARK	MV40	Great Bentley Running Club	352	381	360	346	375	337	2151	1468
John SCAIFE	MV45	Colchester Harriers AC	489	489	489				1467	1467
Stephen HATTEN	MV55	Saint Edmund Pacers	372	391	382			322	1467	1467
Yusuf FIRAT	MV55	Haverhill Running Club	362	387	358	359	352	348	2166	1466
Ben CHILDS	MV40	Unattached	338	371	352	371	372	318	2122	1466
Ian GOODERHAM	MV55	Saint Edmund Pacers	340	370	370		382		1462	1462
Lee GODDARD	MV50	Stowmarket Striders RC	328	364	357	370	370	310	2099	1461
Miles BERRY	MS	Framlingham Flyers	370	382		362		338	1452	1452
Simon MILLER	MV50	Colchester Harriers AC	334	367	331	375	374	333	2114	1450
Paul DAVISON	MV45	Great Bentley Running Club	325	362	314	422	338	298	2059	1447
Tom ROBINSON	MS	Stowmarket Striders RC		373	351	345	376	342	1787	1445
Daniel SMITH	MS	Woodbridge Shufflers RC	380		356		368	334	1438	1438
Oliver WATSON	MS	Ipswich Jaffa RC	481		485	471			1437	1437
Mark GODBOLD	MV55	Ipswich Harriers	346	378	355		353		1432	1432
Jim LAST	MV45	Framlingham Flyers			480	473		467	1420	1420
Chris GREEN	MS	Unattached	484	483				450	1417	1417
Gerard NIXON	MV70+	Saint Edmund Pacers			350	372	371	324	1417	1417
Ben JACKSON	MU20	Unattached	295	333	328	368	381		1705	1410
Luke HEATHER	MU20	Stowmarket Striders RC				472	480	457	1409	1409
Brian MUNNS	MV55	Newmarket Joggers	331	335	349	366	356	323	2060	1406
Gavin DAVIES	MV40	Ipswich Jaffa RC	461		474		467		1402	1402
Robert MORGAN	MV60	Saint Edmund Pacers			346	361	367	328	1402	1402

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Chris MOWER	MV45	Saint Edmund Pacers		470			472	445	1387	1387
David HURLEY	MV55	Mid Essex Casuals			343	363	363	316	1385	1385
Alan HILLYARD	MV60	Ipswich Triathlon Club		356	338	336	351	327	1708	1381
Mark KING	MS	Felixstowe RRC	323	358	325	331	361	325	2023	1375
Duncan CHENERY	MV60	Ipswich Jaffa RC	341	368	347			319	1375	1375
Mark WATTS	MV55	Saint Edmund Pacers		458	455		448		1361	1361
Philip HYMERS	MV70+	Saint Edmund Pacers	319	354	318	339	347		1677	1359
David SWALES	MV55	Saint Edmund Pacers	326	357		340	336		1359	1359
Ian DUGGAN	MV55	Felixstowe RRC			446	453	453		1352	1352
Alex ARCHER	MS	Ipswich Jaffa RC	459	474				414	1347	1347
Daniel SUMMERSGILL	MS	Ipswich Jaffa RC	438		454		452		1344	1344
Ben PHILLIPS	MU20	Haverhill Running Club		459	464	418			1341	1341
Richard PHILLIPS	MV40	Kesgrave Cruisers	342		334		350	314	1340	1340
Gerry MCCARTHY	MV65	Ipswich Phoenix Running Club		352	316	342	327	292	1629	1337
Kyle FILBY	MS	Unattached	344		315		358	313	1330	1330
Fraser WELSH	MV45	Unattached		449		438	443		1330	1330
Jason ABLETT	MV50	Stowmarket Striders RC	308	349		332	339	304	1632	1328
Steve KIRK	MV40	Framlingham Flyers	322	353	322	330			1327	1327
Adam HOCKEN	MV55	Witham RC	312	348	317	326	328	288	1919	1319
Jamie BARCLAY	MS	Saint Edmund Pacers		330	363	309		317	1319	1319
Richard ALLPORT	MV55	Felixstowe RRC	309	355	307	322	331		1624	1317
Simon WILLIAMS	MV45	Framlingham Flyers		432		435	439		1306	1306
Simon STAFFORD	MV50	Kesgrave Cruisers	433	440			431		1304	1304
Andrew LAWS	MV55	Ipswich Jaffa RC		448		437		413	1298	1298
Robert ROLKA	MV55	Jogging Made Easy	327	360		335		274	1296	1296
Mark LEWIS	MV45	Saint Edmund Pacers		326	333		343	293	1295	1295
David STEWARD	MV55	Woodbridge Shufflers RC			309	325	349	307	1290	1290
Peter SQUIRRELL	MS	Ipswich Jaffa RC	432				442	415	1289	1289
Mon LEE	MV60	Ipswich Jaffa RC	293	342	321	324		300	1580	1287
Phil DAVIES	MV55	Ipswich Jaffa RC	302	343	313	328		287	1573	1286
Duncan SCOTT	MV40	Colchester Harriers AC	443		448			395	1286	1286
Frank MOGGAN	MV70+	Stowmarket Striders RC	313	340	303		326	286	1568	1282
Joe ADAMS	MV50	Unattached	423	451	408				1282	1282
David SHEAHAN	MV60	Unattached	316		310	321	334	303	1584	1281
Trevor BUNCH	MV45	Haverhill Running Club	418	438			420		1276	1276
Ian RUSH	MV45	Kesgrave Cruisers	301	338	305	300	325	282	1851	1269
Gary INGRAM	MS	Ipswich Jaffa RC	296	350	271	292	317	297	1823	1260
Alec WRIGHT	MV40	Ipswich Jaffa RC	424				434	401	1259	1259
Hayden FORDER	MS	Saint Edmund Pacers	285	329	300	308	321	290	1833	1258
James BRIGGS	MV40	Unattached	292	337	289	319	309	268	1814	1257
Andy GLASS	MV45	Unattached	410		419	410			1239	1239
Peter FINCH	MV60	Unattached	310		298	311	318		1237	1237
Adrian PEAKE	MV55	Ipswich Jaffa RC				398	430	405	1233	1233
Jamie JACKSON	MS	Felixstowe RRC		317	288	307	316		1228	1228
Mark DAVEY	MV50	Ipswich Phoenix Running Club	271	321	282	302	304	258	1738	1209
Adrian COLE	MV60	Stowmarket Striders RC	275	323	285	297	301	265	1746	1206
Jim WITHERS	MV65	Newmarket Joggers	272	324	277	298	305	259	1735	1204
David SEYMOUR	MV60	Felixstowe RRC			308	304	314	277	1203	1203
Brett DEAKIN	MV40	Felixstowe RRC	283	328	291		294	247	1443	1196
Chris JOHNS	MV65	Woodbridge Shufflers RC	286	334			308	266	1194	1194
Simon GOLDSMITH	MV45	Unattached	274	327			320	273	1194	1194
Peter BIVEN	MV40	Unattached			399	396	397		1192	1192
Mark LAWES	MV50	Tiptree Road Runners		410	396			385	1191	1191
Ian SILLETT	MV65	Felixstowe RRC	284	331	278	295			1188	1188
Simon ASHTON	MV55	Lonely Goat RC	282	319	269	288	295	252	1705	1184
Wayne DAVIS	MV45	Jogging Made Easy	276	322	286	287		249	1420	1171
Stuart SHEPHERD	MV55	Saint Edmund Pacers	267	315		286	298		1166	1166
Frank GARDINER	MV65	Great Bentley Running Club	259	318	265	289	293	245	1669	1165
Keith BORRETT	MV65	Unattached	261	308	268	291	296	257	1681	1163
Gavin ALEXANDER	MV40	Unattached	258	316	279		307	260	1420	1162
David BREWSTER	MV40	Felixstowe RRC	335	307		278		238	1158	1158
Chris DURRANT	MV50	Unattached	386		380		391		1157	1157
Nick FALIVENO	MS	Unattached			381	388	388		1157	1157

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Wayne GRANT	MV60	Unattached	281		276	299	300		1156	1156
Ricky DEASY	MV40	Unattached		403	389			360	1152	1152
Clive PEMBERTON	MV50	Unattached	255	320	273		302	255	1405	1150
Steven REYNOLDS	MV60	Unattached	250	310	266	281	286	242	1635	1143
Ben SHEPPARD	MV45	Unattached	356		385		399		1140	1140
James SPILLETT	MV50	Lonely Goat RC	257	313	263		292	248	1373	1125
Karl CRIDLAND	MS	Unattached		304	258	276	284	239	1361	1122
Tim EDMONDS	MV60	Unattached	363				405	354	1122	1122
Matthew SALISBURY	MS	Unattached			274	290	306	250	1120	1120
John BUSH	MV55	Great Bentley Running Club	247	302	256	274	280	233	1592	1112
Stephen CARTWRIGHT	MV60	Great Bentley Running Club		301	254	273	279		1107	1107
Gary DONOGHUE	MV55	Harwich Runners			422		285	393	1100	1100
Richard WHITE	MV55	Saxmundham Sports Running & Fitness		363		369	360		1092	1092
Paul SCOGGINS	MV50	Woodbridge Shufflers RC			353	360	377		1090	1090
Robert KEMP	MS	Felixstowe RRC	246	305	262	275		237	1325	1088
Sam HARDWICK	MS	Stowmarket Striders RC	264		270		299	251	1084	1084
Peter STURGEON	MV50	Lonely Goat RC	248	303	255		276	232	1314	1082
Laurence GOWERS	MV45	Unattached		365		364		352	1081	1081
Stephen NEWHALL	MV45	Unattached	254		260	279	282	241	1316	1075
Graham ROOKE	MV50	Unattached	339	366		356			1061	1061
Christopher BING	MV40	Ipswich Jaffa RC	348		332		345		1025	1025
Mark AVERY	MV55	Ipswich Jaffa RC	318	359	342				1019	1019
Mark ANDREWS	MV55	Unattached	351				346	315	1012	1012
Neil HUNTING	MV40	Unattached	332		327	341			1000	1000
Gavin RIDGEON	MV40	Unattached	314			337	342		993	993
Cooper BERRY	MS	Best Athletics				494		497	991	991
Jack WILKINSON	MS	Ipswich Jaffa RC	499					488	987	987
Gary TAYLOR	MS	Felixstowe RRC	492	495					987	987
Jeremy HENNEL JAMES	MV55	Hadleigh Hares AC			329	349		301	979	979
Tom CRESSWELL	MS	Colchester Harriers AC		492				479	971	971
Rod PRIME	MV55	Unattached				329	335	306	970	970
Samuel BURDETT	MS	Stowmarket Striders RC	483	486					969	969
Peter WOODS	MS	Felixstowe RRC		351	320			295	966	966
Will WHITE	MS	Felixstowe RRC	478			486			964	964
Haydn WADE	MS	Unattached	480			477			957	957
Richard SMITH	MV55	Saint Edmund Pacers	360			271		311	942	942
Dom SOUTH	MV45	Unattached	300		302		337		939	939
Daniel STOCKS	MS	Saint Edmund Pacers				464	471		935	935
Alexander MCKAIL	MS	Framlingham Flyers	470		460				930	930
David PERCY	MV45	Haverhill Running Club		465		456			921	921
Tom HANCOCK	MV50	Harwich Runners			476			444	920	920
Stewart WOODS	MS	Framlingham Flyers			459	461			920	920
Liam ROBINSON	MV55	Fetch Everyone		336			311	272	919	919
Peter WEST	MV55	Colchester Harriers AC	452	462					914	914
David TAYLOR	MV70+	Framlingham Flyers	294		296		322		912	912
Neal HARDWICK	MV40	Kesgrave Cruisers					469	435	904	904
Jonathan MANN	MV40	Great Bentley Running Club				449	454		903	903
Stuart HUNT	MS	Hadleigh Hares AC			290		324	284	898	898
David BREWSTER	MV45	Stowmarket Striders RC	287		295	313			895	895
Chris GLADWELL	MV65	Stowmarket Striders RC	279		299	314			892	892
Dereck BRETT	MV70+	Unattached		312		283	290		885	885
Nathan HARVEY	MS	Unattached	298		301			285	884	884
Tim NIVEN	MV50	Ipswich Jaffa RC			287		319	276	882	882
Paul COOKE	MV45	Rushmere Community Runners	428		452				880	880
Gary PARKER	MS	Unattached	434		437				871	871
Daniel PELLING	MV50	Haverhill Running Club		430		433			863	863
Roger STONE	MV50	Kesgrave Cruisers	425		435				860	860
William BURDETT	MV60	Stowmarket Striders RC	273		281	301			855	855
David DAMANT	MV50	Stowmarket Striders RC	289		294			267	850	850
Andrew LONG	MV50	Stowmarket Striders RC		422	414				836	836
Ian ELDEN	MV45	Haverhill Running Club				431		403	834	834
Matthew LAST	MU20	Unattached			428	405			833	833
Lee BROWN	MS	Unattached		415		415			830	830

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Phil HUDSON	MV65	Ware Joggers	251	309	267				827	827
Keith WILLIAMS	MV50	Ipswich Jaffa RC					429	392	821	821
Jon LOCKWOOD	MV50	Unattached				430		390	820	820
Rob DYER	MV40	Great Bentley Running Club		419			396		815	815
Richard HIGGINS	MV55	Framlingham Flyers	400				411		811	811
Mark WHITE	MV50	Haverhill Running Club	393	407					800	800
Richard LAYCOCK	MV45	Unattached	409			386			795	795
Adam PLUMMER	MS	Unattached	404					372	776	776
Stuart GREEN	MV60	Unattached		384		387			771	771
Simon FRASER	MV50	Rushmere Community Runners					394	373	767	767
Greg DODDS	MV45	Woodbridge Shufflers RC	385				380		765	765
Kevin BIRD	MV55	Saint Edmund Pacers					393	369	762	762
Rob PAGE	MV40	Ipswich Jaffa RC				401		353	754	754
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
Gary LOWE	MV60	Saxmundham Sports Running & Fitness			366		379		745	745
Alex BATHO	MV50	Unattached	359		378				737	737
Conner BILNER	MS	Ipswich Jaffa RC	353			381			734	734
Reece GOODERHAM	MS	Unattached					384	349	733	733
Steven LANE	MV40	Ipswich Jaffa RC	382					344	726	726
Dan STEPTOE-THOMPSON	MS	Boxted Runners		369				341	710	710
Garry MACDONALD	MV55	Unattached			344		366		710	710
Paul SCHWER	MV60	Felixstowe RRC		361	341				702	702
Mark ROSE	MV45	Ipswich Jaffa RC			340		362		702	702
Simon STUTELEY	MS	Unattached				338	359		697	697
John RAINBOW	MV40	Framlingham Flyers			337	358			695	695
Charles LAYZELL	MS	Ipswich Phoenix Running Club			348			339	687	687
Freddie TURNER	MS	Framlingham Flyers	329		345				674	674
Stewart WHITE	MV40	Saint Edmund Pacers		344		316			660	660
Malcolm SAVAGE	MV70+	Trail Running Association		339		317			656	656
David GRIMMER	MV50	Ipswich Phoenix Running Club	320				332		652	652
Hugh WHITE	MV55	Unattached	304			347			651	651
Christian HADWEN	MV45	Unattached	317				329		646	646
Robert REASON	MV55	Stowmarket Striders RC			306	334			640	640
David FIELD	MV60	Stowmarket Striders RC		332		303			635	635
Peter LAMBILLION-JAMESON	MV60	Unattached				310	323		633	633
Graham WAUDBY	MV50	Unattached	303		312				615	615
Alex KUCZER	MV55	Unattached	324					281	605	605
Mark LANKESTER	MV50	Capel Cheetahs	306					289	595	595
Paul MAYCOCK	MV60	Capel Cheetahs			304			291	595	595
Roly ARBON	MV40	Unattached		325				264	589	589
Rob GOODCHILD	MV50	Unattached				294	291		585	585
Iain HUNTER	MV60	Stowmarket Striders RC		299		277			576	576
Sean DAVIDSON	MV50	Unattached			284		289		573	573
Tony ADOLPHUS	MV60	Ipswich Jaffa RC	288		280				568	568
David SUTHERLAND	MV70+	Framlingham Flyers		306	261				567	567
Ryan MCNEILL	MS	Hadleigh Hares AC			292			275	567	567
Kenneth STOWE	MV70+	Unattached	297					269	566	566
Steven ALDER	MS	Witham RC				296		270	566	566
Justin OSTLER	MV50	Felixstowe RRC	265				283		548	548
Will SCHWER	MS	Felixstowe RRC	241	300					541	541
Andrew SARGENT	MV40	Stowmarket Striders RC			283			256	539	539
Graham PAGE	MV65	Unattached	244				278		522	522
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
Dean WILLIAMSON	MS	Colchester Harriers AC						500	500	500
Pete ROBINSON	MS	Springfield Striders RC						499	499	499
Dan HUTCHINSON	MS	Newmarket Joggers					497		497	497
Paul MOLYNEUX	MV40	Springfield Striders RC						495	495	495
Adrian MUSSETT	MV50	Colchester Harriers AC						494	494	494
Luke MASON	MS	Blackpool Wyre & Fylde AC						493	493	493

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Conor CULHAM	MS	Braintree & District AC						492	492	492
Gavin ALLEN	MV45	Springfield Striders RC						490	490	490
Tom GARDNER	MS	Ilford AC						489	489	489
Craig SHAND	MS	Unattached				488			488	488
James AKHURST	MS	Invicta East Kent AC					488		488	488
Jonathan GLANFIELD	MS	Felixstowe RRC	487						487	487
Wesley BENTON	MV40	Colchester Harriers AC		487					487	487
Alex TRIPP	MS	Exeter University Athletic Club						486	486	486
Malcolm MUIR	MV45	Ilford AC	485						485	485
Stephen PECK	MV45	Harwich Runners						484	484	484
Paul WAIN	MS	Ipswich Jaffa RC	482						482	482
Ryan DAY	MS	Colchester Harriers AC						481	481	481
Matthew AXTON	MV40	Saint Edmund Pacers		480					480	480
Chris SELLENS	MS	Colchester Harriers AC						480	480	480
Oliver SCHOFIELD	MS	Saint Edmund Pacers		477					477	477
Adam Tango HOLLAND	MS	Tavistock AC					477		477	477
Carl CREASEY	MV40	Unattached	476						476	476
Tim LARKE	MV45	Stowmarket Striders RC			475				475	475
Andrew JOBLING	MS	Colchester Harriers AC						475	475	475
Kevin PEIRCE	MV45	Ipswich Harriers	473						473	473
Jonathan HOCKEN	MS	Unattached			471				471	471
Stuart BUCHAN	MS	Stowmarket Striders RC						471	471	471
Benjamin JACOBS	MV45	Felixstowe RRC			470				470	470
Chris WOOLENER	MS	Unattached					470		470	470
Ryan PROUT	MS	Springfield Striders RC						470	470	470
Joe ROBSON	MS	Saint Edmund Pacers				469			469	469
Scott WILLIAMS	MS	Stowmarket Striders RC						469	469	469
Steve MASON	MS	Haverhill Running Club						468	468	468
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
Jonny HOCKEN	MS	Unattached					466		466	466
Mark MCKEOWN	MV40	Colchester Harriers AC						466	466	466
Paul OSBORNE	MV45	Felixstowe RRC	465						465	465
Thomas STEWART	MV50	Woodbridge Shufflers RC			465				465	465
Colin RIDLEY	MV60	Colchester Harriers AC						465	465	465
Charlton DAMANT	MS	Ipswich Triathlon Club	462						462	462
Alistair BROWN	MV45	Grange Farm & Dunmow Runners						462	462	462
Darren SHEPPARD	MV50	Framlingham Flyers		461					461	461
Alan HART	MV45	Stowmarket Striders RC					461		461	461
Jay HADLEY	MS	Colchester Harriers AC						460	460	460
Nick LAWRIE	MV40	Harwich Runners						459	459	459
Glynn THOMAS	MV55	Ipswich Jaffa RC			458				458	458
Matthew FRIEND	MS	Harwich Runners						458	458	458
Paul CONNELL	MV50	Great Bentley Running Club		456					456	456
Stephen HUSBAND	MS	Haverhill Running Club		455					455	455
Kevin CARPENTER	MV45	Hadleigh Hares AC					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
Sean SMITH	MV40	Unattached						452	452	452
Kevin VAUGHAN	MV55	Thetford AC				451			451	451
Steve HALL	MV45	Framlingham Flyers			450				450	450
Chris HALL	MS	Stowmarket Striders RC					450		450	450
Jess FARTHING	MV45	Felixstowe RRC	449						449	449
Michael BALL	MS	St Neots Riverside Runners						448	448	448
Stuart WARD	MS	Rushmere Community Runners						447	447	447
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
Jordan SMITH	MS	Unattached						446	446	446

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jacob HOWARD	MS	Ipswich Triathlon Club	444						444	444
Mark NOVELS	MV55	Haverhill Running Club				443			443	443
Matthew REACH	MS	Unattached						442	442	442
Charles HANN	MV55	Sudbury Joggers	441						441	441
Peter CLARKE	MV55	Diss and District AC			441				441	441
Alex SENKO	MS	Tiptree Road Runners						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
Mike MCKINSTRY	MV55	Unattached					438		438	438
Mark LLOYD	MV50	Harwich Runners						438	438	438
Steve TAYLOR	MS	Ipswich Jaffa RC						437	437	437
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
Daryl SIMPSON	MV45	Ipswich Jaffa RC					435		435	435
Michael BROWN	MS	Framlingham Flyers			433				433	433
Robert BLACKMAN	MS	Great Bentley Running Club			431				431	431
Howard BEASLEY	MV60	Saint Edmund Pacers						431	431	431
Martin PEARTREE	MV45	Ipswich Jaffa RC			430				430	430
Ben DAVIES	MS	Unattached				428			428	428
Paul DOCKERILL	MV40	Saint Edmund Pacers						428	428	428
Jonathan MANN	MV40	Great Bentley Running Club						427	427	427
Antony GREEN	MS	Saint Edmund Pacers		426					426	426
Rob KINGSTON	MV45	Unattached			425				425	425
Steven UTTERIDGE	MV40	Unattached	421						421	421
Jason DIGHTON	MV45	Ipswich Phoenix Running Club				421			421	421
Simon COLCLOUGH	MV40	Unattached						421	421	421
Christopher UNDERWOOD	MS	Newmarket Joggers					419		419	419
Sam HAJDER	MV40	Witham RC						419	419	419
James COLLIER	MV40	Diss and District AC					418		418	418
Craig SLOCOMBE	MS	Unattached						418	418	418
Peter ROBINSON	MV40	Unattached			417				417	417
Leo COLE	MV55	Witham RC						417	417	417
Mike ROWE	MV45	Unattached			416				416	416
Neill READHEAD	MS	Saxmundham Sports Running & Fitness	414						414	414
David MARSH	MV40	Unattached					412		412	412
Chris SMITH	MS	Unattached						412	412	412
Justin HAYHOE	MV50	Unattached						410	410	410
Chris REGAN	MV50	Colchester Harriers AC		409					409	409
Thomas BEECROFT	MS	Unattached			409				409	409
Stephen BULLEN	MV45	Unattached						409	409	409
Daniel WILDON	MV45	Unattached					407		407	407
Jody OSULLIVAN	MV40	Unattached				406			406	406
James EYRE	MV40	Unattached						400	400	400
Derek HOOD	MS	Ipswich Jaffa RC	399						399	399
Cameron THICK	MS	Unattached						399	399	399
D ROBERTS	MV50	Unattached		398					398	398
Marcus CATLIN	MV45	Ipswich Jaffa RC						397	397	397
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
Stuart RAFFLE	MV40	Harwich Runners						389	389	389
Dave HOWGEGO	MV55	Unattached			387				387	387
Tomasz KOMOROWSKI	MV40	Great Bentley Running Club		386					386	386
Daniel SELFE	MV45	Stowmarket Striders RC					386		386	386
Tim CHERRETT	MV60	Framlingham Flyers				383			383	383
Malcolm STATHAM	MV50	Colchester Harriers AC						383	383	383

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Stephen MEAD	MV70+	Stowmarket Striders RC						381	381	381
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
Derek DARNELL	MV60	Huntingdonshire AC						379	379	379
Marc DRISCOLL	MV40	Unattached		376					376	376
Youssef ELAARFAOUI	MS	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
Kim PRETTY	MV65	Harwich Runners						370	370	370
Lewis GRANT	MV45	Unattached	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
Will VOTE	MV40	Unattached						366	366	366
Andrew WARNE	MV60	Unattached			365				365	365
Andy TAYLOR	MV45	Unattached					365		365	365
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
Matthew GODDARD	MS	Unattached					355		355	355
Jimmy SECKER	MV45	Saint Edmund Pacers	354						354	354
Keith STEPHEN	MV60	Unattached				352			352	352
Greg MILLS	MV65	Unattached				351			351	351
Daniel BYCRAFT	MS	Unattached						351	351	351
Andrew SMITH	MV50	Thetford AC	350						350	350
John CASHEN	MV55	Unattached				350			350	350
Phil SANDERSON	MV60	Harwich Runners						350	350	350
Michael MARRIOTT	MV65	Unattached					348		348	348
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 TREBILCOCK	MS	Unattached						345	345	345
Robert GOURLAY	MV50	Unattached		345					345	345
Michael KERRY	MV45	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
Stephen PRETTY	MV60	Saint Edmund Pacers					341		341	341
Andrew WEBBER	MV60	Stowmarket Striders RC					340		340	340
Greg DAVIS	MV55	Newmarket Joggers						340	340	340
Chris HOWARD	MV40	Framlingham Flyers			339				339	339
John DRIVER	MS	Felixstowe RRC	337						337	337
Kevin HAYWARD	MV50	Framlingham Flyers			336				336	336
Dave YOUNG	MV50	Unattached			335				335	335
Jonathan WEST	MS	Colchester Harriers AC						335	335	335
Matthew ARNOLD	MS	Unattached	333						333	333
Colin KNIGHT	MV65	Saint Edmund Pacers				333			333	333
Keith ANDREWS	MV40	Unattached					333		333	333
Wieslaw KIJAK	MS	Unattached						331	331	331
Shane BROWNLEE	MS	Unattached	330						330	330
Matthew YEATTS	MS	Unattached			330				330	330
Matthew STEARN	MV60	Unattached					330		330	330
Andrew SILVERTON	MV40	Unattached						330	330	330
Stuart RUDDICK	MS	Lonely Goat RC						329	329	329
Darren BIRCH	MV55	Unattached				327			327	327
Tim NEWTON	MV70+	Unattached			326				326	326

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
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
Adam BOX	MS	Boxted Runners						321	321	321
Neil DARRACOTT	MV55	Haverhill Running Club				320			320	320
Joel BAMSEY	MV45	Hadleigh Hares AC						320	320	320
Steve MCNAMARA	MV50	Stowmarket Striders RC			319				319	319
Ryan BRUTY	MS	Saint Edmund Pacers				318			318	318
Daniel WARD	MS	Unattached	315						315	315
John BAIN	MV60	Lonely Goat RC				315			315	315
Chris SMITH	MV55	Stowmarket Striders RC					315		315	315
Paul BELAND	MV60	Unattached		314					314	314
Jon SUMMERS	MS	Ipswich Jaffa RC					313		313	313
Colin LEWIS	MV55	Saint Edmund Pacers				312			312	312
Tristram SINGH	MS	Unattached					312		312	312
Colin SHIPTON	MV55	Unattached						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
Anthony SMITH	MV55	Witham RC					310		310	310
George LANKESTER	MS	Unattached						309	309	309
Michael BALL	MV50	Unattached						308	308	308
Merv COOK	MV50	Unattached	307						307	307
Carl JARRETT	MV45	Felixstowe RRC				306			306	306
Chris FOX	MV55	Woodbridge Shufflers RC	305						305	305
Dean ABDUL	MV40	Unattached				305			305	305
Christopher DALY	MU20	Unattached						305	305	305
Steven WEBBER	MV50	Capel Cheetahs					303		303	303
Steve HUNT	MV60	Hadleigh Hares AC						302	302	302
Michael BURRIS	MS	Thetford AC	299						299	299
William MEADER	MV55	Unattached						299	299	299
Mark SARGEANTSON	MV65	Framlingham Flyers			297				297	297
Geoff LUCAS	MV50	Unattached					297		297	297
Todd LEWIS	MV55	Saint Edmund Pacers						296	296	296
Justyn FRENCH	MS	Unattached						294	294	294
Stuart RISEBROW	MV50	Ipswich Phoenix Running Club			293				293	293
Stuart GARRARD	MV45	Unattached				293			293	293
Neil WINTON	MV55	Felixstowe RRC	291						291	291
Steve MOY	MV45	Unattached	290						290	290
Rod MACGREGOR	MV55	Felixstowe RRC					288		288	288
Chris AYLMER	MV70+	Newmarket Joggers					287		287	287
David COLEY	MV70+	Ipswich Jaffa RC				285			285	285
Richard ATTWELL	MV50	Unattached				284			284	284
Jonathan SUMMERS	MS	Ipswich Jaffa RC						283	283	283
Lee TAYLOR	MV45	Unattached				282			282	282
Glen PAGE	MV40	Rushmere Community Runners	280						280	280
Jason DEAR	MV45	Unattached				280			280	280
Michael TIDMARSH	MV60	Unattached						280	280	280
Antony MCLOUGHLIN	MS	Colchester Harriers AC						279	279	279
Robert BARKER	MV60	Felixstowe RRC	278						278	278
Martin GARROD	MV60	Ipswich Phoenix Running Club						278	278	278
Glenn YELLOP	MV50	Capel Cheetahs	277						277	277
Ross CORBYN	MV40	Unattached					277		277	277
Jonathan SCOTT	MV40	Unattached			275				275	275
Mark HARRIS	MV45	Great Bentley Running Club			272				272	272
Mel CHITTOCK	MV65	Unattached				272			272	272
Ian BOWN	MV55	Boxted Runners						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
Michael SHELDRAKE	MS	Rushmere Community Runners			264				264	264

Friday 5 Championship File 2022

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Andrew JACOBS	MV50	Unattached	263						263	263
Ross CHADWICK	MV40	Unattached						263	263	263
Matt HOWE	MV45	Felixstowe RRC	262						262	262
Paul WILLEY	MV40	Unattached						262	262	262
John DALY	MV45	Springfield Striders RC						261	261	261
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
Ross SILVERTON	MV70+	Witham RC						254	254	254
Andy FISHER	MV55	Unattached	253						253	253
Dennis BURGIN	MV65	Unattached			253				253	253
David ROUT	MV65	Harwich Runners						253	253	253
Craig SMITH	MS	Saint Edmund Pacers	252						252	252
Aiden JAKUBIK	MS	Unattached	249						249	249
Neil FRUMENTO VARNEY	MV50	Unattached						246	246	246
David LLEWELLYN	MV60	Stowmarket Striders RC	245						245	245
Mark FINCH	MV50	Unattached						244	244	244
Paul BUTLER	MV45	Unattached	243						243	243
Lukas GROENEWALD	MS	Boxted Runners						243	243	243
Graham CLARK	MV65	Unattached	242						242	242
Josh IRON	MS	Haverhill Running Club						240	240	240
Paul HALES	MV55	Unattached						236	236	236
Joshua MILLER	MS	Unattached						235	235	235
Mark WOODS	MV50	Ipswich Phoenix Running Club						234	234	234
Chris CHANDLER	MS	100 Marathon Club						231	231	231

Number of records: 954