

# 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	500	500	2999	2000
Holly TAYLOR	FS	Felixstowe RRC	498	499	494	498		491	2480	1989
Grace LEAVY	FS	Stowmarket Striders RC	495	497	493	499			1984	1984
Emma MORTIMER	FS	Ipswich Phoenix Running Club		498		497	496	492	1983	1983
Rebecca FISH	FS	Unattached	493	495	492	496	494		2470	1978
Henrietta-Mae BAWN	FS	Unattached		494	491	495	493	490	2463	1973
Emma KEEN	FS	Felixstowe RRC		493	490	494	495		1972	1972
Lisa BRIGGS	FS	Great Bentley Running Club		492	488	489	489	487	2445	1958
Michelle HEWITT	FS	Framlingham Flyers	489	490	482	491	485		2437	1955
Kathy WILSON-BROWN	FS	Ipswich Jaffa RC	490	489		493		481	1953	1953
Kayleigh TURPIN	FS	Felixstowe RRC	491	491	486		484	482	2434	1952
Lydia SIMMONS	FS	Saint Edmund Pacers			484	487	487	483	1941	1941
Lyndsey SMITH	FS	Diss and District AC	485	484	478	483			1930	1930
Lorna WEBBER	FS	Capel Cheetahs			477	485	481	477	1920	1920
Holly CRIMP	FS	Framlingham Flyers	478	480	476		474		1908	1908
Hayley WILSON	FS	Haverhill Running Club	473	479		479		473	1904	1904
Rachael HATTEN	FS	Unattached	483		475	481		462	1901	1901
Sophie COLEMAN	FS	Ipswich Jaffa RC	477	482	472			467	1898	1898
Victoria SENIOR	FS	Saint Edmund Pacers	469	478	466	478	473		2364	1898
Kirsty MARSH	FS	Felixstowe RRC	466	476	467	474	472	466	2821	1889
Katie AUSTIN	FS	Ipswich Jaffa RC			497		498	496	1491	1491
Kirsty BROOKFIELD	FS	Woodbridge Shufflers RC	492		489			488	1469	1469
Nicole SISSON	FS	Haverhill Running Club		486		484		479	1449	1449
Katie PEAKE	FS	Ipswich Jaffa RC	481				479	475	1435	1435
Sophie DOE	FS	Unattached			473		480	476	1429	1429
Keeley WHITE	FS	Haverhill Running Club	474	481				472	1427	1427
Nicola ALEXANDER	FS	Unattached	471		470		476		1417	1417
Clair NAGORSKI	FS	Haverhill Running Club	472	477				460	1409	1409
Annabel BROWN	FS	Ipswich Jaffa RC	465			475		463	1403	1403
Kerri BARRELL	FS	Jogging Made Easy				473	470	456	1399	1399
Laura THOMAS	FS	Ipswich Jaffa RC			500		499		999	999
Jess GOODERHAM	FS	Saint Edmund Pacers	499					498	997	997
Claire JACOBS	FS	Hadleigh Hares AC			498			499	997	997
Anna KEEBLE	FS	Ipswich Jaffa RC	496		495				991	991
Sam SPENCER	FS	Ipswich Jaffa RC	494	496					990	990
Rosie HORSFIELD	FS	Ipswich Jaffa RC					497	493	990	990
Lara POCOCK	FS	Saint Edmund Pacers				492		485	977	977
Kate HEEKS	FS	Stowmarket Striders RC					491	486	977	977
Chloe STUTELEY	FS	Saint Edmund Pacers				488	488		976	976
Crystal MURRAY	FS	Hadleigh Hares AC					490	484	974	974
Lynsey WARREN	FS	Unattached		488	483				971	971
Emily ROGERS	FS	Stowmarket Striders RC		485	480				965	965
Ellen TURNER	FS	Unattached					483	480	963	963
Laura BROWN	FS	Stowmarket Striders RC	480			482			962	962
Bethany BEDINGFIELD	FS	Capel Cheetahs		483				478	961	961
Sophie BELL	FS	Ipswich Phoenix Running Club	482					469	951	951
Laura BEALE	FS	Ipswich Jaffa RC					477	468	945	945
Rebecca ELLUL	FS	Felixstowe RRC	475		468				943	943
Emma READER	FS	Newmarket Joggers				472	469		941	941
Rebecca MORGAN	FS	Saint Edmund Pacers				471		470	941	941
Harriet ATHERTON	FS	Unattached		472	464				936	936
Georgia HUMPHREYS	FS	Unattached	462		469				931	931
Adriana HOUCHELL	FS	Ipswich Jaffa RC	464					461	925	925
Vicki ALLISON	FS	Unattached	456		463				919	919
Catriona PEARSON	FS	Unattached	458					458	916	916
Collette GREEN	FS	Felixstowe RRC	497						497	497
Victoria PRIMMER	FS	Colchester Harriers AC						497	497	497
Carys DURIE	FS	Unattached			496				496	496
Heidi HOGAN-STEELE	FS	Colchester Harriers AC						495	495	495
Justine SHEEKEY	FS	Colchester Harriers AC						494	494	494
Alice GOODWIN	FS	Ipswich Jaffa RC					492		492	492
Katy BURGIN	FS	Unattached				490			490	490
Amelia DARNELL	FS	Huntingdonshire AC						489	489	489

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Maria RIERA TURRO	FS	Felixstowe RRC	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
Vikki CHAMPION	FS	Unattached					486		486	486
Meera RAJOO-OAKLEY	FS	Great Bentley Running Club			485				485	485
Sarah BANHAM	FS	Felixstowe RRC	484						484	484
Kirsty DOW	FS	Saint Edmund Pacers					482		482	482
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
Somer BEXON	FS	Unattached					478		478	478
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
Emma STEVENSON	FS	Stowmarket Striders RC					475		475	475
Timea TOTH	FS	Unattached		474					474	474
Annie ROGERS	FS	Unattached			474				474	474
Emily WHITE	FS	Unattached						474	474	474
Samantha POLLARD	FS	Haverhill Running Club		473					473	473
Hannah WATTAM	FS	Woodbridge Shufflers RC			471				471	471
Hannah STANSFIELD	FS	Unattached					471		471	471
Lil ODEA	FS	Harwich Runners						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
Geraldine SUCKLING	FS	Hadleigh Hares AC						465	465	465
Cornell LE ROUX	FS	Boxted Runners						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
Sarah HEARN	FS	Boxted Runners						459	459	459
Katherine AYKROYD	FS	Felixstowe RRC	457						457	457
Karen JONES	FS	Boxted Runners						457	457	457

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### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Maddie JORDAN-LEE	FU20	Stowmarket Striders RC		500		500	500	500	2000	2000
Maddy LANSDOWN	FU20	Ipswich Jaffa RC	500	499	500	499			1998	1998
Amber BRADNAM	FU20	Saint Edmund Pacers		498	499	496	498		1991	1991
Sophie GATHORNE-HARDY	FU20	Saint Edmund Pacers	497	497	498	495			1987	1987
Olivia CATLEY	FU20	Kesgrave Cruisers	496			494	495		1485	1485
Millie JORDAN-LEE	FU20	Stowmarket Striders RC					499	499	998	998
Jasmine BILNER	FU20	Ipswich Jaffa RC	499			498			997	997
Annabel HENSON	FU20	Saint Edmund Pacers	498						498	498
Isabel HOLLANDS	FU20	Unattached				497			497	497
Aimee HEEKS	FU20	Stowmarket Striders RC					497		497	497
Jasmine SELFE	FU20	Stowmarket Striders RC					496		496	496

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Holly WEIR	FV40	Sudbury Joggers	500	500		500	500		2000	2000
Helen JERROLD	FV40	Felixstowe RRC	499	498	500	497			1994	1994
Helen ARIYO	FV40	Kesgrave Cruisers	496	496			499	498	1989	1989
Magdalena KOMOROWSKA	FV40	Great Bentley Running Club	495	495	496	496			1982	1982
Hien HOANG	FV40	Great Bentley Running Club	493	494	495	495	497		2474	1981
Hannah JEWERS	FV40	Stowmarket Striders RC	492	493	494	494	496	492	2961	1977
Caroline TALBOT	FV40	Great Bentley Running Club	489	488	490	493	494	491	2945	1968
Liza PUTWAIN	FV40	Stowmarket Striders RC	487		489	492	493		1961	1961
Donna HARRIS	FV40	Great Bentley Running Club	483	485	485	486	490	484	2913	1946
Doranne BREWSTER	FV40	Unattached	477	483	479	484	482	481	2886	1930
Claire RUSH	FV40	Kesgrave Cruisers	475	481	478		480	480	2394	1919
Karen DEASY	FV40	Unattached		491	491			490	1472	1472
Claire MASKERY	FV40	Stowmarket Striders RC	488	489	492				1469	1469
Tasha SALMON	FV40	Unattached		487	487			486	1460	1460
Muriel LOVERING	FV40	Harwich Runners			482		483	482	1447	1447
Agnieszka ANDRZEJAK	FV40	Unattached		480	477			479	1436	1436
Cath JEFFERY	FV40	Saint Edmund Pacers				499		500	999	999
Sian KINGSTON	FV40	Unattached	498		499				997	997
Amy PLUMBLY	FV40	Ipswich Harriers			498			499	997	997
Rachael LAURANCE	FV40	Ipswich Jaffa RC				498		497	995	995
Anna KOCINSKA	FV40	Unattached					498	496	994	994
Helen FINDLEY	FV40	Kesgrave Cruisers	494		493				987	987
Claire BLANCHFORD	FV40	Unattached				491	495		986	986
Claire DOUGLAS	FV40	Stowmarket Striders RC				490	492		982	982
Joanne HARPER	FV40	Felixstowe RRC		492				489	981	981
Victoria SQUIRRELL	FV40	Ipswich Jaffa RC				488	491		979	979
Donna TALBOT	FV40	Saint Edmund Pacers				489	489		978	978
Jennifer WRIGHT	FV40	Ipswich Jaffa RC	491					483	974	974
Elizabeth COBBOLD	FV40	Unattached	484		486				970	970
Pippa SARGENT	FV40	Stowmarket Striders RC	482				486		968	968
Claire BUTCHER	FV40	Felixstowe RRC		482		485			967	967
Kelly WADE	FV40	Ipswich Jaffa RC	481		483				964	964
Natalie WALSH	FV40	Unattached				483	479		962	962
Suzi SAUNDERS	FV40	Unattached	478		481				959	959
Danielle ADAMS	FV40	Unattached	476		480				956	956
Ellie CUMNER	FV40	Colchester Harriers AC		499					499	499
Gemma SHEPPARD	FV40	Unattached	497						497	497
Ann-Louise SALT	FV40	Unattached		497					497	497
Rosie DENNY	FV40	Woodbridge Shufflers RC			497				497	497
Vashti MACDONALD-CLINK	FV40	Cambridge & Coleridge AC						495	495	495
Bron SARGINSON	FV40	Ipswich Phoenix Running Club						494	494	494
Kerry WATSON	FV40	Ipswich Jaffa RC						493	493	493
Amanda KEMP	FV40	Felixstowe RRC	490						490	490
Annie GOURLAY	FV40	Sudbury Joggers		490					490	490
Steph LING	FV40	Unattached			488				488	488
Ayse SINGH	FV40	Unattached					488		488	488
Tracy LAWRIE	FV40	Harwich Runners						488	488	488
Lisa BRUTON	FV40	Haverhill Running Club				487			487	487
Nicole GREEN	FV40	Unattached					487		487	487
Frances BREDIN	FV40	Unattached						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
Claire PHILLIPS	FV40	Unattached					485		485	485
Kerry MARSH	FV40	Tiptree Road Runners						485	485	485
Alison NOBLE	FV40	Unattached		484					484	484
Lisa COX	FV40	Unattached			484				484	484
Samantha EMMS	FV40	Run Mummy Run CRC					484		484	484
Anneli OSTLER	FV40	Felixstowe RRC					481		481	481
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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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Juliet GARNHAM	FV45	Stowmarket Striders RC	498	500	498	498		500	2494	1996
Sarah DAVISON	FV45	Great Bentley Running Club	494	499	494	495	497	497	2976	1988
Goldie YULE	FV45	Unattached	495	498	495	496	496	496	2976	1986
Clare WHITFIELD	FV45	Saint Edmund Pacers	491	497	493	494			1975	1975
Claire STEELE	FV45	Unattached		495		492	491	494	1972	1972
Denise SHEPPARD	FV45	Unattached	489	496	488		492	492	2457	1969
Heidi KNIGHT	FV45	Capel Cheetahs	486	493	485		486	488	2438	1953
Jane MATHIAS	FV45	Unattached		492	484		487	487	1950	1950
Sandy PAGE	FV45	Kesgrave Cruisers			499	500	500		1499	1499
Lois MICKLEBURGH	FV45	Unattached	490		490		490		1470	1470
Veronica LEWIS	FV45	Haverhill Running Club		494	486	490			1470	1470
Sally-Ann BOWEN	FV45	Sudbury Joggers				499		499	998	998
Michelle BELL	FV45	Unattached				497	499		996	996
Sarah MAIDMENT	FV45	Framlingham Flyers			496		498		994	994
Victoria ORFORD	FV45	Framlingham Flyers	493		497				990	990
Amanda SMITH	FV45	Woodbridge Shufflers RC				493	493		986	986
Rachel STONE	FV45	Unattached	487		491				978	978
Hannah DORAN	FV45	Unattached			487			489	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
Jane IRVIN	FV45	Boxted Runners						498	498	498
Gemma MOSS	FV45	Ipswich Jaffa RC	497						497	497
Carissa WYATT	FV45	Unattached	496						496	496
Ruth GOODCHILD	FV45	Unattached					495		495	495
Marie PAVELEY	FV45	Capel Cheetahs						495	495	495
Natalie COOKE	FV45	Unattached					494		494	494
Liz BEIGHTON	FV45	Ipswich Jaffa 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
Lucia HARDWICK	FV45	Kesgrave Cruisers						491	491	491
Eleanor SKAN	FV45	Unattached						490	490	490
Michelle KEEBLE	FV45	Saxmundham Sports Running & Fitness			489				489	489
Dawn ROBB	FV45	Unattached					489		489	489
Kirsty ABERDEIN	FV45	Unattached	488						488	488
Angela SELFE	FV45	Stowmarket Striders RC					488		488	488
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
Kaye BRANTON	FV50	Felixstowe RRC	500	500	500		499	500	2499	2000
Jo HAYWARD	FV50	Stowmarket Striders RC	499	499	497	500		499	2494	1997
Joanna LEADER	FV50	Saint Edmund Pacers		498	499	499	500		1996	1996
Mary NAREY	FV50	Stowmarket Striders RC			496	498	498	498	1990	1990
Rachel TERRY	FV50	Stowmarket Striders RC			495	497	496	496	1984	1984
Debbie CATLING	FV50	Felixstowe RRC	498	495	494	494	495	494	2970	1982
Nicky WATSON	FV50	Woodbridge Shufflers RC	491		491	492		493	1967	1967
Julia MOSS-ECCARDT	FV50	Stowmarket Striders RC	489	491	490	491			1961	1961
Helen SPOONER	FV50	Haverhill Running Club	484	488	486	490	490	486	2924	1954
Joanna WHITE	FV50	Saxmundham Sports Running & Fitness	482	489		488	486		1945	1945
Mandy GODBOLD	FV50	Ipswich Harriers	479	487	482		487		1935	1935
Amanda CHILDS	FV50	Ipswich Jaffa RC	477	486	481		485	481	2410	1933
Kate WARBOYS	FV50	Newmarket Joggers		483		486	483	479	1931	1931
Jacqueline ALLPORT	FV50	Felixstowe RRC	475	484	478	485	480		2402	1927
Teresa FARMER	FV50	Great Bentley Running Club	474	482	476	483	479	476	2870	1920
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness	472		474	484	478		1908	1908
Sandra WEBB	FV50	Saint Edmund Pacers		497	498		497		1492	1492
Mary-Ann TULI	FV50	Haverhill Running Club	496	494		495			1485	1485
Wendy KELLETT	FV50	Ipswich Jaffa RC	492		492		493		1477	1477
Aimee MCLACHLAN	FV50	Woodbridge Shufflers RC	497		485			492	1474	1474
Beryl LANSDOWN	FV50	Ipswich Jaffa RC	494			489		490	1473	1473
Louise RAMSAY	FV50	Ipswich Jaffa RC	487		489		492		1468	1468
Fiona SMITH	FV50	Ipswich Phoenix Running Club	486		488			488	1462	1462
Joanne SARGENT	FV50	Hadleigh Hares AC				487	488	483	1458	1458
Kathryn GERRY	FV50	Woodbridge Shufflers RC	483		484		489		1456	1456
Diane CHESTER	FV50	Unattached			480		484	480	1444	1444
Niki MACSEPHNEY	FV50	Unattached			477		482	477	1436	1436
Julie BRANCH	FV50	Unattached		496		496			992	992
Gillian LEATHERS	FV50	Saint Edmund Pacers					494	497	991	991
Sandra BUMPHREY	FV50	Capel Cheetahs	493					491	984	984
Emma HARWOOD	FV50	Framlingham Flyers	490		493				983	983
Sarah VICK	FV50	Saxmundham Sports Running & Fitness	488	492					980	980
Alison MYLES	FV50	Unattached	485		487				972	972
Deb HART	FV50	Unattached	481					482	963	963
Lucy BRYANTON	FV50	Unattached			479			478	957	957
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
Kelly SMITH	FV50	Boxted Runners						495	495	495
Tracy QUARRELL	FV50	Haverhill Running Club		493					493	493
Jane PARKINGTO	FV50	Unattached				493			493	493
Jennifer BIRD	FV50	Unattached					491		491	491
Karen SKENE	FV50	Capel Cheetahs		490					490	490
Jenny BIRD	FV50	Unattached						489	489	489
Valentina BURLEY	FV50	Harwich Runners						487	487	487
Suzanne FROST	FV50	Unattached		485					485	485
Victoria FIEBELKORN	FV50	Unattached						485	485	485
Tracie EMERSON	FV50	Unattached						484	484	484
Sarita RAO	FV50	Unattached			483				483	483
Trudi DUNN	FV50	Unattached					481		481	481
Bernadette WHITE	FV50	Unattached	480						480	480
Amanda BIRD	FV50	Ipswich Jaffa RC	478						478	478
Amanda PRIOR	FV50	Capel Cheetahs	476						476	476
Miranda RAYNER	FV50	Harwich Runners						475	475	475
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
Margaret DEASY	FV55	Colchester Harriers AC	500	500		500		500	2000	2000
Sandra MAYHEW	FV55	Stowmarket Striders RC	499	499	500			498	1996	1996
Kirsty WEAVERS	FV55	Saint Edmund Pacers	498	498	499			495	1990	1990
Sharon WARLAND	FV55	Stowmarket Striders RC	495	496	497	498	497	493	2976	1988
Jenny LYNCH	FV55	Felixstowe RRC	492	492	493	496		488	2461	1973
Ruth COWLIN	FV55	Sudbury Joggers	493	494			495	491	1973	1973
Sil CLAY	FV55	Haverhill Running Club		493		497	494	489	1973	1973
Trish JARVIS	FV55	Jogging Made Easy	491	491	492	495	493	490	2952	1971
Denise WRIGHT	FV55	Stowmarket Striders RC	489	490	491		492	486	2448	1962
Emily COOPER-READE	FV55	Stowmarket Striders RC	486	488	488	492	489	484	2927	1957
Jackie COLLINS	FV55	Felixstowe RRC		486	490		490	483	1949	1949
Julie HOCKEN	FV55	Jogging Made Easy	487	487			486	482	1942	1942
Sandy THOROGOOD	FV55	Unattached				499	500	499	1498	1498
Jackie HENLEY	FV55	Newmarket Joggers				489	485	479	1453	1453
Helen SAAGI	FV55	Rushmere Community Runners	484		486			480	1450	1450
Val JENNINGS	FV55	Ipswich Jaffa RC					499	496	995	995
Bev SHORTLEY	FV55	Great Bentley Running Club			498		496		994	994
Kathy BISHOP	FV55	Great Bentley Running Club	494	497					991	991
Nathalie HOOPER	FV55	Hadleigh Hares AC				494		492	986	986
Rebecca JENNINGS	FV55	Unattached				493	491		984	984
Janice SHELLES	FV55	Newmarket Joggers		485		491			976	976
Karen SHELLY	FV55	Stowmarket Striders RC	490					485	975	975
Daniela ELSTONE	FV55	Felixstowe RRC			487		488		975	975
Karen AUSTIN	FV55	Unattached	485			488			973	973
Debbie JACOB	FV55	Diss and District AC					498		498	498
Jackie HANN	FV55	Sudbury Joggers	497						497	497
Nicola RANSON	FV55	Springfield Striders RC						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
Claire BROWN	FV55	Saint Edmund Pacers						494	494	494
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
Marion SIMMONS	FV55	Great Bentley Running Club	488						488	488
Marion GREENWOOD	FV55	Unattached				487			487	487
Siobhan HOLCOMBE	FV55	Unattached					487		487	487
Jan WILCOX	FV55	Boxted Runners						487	487	487
Caroline GLEED	FV55	Unattached				486			486	486
Jacqueline WILDING	FV55	Framlingham Flyers			485				485	485
Caroline PORTER	FV55	Unattached						481	481	481
Sue FOLEY	FV55	Running Colchester						478	478	478

# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rebecca PITTMAN	FV60	Springfield Striders RC	500		500	500	500	500	2500	2000
Ruth ACWORTH	FV60	Woodbridge Shufflers RC	498	500	499		499	499	2495	1997
Jenny SHEAHAN	FV60	Eastern Masters AC	496		498	499	497	497	2487	1991
Belinda GODBOLD	FV60	Hadleigh Hares AC	495	499	497	498		496	2485	1990
Belinda PALMER-BARNES	FV60	Great Bentley Running Club	491	497	493	497	496	490	2964	1983
Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	494	498	495			494	1981	1981
Elaine ROBINSON	FV60	Stowmarket Striders RC	490	495	490	495	494	487	2951	1974
Sandra ROBERTS	FV60	Ipswich Jaffa RC	499				498	498	1495	1495
Jo WHELAN	FV60	Felixstowe RRC		496	492				988	988
Nicola STEVENSON	FV60	Felixstowe RRC			496			492	988	988
Jane MOON	FV60	Felixstowe RRC					495	491	986	986
Susannah ROSENBERG	FV60	Ipswich Triathlon Club		494	489				983	983
Tania PATERSON	FV60	Unattached	488		491				979	979
Jackie WASTELL	FV60	London Heathside	497						497	497
Gill CHARLTON	FV60	Stowmarket Striders RC				496			496	496
Alison EVANS	FV60	Harwich Runners						495	495	495
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
Christina PRETTY	FV60	Harwich Runners						493	493	493
Sally GARNHAM	FV60	Felixstowe RRC	492						492	492
Jule RACE	FV60	Unattached	489						489	489
Anita BOND	FV60	Eastern Masters AC						489	489	489
Katrina HOPKINS	FV60	Unattached						488	488	488
Gina DIMASCIO	FV60	Unattached	487						487	487



## Friday 5 Championship File 2022

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jenny MORGAN	FV65	Saint Edmund Pacers			500	500	500	500	2000	2000
Caroline MCINTOSH	FV65	Newmarket Joggers		497		496	496	497	1986	1986
Jackie CUNINGHAME	FV65	Stowmarket Striders RC		499		498	499		1496	1496
Vivienne TAYLOR	FV65	Framlingham Flyers	498		498		498		1494	1494
Simone SUTHERLAND	FV65	Framlingham Flyers	496	498	495				1489	1489
Christine MARSH	FV65	Stowmarket Striders RC	500		499				999	999
Cheryl TRUNDLE	FV65	Haverhill Running Club		500		499			999	999
Mary BURGESS	FV65	Felixstowe RRC	499					498	997	997
Julie HASELWOOD	FV65	Ipswich Jaffa RC			497		497		994	994
Ann PIERCY	FV65	Harwich Runners						499	499	499
Annette HUGGINS	FV65	Framlingham Flyers	497						497	497
Angela CHERRETT	FV65	Framlingham Flyers				497			497	497
Sue HARGADON	FV65	Woodbridge Shufflers RC			496				496	496
Joanna MEYER	FV65	Unattached				495			495	495

## Friday 5 Championship File 2022

### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Teresa TRANTER	FV70+	Sudbury Joggers	500	500	500	500	500	500	3000	2000
Maureen WRIGHT	FV70+	Ipswich Jaffa RC	498		498		499	499	1994	1994
Ethel MATHEWS	FV70+	Unattached	499						499	499
Veronica MANLY	FV70+	Unattached			499				499	499
Barbara LAW	FV70+	Great Bentley Running Club	497						497	497

# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jack NIXON	MS	Saint Edmund Pacers			500	499	500	498	1997	1997
Oliver MANNING	MS	Kesgrave Cruisers	498	499	499		498	492	2486	1994
Aden BELL	MS	Hadleigh Hares AC	494		498	497	497	486	2472	1986
Joseph BENDALL	MS	Newmarket Joggers		494	495	494	495	483	2461	1978
Chay HOPKINS	MS	Haverhill Running Club		496	497		494	490	1977	1977
Jack NOBLE	MS	Ipswich Jaffa RC	496		496	491		484	1967	1967
Henry CATLING	MS	Felixstowe RRC	488	493	492	490			1963	1963
James WILSON	MS	Saxmundham Sports Running & Fitness	486		493	492	492	478	2441	1963
James WITHAMS	MS	Vegan Runners UK	485	491		488	490	471	2425	1954
Stuart PRICE	MS	Unattached			491	493	493	477	1954	1954
Neil SMITH	MS	Framlingham Flyers	477	486	489	481	484	462	2879	1940
Jamie FITTOCK	MS	Saint Edmund Pacers		482	484	482	479	461	2388	1927
Michael STROWGER	MS	Unattached	480		488		485	473	1926	1926
George WRIGHT	MS	Stowmarket Striders RC	470	483	482	478	480		2393	1923
Ricky O'NEILL	MS	Ipswich Jaffa RC	479	488			486	467	1920	1920
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness	476		481	476	477		1910	1910
Geraint WHITE	MS	Ipswich Jaffa RC	483			466	483	474	1906	1906
Morgan MOORE	MS	Stowmarket Striders RC	472	487	483			463	1905	1905
Jamie BRANDON	MS	Ipswich Phoenix Running Club	462	476	470	467	474	451	2800	1887
William TAYLOR	MS	Framlingham Flyers	463	475		474	475	452	2339	1887
Chris WONG	MS	Saxmundham Sports Running & Fitness	471	479		480		456	1886	1886
Tom ROBINSON	MS	Stowmarket Striders RC		470	468	465	469	446	2318	1872
Neil DENNIS	MS	Stowmarket Striders RC	459	474		468	470		1871	1871
Christopher FULLER	MS	Saxmundham Sports Running & Fitness			474	472	473	450	1869	1869
Mark KING	MS	Felixstowe RRC	450	468	464	463	467	438	2750	1862
Miles BERRY	MS	Framlingham Flyers	460	473		470		443	1846	1846
Hayden FORDER	MS	Saint Edmund Pacers	444	464	459	460	462	430	2719	1845
Daniel SMITH	MS	Woodbridge Shufflers RC	461		469		468	441	1839	1839
Gary INGRAM	MS	Ipswich Jaffa RC	445	466	454	457	461	433	2716	1838
Jamie JACKSON	MS	Felixstowe RRC		463	456	459	460		1838	1838
Jamie BARCLAY	MS	Saint Edmund Pacers		465	471	461		436	1833	1833
Karl CRIDLAND	MS	Unattached		461	450	455	455	419	2240	1821
Kyle FILBY	MS	Unattached	455		461		465	435	1816	1816
Robert KEMP	MS	Felixstowe RRC	440	462	451	454		418	2225	1807
Matthew SALISBURY	MS	Unattached			455	456	457	422	1790	1790
Sam HARDWICK	MS	Stowmarket Striders RC	443		453		456	423	1775	1775
Oliver WATSON	MS	Ipswich Jaffa RC	490		494	487			1471	1471
Chris GREEN	MS	Unattached	493	492				472	1457	1457
Daniel SUMMERSGILL	MS	Ipswich Jaffa RC	473		485		482		1440	1440
Alex ARCHER	MS	Ipswich Jaffa RC	481	489				458	1428	1428
Nick FALIVENO	MS	Unattached			475	473	472		1420	1420
Peter SQUIRRELL	MS	Ipswich Jaffa RC	468				478	459	1405	1405
Peter WOODS	MS	Felixstowe RRC		467	462			432	1361	1361
Stuart HUNT	MS	Hadleigh Hares AC			457		463	428	1348	1348
Nathan HARVEY	MS	Unattached	446		460			429	1335	1335
Gary TAYLOR	MS	Felixstowe RRC	497	498					995	995
Cooper BERRY	MS	Best Athletics				498		497	995	995
Jack WILKINSON	MS	Ipswich Jaffa RC	499					493	992	992
Samuel BURDETT	MS	Stowmarket Striders RC	492	495					987	987
Tom CRESSWELL	MS	Colchester Harriers AC		497				487	984	984
Will WHITE	MS	Felixstowe RRC	487			495			982	982
Haydn WADE	MS	Unattached	489			489			978	978
Daniel STOCKS	MS	Saint Edmund Pacers				485	489		974	974
Alexander MCKAIL	MS	Framlingham Flyers	484		487				971	971
Stewart WOODS	MS	Framlingham Flyers			486	484			970	970
Lee BROWN	MS	Unattached		477		475			952	952
Gary PARKER	MS	Unattached	469		479				948	948
Simon STUTELEY	MS	Unattached				464	466		930	930
Conner BILNER	MS	Ipswich Jaffa RC	456			471			927	927
Adam PLUMMER	MS	Unattached	466					453	919	919
Reece GOODERHAM	MS	Unattached					471	448	919	919
Freddie TURNER	MS	Framlingham Flyers	451		466				917	917
Dan STEPTOE-THOMPSON	MS	Boxted Runners		469				445	914	914

# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Charles LAYZELL	MS	Ipswich Phoenix Running Club			467			444	911	911
Will SCHWER	MS	Felixstowe RRC	439	460					899	899
Ryan MCNEILL	MS	Hadleigh Hares AC			458			425	883	883
Steven ALDER	MS	Witham RC				458		424	882	882
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
Dan HUTCHINSON	MS	Newmarket Joggers					499		499	499
Pete ROBINSON	MS	Springfield Striders RC						499	499	499
Craig SHAND	MS	Unattached				496			496	496
James AKHURST	MS	Invicta East Kent AC					496		496	496
Luke MASON	MS	Blackpool Wyre & Fylde AC						496	496	496
Jonathan GLANFIELD	MS	Felixstowe RRC	495						495	495
Conor CULHAM	MS	Braintree & District AC						495	495	495
Tom GARDNER	MS	Ilford AC						494	494	494
Paul WAIN	MS	Ipswich Jaffa RC	491						491	491
Adam Tango HOLLAND	MS	Tavistock AC					491		491	491
Alex TRIPP	MS	Exeter University Athletic Club						491	491	491
Oliver SCHOFIELD	MS	Saint Edmund Pacers		490					490	490
Jonathan HOCKEN	MS	Unattached			490				490	490
Ryan DAY	MS	Colchester Harriers AC						489	489	489
Chris SELLENS	MS	Colchester Harriers AC						488	488	488
Chris WOOLENER	MS	Unattached					488		488	488
Jonny HOCKEN	MS	Unattached					487		487	487
Joe ROBSON	MS	Saint Edmund Pacers				486			486	486
Stephen HUSBAND	MS	Haverhill Running Club		485					485	485
Andrew JOBLING	MS	Colchester Harriers AC						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
Stuart BUCHAN	MS	Stowmarket Striders RC						482	482	482
Josh SCARLETT	MS	Saint Edmund Pacers		481					481	481
Chris HALL	MS	Stowmarket Striders RC					481		481	481
Ryan PROUT	MS	Springfield Striders RC						481	481	481
Mike ONSLOW	MS	Unattached		480					480	480
Alex MCGREGOR	MS	Framlingham Flyers			480				480	480
Scott WILLIAMS	MS	Stowmarket Striders RC						480	480	480
Matt WESLEY	MS	Unattached				479			479	479
Steve MASON	MS	Haverhill Running Club						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
Christopher UNDERWOOD	MS	Newmarket Joggers					476		476	476
Jay HADLEY	MS	Colchester Harriers AC						476	476	476
Jacob HOWARD	MS	Ipswich Triathlon Club	475						475	475
Matthew FRIEND	MS	Harwich Runners						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
Michael BALL	MS	St Neots Riverside Runners						470	470	470
Stuart WARD	MS	Rushmere Community Runners						469	469	469
Matthew DAVIES	MS	Unattached				469			469	469
Jordan SMITH	MS	Unattached						468	468	468
Neill READHEAD	MS	Saxmundham Sports Running & Fitness	467						467	467
Matthew REACH	MS	Unattached						466	466	466
Derek HOOD	MS	Ipswich Jaffa RC	465						465	465
Matthew YEATTS	MS	Unattached			465				465	465

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## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Alex SENKO	MS	Tiptree Road Runners						465	465	465
Daniel JONES	MS	Ipswich Harriers	464						464	464
Matthew GODDARD	MS	Unattached					464		464	464
Steve TAYLOR	MS	Ipswich Jaffa RC						464	464	464
Gavin HORREX	MS	Ipswich Phoenix Running Club			463				463	463
Ryan BRUTY	MS	Saint Edmund Pacers				462			462	462
Craig SLOCOMBE	MS	Unattached						460	460	460
Jon SUMMERS	MS	Ipswich Jaffa RC					459		459	459
Tom CROWTHER	MS	Unattached	458						458	458
Tristram SINGH	MS	Unattached					458		458	458
Stephen JONES	MS	Unattached	457						457	457
Chris SMITH	MS	Unattached						457	457	457
Cameron THICK	MS	Unattached						455	455	455
John DRIVER	MS	Felixstowe RRC	454						454	454
Youssef ELAARFAOUI	MS	Unattached						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 BYCRAFT	MS	Unattached						449	449	449
Daniel WARD	MS	Unattached	448						448	448
Robert TREBILCOCK	MS	Unattached						447	447	447
Michael BURRIS	MS	Thetford AC	447						447	447
Craig SMITH	MS	Saint Edmund Pacers	442						442	442
Jonathan WEST	MS	Colchester Harriers AC						442	442	442
Aiden JAKUBIK	MS	Unattached	441						441	441
Wieslaw KIJAK	MS	Unattached						440	440	440
Stuart RUDDICK	MS	Lonely Goat RC						439	439	439
Adam BOX	MS	Boxted Runners						437	437	437
George LANKESTER	MS	Unattached						434	434	434
Justyn FRENCH	MS	Unattached						431	431	431
Jonathan SUMMERS	MS	Ipswich Jaffa RC						427	427	427
Antony MCLOUGHLIN	MS	Colchester Harriers AC						426	426	426
Lukas GROENEWALD	MS	Boxted Runners						421	421	421
Josh IRON	MS	Haverhill Running Club						420	420	420
Joshua MILLER	MS	Unattached						417	417	417
Chris CHANDLER	MS	100 Marathon Club						416	416	416

## Friday 5 Championship File 2022

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Freddie ADAMS	MU20	Ipswich Harriers	499	500	500		498		1997	1997
Jake HAYWARD	MU20	Stowmarket Striders RC	498	499	495	499	499	500	2990	1997
Dylan BRADNAM	MU20	Saint Edmund Pacers	497	498	499	497	496		2487	1991
Joe WEBB	MU20	Saint Edmund Pacers	496	496	496	493	495		2476	1983
Ben JACKSON	MU20	Unattached	494	495	494	492	494		2469	1977
Ben BAYLY	MU20	Saint Edmund Pacers	500			500	500		1500	1500
Luke HEATHER	MU20	Stowmarket Striders RC				498	497	499	1494	1494
Ben PHILLIPS	MU20	Haverhill Running Club		497	498	495			1490	1490
Matthew LAST	MU20	Unattached			497	494			991	991
Christopher DALY	MU20	Unattached						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
Danny ROCK	MV40	Felixstowe RRC			500	500	500	500	2000	2000
Neil POLLARD	MV40	Newmarket Joggers	500		499	499	499	498	2495	1997
Mark HAYWARD	MV40	Newmarket Joggers	499	500	497	497	497	497	2987	1993
Aidan COUGHLAN	MV40	Felixstowe RRC	498	499	496	496	496	496	2981	1989
James CORNISH	MV40	Kesgrave Cruisers	495	496	494		495	493	2473	1980
Nicholas CLARKE	MV40	Ipswich Jaffa RC	494	494	493	494	493	492	2960	1975
Andrew SOUTHWOOD	MV40	Saint Edmund Pacers	491	493	491	495	494	491	2955	1973
Tom ALEXANDER	MV40	Woodbridge Shufflers RC	492	492	488	493		487	2452	1965
Westley WALKER	MV40	Haverhill Running Club			490	491	491	489	1961	1961
Alastair READ	MV40	Felixstowe RRC	489	491	489	490	489		2448	1959
Ben JEFFERY	MV40	Saint Edmund Pacers	490			492	488	486	1956	1956
Neil CATLEY	MV40	Kesgrave Cruisers	487	490	485	487	484		2433	1949
Ashley SMY	MV40	Ipswich Jaffa RC	486		486	488	486	483	2429	1946
Tim NAISH	MV40	Kesgrave Cruisers	482		484	486	483	480	2415	1935
Andrew CHATFIELD	MV40	Capel Cheetahs	480	487	480	478	480	473	2878	1927
Tom AYKROYD	MV40	Felixstowe RRC	483		483	480	479	475	2400	1925
Steve NEUMANN	MV40	Unattached	479	485		485	475		1924	1924
Matt BENSON	MV40	Sudbury Joggers		488		481	476	472	1917	1917
Daniel WHYMARK	MV40	Great Bentley Running Club	476	481	476	476	474	467	2850	1909
Ben CHILDS	MV40	Unattached	473	479	475	479	473	465	2844	1906
David WENYON	MV40	Woodbridge Shufflers RC	481	482			472	468	1903	1903
Steve KIRK	MV40	Framlingham Flyers	470	478	469	473			1890	1890
James BRIGGS	MV40	Unattached	467	476	467	472	466	463	2811	1882
Richard PHILLIPS	MV40	Kesgrave Cruisers	474		472		471	464	1881	1881
Brett DEAKIN	MV40	Felixstowe RRC	466	475	468		464	457	2330	1873
David BREWSTER	MV40	Felixstowe RRC	472	471		468		456	1867	1867
Gavin ALEXANDER	MV40	Unattached	463	473	465		465	459	2325	1866
Denys OLEFIR	MV40	Saint Edmund Pacers			498	498	498		1494	1494
James SMITH	MV40	Newmarket Joggers	497	498	495				1490	1490
Gavin DAVIES	MV40	Ipswich Jaffa RC	493		492		490		1475	1475
Duncan SCOTT	MV40	Colchester Harriers AC	488		487			477	1452	1452
Alec WRIGHT	MV40	Ipswich Jaffa RC	485				485	479	1449	1449
Peter BIVEN	MV40	Unattached			481	482	478		1441	1441
Ricky DEASY	MV40	Unattached		486	479			471	1436	1436
Christopher BING	MV40	Ipswich Jaffa RC	475		471		470		1416	1416
Neil HUNTING	MV40	Unattached	471		470	475			1416	1416
Gavin RIDGEON	MV40	Unattached	469			474	469		1412	1412
Neal HARDWICK	MV40	Kesgrave Cruisers					492	488	980	980
Jonathan MANN	MV40	Great Bentley Running Club				489	487		976	976
Rob DYER	MV40	Great Bentley Running Club		489			477		966	966
James ELLUL	MV40	Felixstowe RRC	477		478				955	955
Rob PAGE	MV40	Ipswich Jaffa RC				483		470	953	953
John RAINBOW	MV40	Framlingham Flyers			473	477			950	950
Stewart WHITE	MV40	Saint Edmund Pacers		477		471			948	948
Steven LANE	MV40	Ipswich Jaffa RC	478					469	947	947
Alex HOBBS	MV40	Saint Edmund Pacers				470	467		937	937
Roly ARBON	MV40	Unattached		474				462	936	936
Andrew SARGENT	MV40	Stowmarket Striders RC			466			458	924	924
Paul MOLYNEUX	MV40	Springfield Striders RC						499	499	499
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
Mark MCKEOWN	MV40	Colchester Harriers AC						495	495	495
Nick LAWRIE	MV40	Harwich Runners						494	494	494
Sean SMITH	MV40	Unattached						490	490	490
Paul DOCKERILL	MV40	Saint Edmund Pacers						485	485	485
Steven UTTERIDGE	MV40	Unattached	484						484	484
Simon APPLEBY	MV40	Unattached		484					484	484
Jody OSULLIVAN	MV40	Unattached				484			484	484
Jonathan MANN	MV40	Great Bentley Running Club						484	484	484
Tomasz KOMOROWSKI	MV40	Great Bentley Running Club		483					483	483
Peter ROBINSON	MV40	Unattached			482				482	482
James COLLIER	MV40	Diss and District AC					482		482	482

## Friday 5 Championship File 2022

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Simon COLCLOUGH	MV40	Unattached						482	482	482
David MARSH	MV40	Unattached					481		481	481
Sam HAJDER	MV40	Witham RC						481	481	481
Marc DRISCOLL	MV40	Unattached		480					480	480
James EYRE	MV40	Unattached						478	478	478
Stuart CLARKE	MV40	Unattached			477				477	477
Stuart RAFFLE	MV40	Harwich Runners						476	476	476
Chris HOWARD	MV40	Framlingham Flyers			474				474	474
Will VOTE	MV40	Unattached						474	474	474
James HYMAS	MV40	Haverhill Running Club		472					472	472
Dean ABDUL	MV40	Unattached				469			469	469
Nathan PITTAM	MV40	Unattached	468						468	468
Keith ANDREWS	MV40	Unattached					468		468	468
Andrew SILVERTON	MV40	Unattached						466	466	466
Glen PAGE	MV40	Rushmere Community Runners	465						465	465
John CHELL	MV40	Unattached	464						464	464
Jonathan SCOTT	MV40	Unattached			464				464	464
Ross CORBYN	MV40	Unattached					463		463	463
Ross CHADWICK	MV40	Unattached						461	461	461
Paul WILLEY	MV40	Unattached						460	460	460



# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ian WEIR	MV45	Sudbury Joggers	497	499		499	500		1995	1995
James MINNETTE	MV45	Haverhill Running Club	495	496	496	497	497	495	2976	1986
Jan KADING	MV45	Stowmarket Striders RC		495	495		496	494	1980	1980
Stuart WRIGHT	MV45	Felixstowe RRC	492		491	495	494		1972	1972
Robin HARPER	MV45	Felixstowe RRC	493	492	492	489	489	491	2946	1968
Andrew John CRAIG	MV45	Woodbridge Shufflers RC	490		490		491	492	1963	1963
Karl FEAGAN	MV45	Hadleigh Hares AC		487	488	491		488	1954	1954
Martin JARVIS	MV45	Unattached	484	489	482	490	488	486	2919	1953
Kev LINSELL	MV45	Kesgrave Cruisers	488	486	481	484	484	480	2903	1942
Matt TRILL	MV45	Ipswich Jaffa RC		488	486	483		485	1942	1942
Mark HAYDEN	MV45	Framlingham Flyers	487		478	486	487		1938	1938
Rob JEWERS	MV45	Stowmarket Striders RC			483	485	485	484	1937	1937
Ashley SADLER	MV45	Kesgrave Cruisers	482		480	480	483	490	2415	1935
Femi ARIYO	MV45	Kesgrave Cruisers	483	485	479	482			1929	1929
Andre EDWARDS	MV45	Unattached	473	484	474	474	479	478	2862	1915
Marcus KWAN	MV45	Kesgrave Cruisers	481		476	476	477	481	2391	1915
Paul DAVISON	MV45	Great Bentley Running Club	468	479	469	488	472	476	2852	1915
David BEIGHTON	MV45	Saint Edmund Pacers	469	483		479		482	1913	1913
Trevor BRIGDEN	MV45	Unattached	475		473	478		483	1909	1909
Mark PHILLIPS	MV45	Haverhill Running Club	472	482	472	475			1901	1901
Mark LEWIS	MV45	Saint Edmund Pacers		475	470		473	475	1893	1893
Ian RUSH	MV45	Kesgrave Cruisers	466	477	468	469	469	474	2823	1889
Simon GOLDSMITH	MV45	Unattached	461	476			468	473	1878	1878
Wayne DAVIS	MV45	Jogging Made Easy	462	474	465	467		471	2339	1877
Stephen NEWHALL	MV45	Unattached	457		463	464	467	470	2321	1864
John SCAIFE	MV45	Colchester Harriers AC	500	500	500				1500	1500
Jim LAST	MV45	Framlingham Flyers			499	500		498	1497	1497
Chris MOWER	MV45	Saint Edmund Pacers		498			499	496	1493	1493
Fraser WELSH	MV45	Unattached		494		494	493		1481	1481
Simon WILLIAMS	MV45	Framlingham Flyers		490		493	492		1475	1475
Trevor BUNCH	MV45	Haverhill Running Club	489	491			486		1466	1466
Andy GLASS	MV45	Unattached	486		485	481			1452	1452
Laurence GOWERS	MV45	Unattached		480		473		479	1432	1432
Ben SHEPPARD	MV45	Unattached	471		475		481		1427	1427
Dom SOUTH	MV45	Unattached	465		467		471		1403	1403
David BREWSTER	MV45	Stowmarket Striders RC	463		466	471			1400	1400
David PERCY	MV45	Haverhill Running Club		497		496			993	993
Paul COOKE	MV45	Rushmere Community Runners	491		494				985	985
Ian ELDEN	MV45	Haverhill Running Club				492		489	981	981
Richard LAYCOCK	MV45	Unattached	485			477			962	962
Mark GLEEN	MV45	Kesgrave Cruisers	477	481					958	958
Greg DODDS	MV45	Woodbridge Shufflers RC	480				478		958	958
Mark ROSE	MV45	Ipswich Jaffa RC			471		475		946	946
Christian HADWEN	MV45	Unattached	467				470		937	937
Gavin ALLEN	MV45	Springfield Striders RC						500	500	500
Malcolm MUIR	MV45	Ilford AC	499						499	499
Stephen PECK	MV45	Harwich Runners						499	499	499
Kevin PEIRCE	MV45	Ipswich Harriers	498						498	498
Tim LARKE	MV45	Stowmarket Striders RC			498				498	498
Andy ECCLES	MV45	Saint Edmund Pacers				498			498	498
Alan HART	MV45	Stowmarket Striders RC					498		498	498
Benjamin JACOBS	MV45	Felixstowe RRC			497				497	497
Alistair BROWN	MV45	Grange Farm & Dunmow Runners						497	497	497
Paul OSBORNE	MV45	Felixstowe RRC	496						496	496
Kevin CARPENTER	MV45	Hadleigh Hares AC					495		495	495
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
Stephen BULLEN	MV45	Unattached						493	493	493
Daryl SIMPSON	MV45	Ipswich Jaffa RC					490		490	490
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

# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Marcus CATLIN	MV45	Ipswich Jaffa RC						487	487	487
Mike ROWE	MV45	Unattached			484				484	484
Daniel WILDON	MV45	Unattached					482		482	482
Daniel SELFE	MV45	Stowmarket Striders 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
Joel BAMSEY	MV45	Hadleigh Hares AC						477	477	477
Peter BIRD	MV45	Saint Edmund Pacers	476						476	476
Andy TAYLOR	MV45	Unattached					476		476	476
Lewis GRANT	MV45	Unattached	474						474	474
Michael KERRY	MV45	Unattached					474		474	474
Miles WEAVER	MV45	Unattached				472			472	472
John DALY	MV45	Springfield Striders RC						472	472	472
Jimmy SECKER	MV45	Saint Edmund Pacers	470						470	470
Carl JARRETT	MV45	Felixstowe RRC				470			470	470
Stuart GARRARD	MV45	Unattached				468			468	468
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

# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Keith TILLEY	MV50	Ipswich Jaffa RC		500		500	500	499	1999	1999
Adrian FROST	MV50	Saint Edmund Pacers	500	499	500	499	499		2497	1998
Steve BROOKE	MV50	Felixstowe RRC	498	498	498	498		495	2487	1992
Mike GREENER	MV50	Saint Edmund Pacers	499			496	498	496	1989	1989
Piotr BULACZ	MV50	Sudbury Joggers	497	496		497	497	494	2481	1987
Tim HANMAN	MV50	Ipswich Jaffa RC		492	496	494	496	493	2471	1979
Vince WEBB	MV50	Saint Edmund Pacers	493	491	494	493			1971	1971
Kerry BUCKLEY	MV50	Felixstowe RRC	492	487	490	487	493	489	2938	1964
Alan BROWN	MV50	Unattached	491			489	492	486	1958	1958
Nigel BARNES	MV50	Vegan Runners UK	488	483	492	488		484	2435	1952
Tom STEPHENS	MV50	Felixstowe RRC	490	484	486	486	490	483	2919	1952
John GREENER	MV50	Saint Edmund Pacers		485	493	490	474		1942	1942
Simon MILLER	MV50	Colchester Harriers AC	480	477	478	485	487	482	2889	1934
Lee GODDARD	MV50	Stowmarket Striders RC	479	475	482	484	486	481	2887	1933
Jason ABLETT	MV50	Stowmarket Striders RC	477	474		481	485	479	2396	1922
Mark DAVEY	MV50	Ipswich Phoenix Running Club	471	470	470	480	482	475	2848	1908
Clive PEMBERTON	MV50	Unattached	466	469	469		480	474	2358	1892
James SPILLETT	MV50	Lonely Goat RC	467	468	468		478	473	2354	1887
Peter STURGEON	MV50	Lonely Goat RC	465	467	467		473	469	2341	1876
Simon STAFFORD	MV50	Kesgrave Kreuzers	496	490			495		1481	1481
Joe ADAMS	MV50	Unattached	494	493	489				1476	1476
Chris DURRANT	MV50	Unattached	487		485		489		1461	1461
Mark LAWES	MV50	Tiptree Road Runners		482	488			488	1458	1458
Paul SCOGGINS	MV50	Woodbridge Shufflers RC			481	483	488		1452	1452
Graham ROOKE	MV50	Unattached	481	476		482			1439	1439
Tim NIVEN	MV50	Ipswich Jaffa RC			472		483	477	1432	1432
David DAMANT	MV50	Stowmarket Striders RC	473		474			476	1423	1423
Tom HANCOCK	MV50	Harwich Runners			499			498	997	997
Roger STONE	MV50	Kesgrave Kreuzers	495		495				990	990
Keith WILLIAMS	MV50	Ipswich Jaffa RC					494	491	985	985
Jon LOCKWOOD	MV50	Unattached				491		490	981	981
Daniel PELLING	MV50	Haverhill Running Club		488		492			980	980
Andrew LONG	MV50	Stowmarket Striders RC		486	491				977	977
Simon FRASER	MV50	Rushmere Community Runners					491	485	976	976
Alex BATHO	MV50	Unattached	486		484				970	970
Mark WHITE	MV50	Haverhill Running Club	489	480					969	969
David GRIMMER	MV50	Ipswich Phoenix Running Club	478				484		962	962
Rob GOODCHILD	MV50	Unattached				479	477		956	956
Mark LANKESTER	MV50	Capel Cheetahs	475					478	953	953
Graham WAUDBY	MV50	Unattached	474		476				950	950
Sean DAVIDSON	MV50	Unattached			471		476		947	947
Justin OSTLER	MV50	Felixstowe RRC	470				475		945	945
Adrian MUSSETT	MV50	Colchester Harriers AC						500	500	500
Keith MARLEY	MV50	Colchester Harriers AC		497					497	497
Thomas STEWART	MV50	Woodbridge Shufflers RC			497				497	497
Mark LLOYD	MV50	Harwich Runners						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
Justin HAYHOE	MV50	Unattached						492	492	492
Doug ONEILL	MV50	Colchester Harriers AC		489					489	489
Andy CARR	MV50	Unattached			487				487	487
Malcolm STATHAM	MV50	Colchester Harriers AC						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
Steven WEBBER	MV50	Capel Cheetahs					481		481	481
Kevin HAYWARD	MV50	Framlingham Flyers			480				480	480
Michael BALL	MV50	Unattached						480	480	480
D ROBERTS	MV50	Unattached		479					479	479

## Friday 5 Championship File 2022

### **Cumulative Points by Age Group**

<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>R1</b>	<b>R2</b>	<b>R3</b>	<b>R4</b>	<b>R5</b>	<b>R6</b>	<b>Total</b>	<b>Best 4</b>
Dave YOUNG	MV50	Unattached			479				479	479
Geoff LUCAS	MV50	Unattached					479		479	479
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
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
Neil FRUMENTO VARNEY	MV50	Unattached						472	472	472
Andy LIFFEN	MV50	Unattached		471					471	471
Mark FINCH	MV50	Unattached						471	471	471
Mark WOODS	MV50	Ipswich Phoenix Running Club						470	470	470
Andrew JACOBS	MV50	Unattached	469						469	469
Paul DORSET	MV50	Felixstowe RRC	468						468	468

# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Paul HOLLEY	MV55	Newmarket Joggers		500	500	500		500	2000	2000
Mark ALLEN	MV55	Ipswich Jaffa RC	500		499	499	500	499	2497	1998
Wilfred CAMPBELL	MV55	Ipswich Jaffa RC		499	498	498		498	1993	1993
Nigel SCHOFIELD	MV55	Saint Edmund Pacers	495	494		495	496		1980	1980
Kevin COLEMAN	MV55	Stowmarket Striders RC	491	493	492	492	495	494	2957	1974
Simon SMITH	MV55	Colchester Harriers AC	494	492	489	490	493	493	2951	1972
Chris SERVANT	MV55	Ipswich Jaffa RC	492	490	491	491		491	2455	1965
Adrian GOODE	MV55	Felixstowe RRC	493	489	488		492	490	2452	1964
Colin FARMER	MV55	Great Bentley Running Club	486	486	486	489	490	488	2925	1953
Peter WARLAND	MV55	Stowmarket Striders RC	489	491		478	480	486	2424	1946
John GAGE	MV55	Stowmarket Striders RC	487	485	485		489		1946	1946
Chris CHORLEY	MV55	Bungay Black Dog RC	488	488	478			487	1941	1941
Keith LANSDOWN	MV55	Ipswich Jaffa RC	484	483	481	485		483	2416	1935
Tim PARNELL	MV55	Ipswich Jaffa RC	483	482	480		487	482	2414	1934
Stephen HATTEN	MV55	Saint Edmund Pacers	485	484	483			479	1931	1931
Chris AXFORD	MV55	Jogging Made Easy	479	479	474	484	483	481	2880	1927
Yusuf FIRAT	MV55	Haverhill Running Club	482	481	476	479	477	485	2880	1927
Justin RABETT	MV55	Saint Edmund Pacers	478	478	477	486	485		2404	1927
Ian GOODERHAM	MV55	Saint Edmund Pacers	476	477	479		486		1918	1918
Brian MUNN	MV55	Newmarket Joggers	475	468	473	481	479	480	2856	1915
David HURLEY	MV55	Mid Essex Casuals			471	480	482	478	1911	1911
Mark GODBOLD	MV55	Ipswich Harriers	477	480	475		478		1910	1910
David SWALES	MV55	Saint Edmund Pacers	473	473		473	474		1893	1893
Robert ROLKA	MV55	Jogging Made Easy	474	475		472		466	1887	1887
David STEWARD	MV55	Woodbridge Shufflers RC			466	466	476	474	1882	1882
Adam HOCKEN	MV55	Witham RC	470	471	468	467	471	469	2816	1881
Richard ALLPORT	MV55	Felixstowe RRC	469	472	465	465	472		2343	1878
Phil DAVIES	MV55	Ipswich Jaffa RC	466	470	467	469		468	2340	1874
Simon ASHTON	MV55	Lonely Goat RC	464	467	463	462	466	463	2785	1860
Stuart SHEPHERD	MV55	Saint Edmund Pacers	463	466		461	467		1857	1857
John BUSH	MV55	Great Bentley Running Club	460	465	461	460	463	461	2770	1850
Mark WATTS	MV55	Saint Edmund Pacers		497	496		498		1491	1491
Ian DUGGAN	MV55	Felixstowe RRC			495	497	499		1491	1491
Andrew LAWS	MV55	Ipswich Jaffa RC		495		493		496	1484	1484
Adrian PEAKE	MV55	Ipswich Jaffa RC				488	494	495	1477	1477
Gary DONOGHUE	MV55	Harwich Runners			490		464	492	1446	1446
Richard WHITE	MV55	Saxmundham Sports Running & Fitness		476		483	481		1440	1440
Mark ANDREWS	MV55	Unattached	480				475	477	1432	1432
Jeremy HENNEL JAMES	MV55	Hadleigh Hares AC			469	476		472	1417	1417
Rod PRIME	MV55	Unattached				470	473	473	1416	1416
Richard SMITH	MV55	Saint Edmund Pacers	481			459		475	1415	1415
Mark AVERY	MV55	Ipswich Jaffa RC	471	474	470				1415	1415
Liam ROBINSON	MV55	Fetch Everyone		469			469	465	1403	1403
Peter WEST	MV55	Colchester Harriers AC	498	498					996	996
Richard HIGGINS	MV55	Framlingham Flyers	490				491		981	981
Kevin BIRD	MV55	Saint Edmund Pacers					488	489	977	977
Stephen DIXON	MV55	Ipswich Jaffa RC		487		474			961	961
Garry MACDONALD	MV55	Unattached			472		484		956	956
Hugh WHITE	MV55	Unattached	467			475			942	942
Alex KUCZER	MV55	Unattached	472					467	939	939
Robert REASON	MV55	Stowmarket Striders RC			464	471			935	935
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
Mike MCKINSTRY	MV55	Unattached					497		497	497
Leo COLE	MV55	Witham 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
Simon SINCLAIR	MV55	Woodbridge Shufflers RC			487				487	487

## Friday 5 Championship File 2022

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ian CUNNINGTON	MV55	Saint Edmund Pacers				487			487	487
Dave HOWGEGO	MV55	Unattached			484				484	484
Greg DAVIS	MV55	Newmarket Joggers						484	484	484
Alistair DICK	MV55	Ipswich Jaffa RC			482				482	482
Richard MANN	MV55	Achilles Club				482			482	482
John CASHEN	MV55	Unattached				477			477	477
Colin SHIPTON	MV55	Unattached						476	476	476
William MEADER	MV55	Unattached						471	471	471
Chris SMITH	MV55	Stowmarket Striders RC					470		470	470
Todd LEWIS	MV55	Saint Edmund Pacers						470	470	470
Chris FOX	MV55	Woodbridge Shufflers RC	468						468	468
Darren BIRCH	MV55	Unattached				468			468	468
Anthony SMITH	MV55	Witham RC					468		468	468
Neil WINTON	MV55	Felixstowe RRC	465						465	465
Rod MACGREGOR	MV55	Felixstowe RRC					465		465	465
Neil DARRACOTT	MV55	Haverhill Running Club				464			464	464
Ian BOWN	MV55	Boxted Runners						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
Paul HALES	MV55	Unattached						462	462	462
Andy FISHER	MV55	Unattached	461						461	461

# Friday 5 Championship File 2022

## 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	500		2494	2000
Steve PAUL	MV60	Eastern Masters AC		499	499	500	499	498	2495	1997
Alan JACKSON	MV60	Ipswich Jaffa RC		498	498	497	498	496	2487	1991
Graham WIGLEY	MV60	Framlingham Flyers	498		497	499	496		1990	1990
Robin BELSOM	MV60	Ipswich Jaffa RC	497	497	496	498	495	495	2978	1988
Duncan CHENERY	MV60	Ipswich Jaffa RC	495	495	493			490	1973	1973
Robert MORGAN	MV60	Saint Edmund Pacers			492	493	493	492	1970	1970
Alan HILLYARD	MV60	Ipswich Triathlon Club		493	490	491	492	491	2457	1967
Mon LEE	MV60	Ipswich Jaffa RC	492	492	488	490		487	2449	1962
David SHEAHAN	MV60	Unattached	494		487	489	489	489	2448	1961
Peter FINCH	MV60	Unattached	493		484	487	486		1950	1950
Adrian COLE	MV60	Stowmarket Striders RC	488	490	483	481	484	482	2908	1945
David SEYMOUR	MV60	Felixstowe RRC			486	485	485	483	1939	1939
Steven REYNOLDS	MV60	Unattached	486	488	479	480	482	481	2896	1937
Wayne GRANT	MV60	Unattached	490		480	482	483		1935	1935
Stephen CARTWRIGHT	MV60	Great Bentley Running Club		487	478	478	481		1924	1924
Tim EDMONDS	MV60	Unattached	496				497	494	1487	1487
William BURDETT	MV60	Stowmarket Striders RC	487		482	483			1452	1452
Stuart GREEN	MV60	Unattached		496		496			992	992
Gary LOWE	MV60	Saxmundham Sports Running & Fitness			495		494		989	989
Paul SCHWER	MV60	Felixstowe RRC		494	491				985	985
David FIELD	MV60	Stowmarket Striders RC		491		484			975	975
Peter LAMBILLION-JAMESON	MV60	Unattached				486	487		973	973
Tony ADOLPHUS	MV60	Ipswich Jaffa RC	491		481				972	972
Paul MAYCOCK	MV60	Capel Cheetahs			485			486	971	971
Iain HUNTER	MV60	Stowmarket Striders RC		486		479			965	965
Colin RIDLEY	MV60	Colchester Harriers AC						500	500	500
Richard WOLD	MV60	Felixstowe RRC	499						499	499
Howard BEASLEY	MV60	Saint Edmund Pacers						499	499	499
Derek DARNELL	MV60	Huntingdonshire AC						497	497	497
Tim CHERRETT	MV60	Framlingham Flyers				495			495	495
Andrew WARNE	MV60	Unattached			494				494	494
Phil SANDERSON	MV60	Harwich Runners						493	493	493
Keith STEPHEN	MV60	Unattached				492			492	492
Stephen PRETTY	MV60	Saint Edmund Pacers					491		491	491
Andrew WEBBER	MV60	Stowmarket Striders RC					490		490	490
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
Matthew STEARN	MV60	Unattached					488		488	488
Steve HUNT	MV60	Hadleigh Hares AC						488	488	488
David LLEWELLYN	MV60	Stowmarket Striders RC	485						485	485
Michael TIDMARSH	MV60	Unattached						485	485	485
Martin GARROD	MV60	Ipswich Phoenix Running Club						484	484	484

# Friday 5 Championship File 2022

## Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Terry BACK	MV65	Ipswich Jaffa RC	500		500	500	500	500	2500	2000
Neville CLARKE	MV65	Newmarket Joggers		500	499	499	499	499	2496	1997
Gerry MCCARTHY	MV65	Ipswich Phoenix Running Club		499	498	497	497	497	2488	1991
Chris JOHNS	MV65	Woodbridge Shufflers RC	499	498			496	496	1989	1989
Jim WITHERS	MV65	Newmarket Joggers	496	496	494	493	495	495	2969	1982
Ian SILLETT	MV65	Felixstowe RRC	498	497	495	492			1982	1982
Keith BORRETT	MV65	Unattached	495	493	493	491	494	494	2960	1976
Frank GARDINER	MV65	Great Bentley Running Club	494	495	491	490	493	492	2955	1974
Chris GLADWELL	MV65	Stowmarket Striders RC	497		497	494			1488	1488
Phil HUDSON	MV65	Ware Joggers	493	494	492				1479	1479
Graham PAGE	MV65	Unattached	492				492		984	984
Greg MILLS	MV65	Unattached				498			498	498
Michael MARRIOTT	MV65	Unattached					498		498	498
Kim PRETTY	MV65	Harwich Runners						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
David ROUT	MV65	Harwich Runners						493	493	493
Graham CLARK	MV65	Unattached	491						491	491
Dennis BURGIN	MV65	Unattached			490				490	490
Mei CHITTOCK	MV65	Unattached				489			489	489



## Friday 5 Championship File 2022

### Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Gerard NIXON	MV70+	Saint Edmund Pacers			500	500	500	499	1999	1999
Philip HYMERS	MV70+	Saint Edmund Pacers	500	500	498	499	499		2496	1998
Frank MOGGAN	MV70+	Stowmarket Striders RC	499	499	497		498	498	2491	1994
David TAYLOR	MV70+	Framlingham Flyers	497		496		497		1490	1490
Dereck BRETT	MV70+	Unattached		497		496	496		1489	1489
Malcolm SAVAGE	MV70+	Trail Running Association		498		498			996	996
Kenneth STOWE	MV70+	Unattached	498					497	995	995
David SUTHERLAND	MV70+	Framlingham Flyers		496	495				991	991
Stephen MEAD	MV70+	Stowmarket Striders RC						500	500	500
Tim NEWTON	MV70+	Unattached			499				499	499
David COLEY	MV70+	Ipswich Jaffa RC				497			497	497
Chris SLEMMINGS	MV70+	Ipswich Triathlon Club	496						496	496
Ross SILVERTON	MV70+	Witham RC						496	496	496
Chris AYLMER	MV70+	Newmarket Joggers					495		495	495

Number of records: 954