

SUFFOLK COUNTY ATHLETIC ASSOCIATION  
 THE SPORTLINK RUNNING AND FITNESS SUFFOLK GRAND PRIX 2017  
 Individual, Mens and Ladies Results

Best 5 results will score towards the series. No minimum to qualify



Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley 10m	Tarpley 20m	Sudbury 5m Fun Run	Bury Friday 5	GER HM	Martlesham 10k	Stowmarket Scenic 7	Turkey Trot 10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
<b>Female Senior</b>												
1	Erika DOWNS	Felixstowe RRC	0	0	98	94	98	98	94		482	482
2	Kendra HAMMOND	Stowmarket Striders	96	0	96	88	85	0	90		455	455
3	Bianca BURMAN	Sudbury Joggers	91	0	95	86	0	92	87		451	451
4	Emma ATTWOOD	Stowmarket Striders	0	100	0	100	0	100	98		398	398
5	Jess GOODERHAM	Saint Edmund Pacers	0	97	0	99	0	0	97		293	293
6	Sarah JC LEWIS	Woodbridge Shufflers	0	99	0	96	0	89	0		284	284
7	Joanna LUMMIS	Ipswich Jaffa RC	0	94	0	0	89	0	92		275	275
8	Shannen CHURCH	Saxmundham Saxons	0	0	94	83	0	87	0		264	264
9	Sophie CHAPMAN	Felixstowe RRC	0	0	0	84	71	0	85		240	240
10	Claire WELLER	Ipswich Jaffa RC	99	0	99	0	0	0	0		198	198
11	Alice GOODWIN	Ipswich Harriers	0	0	0	0	99	0	99		198	198
12	Gemma PORCH	Stowmarket Striders	0	0	0	0	95	0	96		191	191
13	Collette GREEN	Felixstowe RRC	0	0	0	0	93	96	0		189	189
14	Laura BROWN	Stowmarket Striders	97	0	0	90	0	0	0		187	187
15	Jessica GOUDKUIL	Sudbury Joggers	0	0	97	0	88	0	0		185	185
16	Michelle HEWITT	Framlingham Flyers	0	0	0	89	92	0	0		181	181
17	Michaela KADANIKOVA	Ipswich Jaffa RC	0	0	0	0	90	0	91		181	181
18	Lucy DRIVER	Felixstowe RRC	0	0	0	0	87	93	0		180	180
19	Emma HARRISON	Saxmundham Saxons	93	0	0	0	0	84	0		177	177
20	Michelle HOLLAND	Sudbury Joggers	0	89	0	0	0	0	86		175	175
21	Natalie JONES	Sudbury Joggers	89	0	0	85	0	0	0		174	174
22	Sarah COUSINS	Woodbridge Shufflers	0	91	0	0	83	0	0		174	174
23	Stephanie CALLEN	Diss & District AC	95	0	0	0	76	0	0		171	171
24	Hannah ST LEDGER	Sudbury Joggers	88	0	0	80	0	0	0		168	168
25	Laura BUTTON	Bungay Black Dog RC	0	93	0	0	74	0	0		167	167
26	Victoria KENNY	Hadleigh Hares AC	100	0	0	0	0	0	0		100	100
27	Megan NEWTON	West Suffolk AC	0	0	100	0	0	0	0		100	100
28	Laura THOMAS	Ipswich Jaffa RC	0	0	0	0	100	0	0		100	100
29	Holly ARCHER	West Suffolk AC	0	0	0	0	0	0	100		100	100
30	Marian PATTEN	Ipswich Harriers	0	0	0	0	0	99	0		99	99
31	Cally PLACE	Saint Edmund Pacers	98	0	0	0	0	0	0		98	98
32	Emma BARROWCLOUGH	Sudbury Joggers	0	98	0	0	0	0	0		98	98
33	Samantha SPENCER	Ipswich Jaffa RC	0	0	0	98	0	0	0		98	98
34	Kirsty MILLARD	Haverhill Running Club	0	0	0	97	0	0	0		97	97
35	Gemma GILBERT	Ipswich Jaffa RC	0	0	0	0	97	0	0		97	97
36	Victoria BREADMAN	Felixstowe RRC	0	0	0	0	0	97	0		97	97
37	Alice BAGSHAW	Haverhill Running Club	0	96	0	0	0	0	0		96	96
38	Louise TALMAGE	Ipswich Jaffa RC	0	0	0	0	96	0	0		96	96
39	Philippa WRIGHT	Woodbridge Shufflers	0	95	0	0	0	0	0		95	95
40	Katie KING	Saint Edmund Pacers	0	0	0	95	0	0	0		95	95
41	Becky FOSTER	Felixstowe RRC	0	0	0	0	0	95	0		95	95

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
42	Clare DOUGLAS	Stowmarket Striders	0	0	0	0	0	0	95		95	95
43	Sian GUYTON	Sudbury Joggers	94	0	0	0	0	0	0		94	94
44	Sasha CHILVERS	Framlingham Flyers	0	0	0	0	94	0	0		94	94
45	Lydia KIRK	Framlingham Flyers	0	0	0	0	0	94	0		94	94
46	Andrea SENIOR	Sudbury Joggers	0	0	93	0	0	0	0		93	93
47	Chloe GOBOLD	Ipswich Harriers	0	0	0	93	0	0	0		93	93
48	Anna MARTON	Felixstowe RRC	0	0	0	0	0	0	93		93	93
49	Amanda SCARFF	Waveney Valley AC	92	0	0	0	0	0	0		92	92
50	Emma GOODMAN	Framlingham Flyers	0	92	0	0	0	0	0		92	92
51	Anna SALISBURY	Sudbury Joggers	0	0	92	0	0	0	0		92	92
52	Jasmine RAJA	West Suffolk AC	0	0	0	92	0	0	0		92	92
53	Lynsey CHENERY	Ipswich Jaffa RC	0	0	0	91	0	0	0		91	91
54	Sian ABBOTT	Ipswich Jaffa RC	0	0	0	0	91	0	0		91	91
55	Sophie COLEMAN	Ipswich Jaffa RC	0	0	0	0	0	91	0		91	91
56	Victoria HOLLAND	Ipswich Jaffa RC	90	0	0	0	0	0	0		90	90
57	Alice KIRK	Bungay Black Dog RC	0	90	0	0	0	0	0		90	90
58	Lorna MAYCOCK	Capel Cheetahs	0	0	0	0	0	90	0		90	90
59	Louise FAGGETTER	Stowmarket Striders	0	0	0	0	0	0	89		89	89
60	Jodie LOCK	Ipswich Jaffa RC	0	88	0	0	0	0	0		88	88
61	Jayne PRIMERA	Bungay Black Dog RC	0	0	0	0	0	88	0		88	88
62	Tegan ALLARD-AUSTIN	Stowmarket Striders	0	0	0	0	0	0	88		88	88
63	Rachael MILLER	Felixstowe RRC	87	0	0	0	0	0	0		87	87
64	Courtney TURNER	Felixstowe RRC	0	0	0	87	0	0	0		87	87
65	Kasia PRZYKOWSKA	Saint Edmund Pacers	0	0	0	0	86	0	0		86	86
66	Amelia PAGE	Ipswich Jaffa RC	0	0	0	0	0	86	0		86	86
67	Adriana HOUCHELL	Ipswich Jaffa RC	0	0	0	0	0	85	0		85	85
68	Samantha MEADOWS	Stowmarket Striders	0	0	0	0	84	0	0		84	84
69	Kate HEEKS	Stowmarket Striders	0	0	0	82	0	0	0		82	82
70	Jessica THORPE	Stowmarket Striders	0	0	0	0	82	0	0		82	82
71	Rachael HATTEN	Saint Edmund Pacers	0	0	0	81	0	0	0		81	81
72	Clare WIGG	Stowmarket Striders	0	0	0	0	81	0	0		81	81
73	Claire REACH	Stowmarket Striders	0	0	0	0	80	0	0		80	80
74	Gemma CANNON	Woodbridge Shufflers	0	0	0	0	79	0	0		79	79
75	Gemma BECKETT	Felixstowe RRC	0	0	0	0	78	0	0		78	78
76	Courtney GILLINGS	Felixstowe RRC	0	0	0	0	77	0	0		77	77
77	Laura WEDGBURY	Ipswich Jaffa RC	0	0	0	0	75	0	0		75	75
78	Molly BERGDAHL	Ipswich Jaffa RC	0	0	0	0	73	0	0		73	73
79	Fiona HEARSUM	Stowmarket Striders	0	0	0	0	72	0	0		72	72
80	Sian DURRANT	Hadleigh Hares AC	0	0	0	0	70	0	0		70	70
81	Louise WRIGHT	Felixstowe RRC	0	0	0	0	69	0	0		69	69
82	Stacey FARROW	Ipswich Jaffa RC	0	0	0	0	68	0	0		68	68
<b>F35</b>												
1	Rachel BODSWORTH	Hadleigh Hares AC	100	0	100	98	100	0	0		398	398
2	Kate HUTSON	Ipswich Jaffa RC	0	0	97	0	90	95	95		377	377
3	Caroline PERRY	Ipswich Jaffa RC	0	90	0	0	88	93	92		363	363
4	Jenny MERRY	Sudbury Joggers	93	0	93	88	0	0	87		361	361
5	Debbie KING	Stowmarket Striders	97	0	0	94	78	0	89		358	358

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
6	Pippa SARGENT	Stowmarket Striders	91	0	0	0	76	91	86		344	344
7	Sarah CHAMBERLIN	Sudbury Joggers	92	0	95	0	0	0	83		270	270
8	Katie EVERETT	Framlingham Flyers	0	0	0	93	82	92	0		267	267
9	Alison RENSHAW	Ipswich Jaffa RC	0	0	0	89	66	0	80		235	235
10	Rachael HAMBLYN	Ipswich Jaffa RC	0	0	99	0	0	0	99		198	198
11	Rosie DENNY	Woodbridge Shufflers	0	98	0	0	99	0	0		197	197
12	Lisa DOVE	Sudbury Joggers	0	0	0	0	0	98	98		196	196
13	Joanne HARPER	Felixstowe RRC	98	0	0	95	0	0	0		193	193
14	Sarah SEVERWRIGHT	Felixstowe RRC	99	0	0	0	94	0	0		193	193
15	Katrina RIGBY	Hadleigh Hares AC	0	95	0	0	97	0	0		192	192
16	Marie GRIMES	Ipswich Jaffa RC	0	0	0	96	95	0	0		191	191
17	Pam MORGAN	Framlingham Flyers	95	0	0	0	0	94	0		189	189
18	Claire BLANCHFORD	Saint Edmund Pacers	0	0	0	0	91	0	97		188	188
19	Robyn RAKE	Stowmarket Striders	94	0	0	92	0	0	0		186	186
20	Bex GILBERT	Felixstowe RRC	0	0	0	0	93	0	91		184	184
21	Rachel MILES	Sudbury Joggers	0	0	92	0	0	0	82		174	174
22	Claire FRADLEY	Sudbury Joggers	0	89	0	0	0	0	84		173	173
23	Melanie MANSFIELD	Haverhill Running Club	96	0	0	0	72	0	0		168	168
24	Lucy STREET	Saint Edmund Pacers	0	0	0	87	81	0	0		168	168
25	Clare WEST	Bungay Black Dog RC	0	93	0	0	74	0	0		167	167
26	Liz ATKINS	Felixstowe RRC	0	0	0	90	75	0	0		165	165
27	Carla WIGGINS	Felixstowe RRC	0	94	0	0	69	0	0		163	163
28	Lauren CARR	Felixstowe RRC	88	0	0	0	71	0	0		159	159
29	Kara MOORE-DAMANT	Stowmarket Striders	0	0	0	0	70	0	85		155	155
30	Sabrina NORTON	Bungay Black Dog RC	0	100	0	0	0	0	0		100	100
31	Sam BANKS	Ipswich Jaffa RC	0	0	0	100	0	0	0		100	100
32	Alison FOX	Saxmundham Saxons	0	0	0	0	0	100	0		100	100
33	Nicky CHAPMAN	Newmarket Joggers	0	0	0	0	0	0	100		100	100
34	Michelle GORDON	Felixstowe RRC	0	99	0	0	0	0	0		99	99
35	Hannah POLLARD	Newmarket Joggers	0	0	0	99	0	0	0		99	99
36	Jo HARRIS	Capel Cheetahs	0	0	0	0	0	99	0		99	99
37	Karen MARTIN	Haverhill Running Club	0	0	98	0	0	0	0		98	98
38	Helen MOORE	Stowmarket Striders	0	0	0	0	98	0	0		98	98
39	Emma GAMMONS	Felixstowe RRC	0	97	0	0	0	0	0		97	97
40	Laura ALI	Framlingham Flyers	0	0	0	97	0	0	0		97	97
41	Doris WILLMONT	Framlingham Flyers	0	0	0	0	0	97	0		97	97
42	Carol KEMP	Felixstowe RRC	0	96	0	0	0	0	0		96	96
43	Lisa WINNINGTON	Newmarket Joggers	0	0	96	0	0	0	0		96	96
44	Bianca THEERUTH	Saint Edmund Pacers	0	0	0	0	96	0	0		96	96
45	Abby GAETA	Ipswich Jaffa RC	0	0	0	0	0	96	0		96	96
46	Claire BATTERY	Stowmarket Striders	0	0	0	0	0	0	96		96	96
47	Joanne VICKERY	Haverhill Running Club	0	0	94	0	0	0	0		94	94
48	Claire WHITE	Ipswich Jaffa RC	0	0	0	0	0	0	94		94	94
49	Lucinda FENDLEY	Ipswich Jaffa RC	0	0	0	0	0	0	93		93	93
50	Viv THOMAS	Saint Edmund Pacers	0	92	0	0	0	0	0		92	92
51	Anna WHATLING	Sudbury Joggers	0	0	0	0	92	0	0		92	92
52	Tanya HOLLOWAY	Bungay Black Dog RC	0	91	0	0	0	0	0		91	91
53	Dawn DIXON	Haverhill Running Club	0	0	0	91	0	0	0		91	91

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			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
54	Clair FIDDAMAN	Felixstowe RRC	90	0	0	0	0	0	0	0	90	90
55	Analdina BARBOSA	Saxmundham Saxons	0	0	0	0	0	90	0	0	90	90
56	Geraldine CLIFFORD	Sudbury Joggers	0	0	0	0	0	0	90	0	90	90
57	Terri GOULD	Felixstowe RRC	89	0	0	0	0	0	0	0	89	89
58	Abby POWLETT	Ipswich Jaffa RC	0	0	0	0	89	0	0	0	89	89
59	Victoria THURSTON	Saxmundham Saxons	0	0	0	0	0	89	0	0	89	89
60	Anneli OSTLER	Felixstowe RRC	0	88	0	0	0	0	0	0	88	88
61	Sarah PENNOCK	Sudbury Joggers	0	0	0	0	0	0	88	0	88	88
62	Charlotte DURRANT	Stowmarket Striders	0	0	0	0	87	0	0	0	87	87
63	Anna GRANT	Stowmarket Striders	0	0	0	0	86	0	0	0	86	86
64	Svitlana ZINCHENKO	Newmarket Joggers	0	0	0	0	85	0	0	0	85	85
65	Jen WRIGHT	Ipswich Jaffa RC	0	0	0	0	84	0	0	0	84	84
66	Claire MASKERY	Stowmarket Striders	0	0	0	0	83	0	0	0	83	83
67	Charlotte RICHARDSON	Sudbury Joggers	0	0	0	0	0	0	81	0	81	81
68	Emily VIGOR	Stowmarket Striders	0	0	0	0	80	0	0	0	80	80
69	Helen LORENZ	Ipswich Jaffa RC	0	0	0	0	79	0	0	0	79	79
70	Lucy PETERKIN	Framlingham Flyers	0	0	0	0	77	0	0	0	77	77
71	Sarah MILES	Ipswich Jaffa RC	0	0	0	0	73	0	0	0	73	73
72	Karina HUNT	Haverhill Running Club	0	0	0	0	68	0	0	0	68	68
73	Jennifer EVANS	Woodbridge Shufflers	0	0	0	0	67	0	0	0	67	67
<b>F40</b>												
1	Amanda DUNN	Hadleigh Hares AC	0	0	99	97	93	98	98	0	485	485
2	Alex SMITH	Stowmarket Striders	0	0	98	95	91	95	97	0	476	476
3	Tina GORE	Sudbury Joggers	98	0	97	93	86	0	95	0	469	469
4	Kate HAYWARD-BRACKENBURY	Woodbridge Shufflers RC	96	0	95	91	87	94	0	0	463	463
5	Tina CHURCH	Saxmundham Saxons	89	0	89	88	77	87	0	0	430	430
6	Joanna WOLEDGE	Saint Edmund Pacers	100	0	100	0	0	100	100	0	400	400
7	Melanie SHERMAN	Ipswich Jaffa RC	0	99	0	98	98	0	0	0	295	295
8	Clare GILLIBRAND	Sudbury Joggers	0	0	92	89	0	0	89	0	270	270
9	Sally-Ann BOWEN	Sudbury Joggers	0	0	0	99	97	0	0	0	196	196
10	Joanne CARTWRIGHT	Framlingham Flyers	99	0	0	0	0	97	0	0	196	196
11	Clare MOODIE	Framlingham Flyers	0	0	0	0	0	96	99	0	195	195
12	Sam LINASSI	Felixstowe RRC	0	0	0	0	94	99	0	0	193	193
13	Alison BLACKWELL	Saint Edmund Pacers	0	95	0	92	0	0	0	0	187	187
14	Kerensa CARRICK	Woodbridge Shufflers	0	93	0	0	0	0	93	0	186	186
15	Tamasin WOOD	Framlingham Flyers	0	0	0	0	0	92	94	0	186	186
16	Jules WILLIS	Sudbury Joggers	90	0	90	0	0	0	0	0	180	180
17	Sally SANDFORD	Sudbury Joggers	88	0	0	0	0	0	88	0	176	176
18	Sam COULDRIDGE	Sudbury Joggers	94	0	0	0	81	0	0	0	175	175
19	Tina CULLUM	Ipswich Jaffa RC	0	0	0	87	0	0	86	0	173	173
20	Zoey BATTELL	Sudbury Joggers	87	0	0	0	0	0	83	0	170	170
21	Jules COOPER	Sudbury Joggers	0	0	0	0	78	0	92	0	170	170
22	Marianne HEDGE	Felixstowe RRC	0	0	0	0	0	85	84	0	169	169
23	Claire ROOKE	Sudbury Joggers	0	0	0	84	0	0	85	0	169	169
24	Amanda BREWSTER	Stowmarket Striders	86	0	0	0	75	0	0	0	161	161
25	Julie ABERNETHY	Ipswich Jaffa RC	0	0	0	86	74	0	0	0	160	160
26	Karen MURPHY	Hadleigh Hares AC	0	0	87	0	69	0	0	0	156	156

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			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
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27	Rebecca LANGFORD	Waveney Valley AC	0	100	0	0	0	0	0	0	100	100
28	Zohra ARMITAGE	Saint Edmund Pacers	0	0	0	100	0	0	0	0	100	100
29	Alice HEATHER-HAYES	Hadleigh Hares AC	0	0	0	0	100	0	0	0	100	100
30	Victoria MOSELEY	Stowmarket Striders	0	0	0	0	99	0	0	0	99	99
31	Lisa KNIGHTS	Waveney Valley AC	0	98	0	0	0	0	0	0	98	98
32	Carolynn ANDERSON	Newmarket Joggers	97	0	0	0	0	0	0	0	97	97
33	Rachel DARVILL	Haverhill Running Club	0	97	0	0	0	0	0	0	97	97
34	Rebecca EVANS	Sudbury Joggers	0	96	0	0	0	0	0	0	96	96
35	Susie MOULE	Sudbury Joggers	0	0	96	0	0	0	0	0	96	96
36	Louise GODDARD	Stowmarket Striders	0	0	0	96	0	0	0	0	96	96
37	Ruth PALMER	Saint Edmund Pacers	0	0	0	0	96	0	0	0	96	96
38	Anna GRAY	Bungay Black Dog RC	0	0	0	0	0	0	96	0	96	96
39	Cherilyn LANE	Haverhill Running Club	95	0	0	0	0	0	0	0	95	95
40	Sarah FITCH	Felixstowe RRC	0	0	0	0	95	0	0	0	95	95
41	Rachel DIXEY	Felixstowe RRC	0	0	94	0	0	0	0	0	94	94
42	Julie MARSH	Sudbury Joggers	0	94	0	0	0	0	0	0	94	94
43	Anna SMITH	Stowmarket Striders	0	0	0	94	0	0	0	0	94	94
44	Emma RUANE	Sudbury Joggers	0	0	93	0	0	0	0	0	93	93
45	Chris ALDERTON	Stowmarket Striders	93	0	0	0	0	0	0	0	93	93
46	Nancy WRIGHT	Woodbridge Shufflers	0	0	0	0	0	93	0	0	93	93
47	Yvonne DOE	Stowmarket Striders	92	0	0	0	0	0	0	0	92	92
48	Hayley SKINNER	Ipswich Jaffa RC	0	0	0	0	92	0	0	0	92	92
49	Jacquelyn COBBOLD	Hadleigh Hares AC	0	0	91	0	0	0	0	0	91	91
50	Caroline HOLLANDS	Saint Edmund Pacers	91	0	0	0	0	0	0	0	91	91
51	Sarah JEGGO	Sudbury Joggers	0	0	0	0	0	91	0	0	91	91
52	Karen WOOD	Sudbury Joggers	0	0	0	0	0	0	91	0	91	91
53	Lorraine MILLS	Stowmarket Striders	0	0	0	90	0	0	0	0	90	90
54	Jo WALKER	Bungay Black Dog RC	0	0	0	0	90	0	0	0	90	90
55	Caroline STAFFORD	Felixstowe RRC	0	0	0	0	0	90	0	0	90	90
56	Sarah WATKINS	Hadleigh Hares AC	0	0	0	0	0	0	90	0	90	90
57	Kirsti MARTIN	Stowmarket Striders	0	0	0	0	89	0	0	0	89	89
58	Trudie TIMMS	Framlingham Flyers	0	0	0	0	0	89	0	0	89	89
59	Angela SOAMES	Felixstowe RRC	0	0	88	0	0	0	0	0	88	88
60	Kate FRANCIS	Saxmundham Saxons	0	0	0	0	88	0	0	0	88	88
61	Kate MAWSON	Framlingham Flyers	0	0	0	0	0	88	0	0	88	88
62	Amanda FRASER FISH	Woodbridge Shufflers	0	0	0	0	0	0	87	0	87	87
63	Maria BILNER	Ipswich Jaffa RC	0	0	0	0	0	86	0	0	86	86
64	Hayley GUNN BRUCE	Sudbury Joggers	85	0	0	0	0	0	0	0	85	85
65	Kara EDHOUSE-THOMAS	Ipswich Jaffa RC	0	0	0	85	0	0	0	0	85	85
66	Claire PALFREY	Ipswich Jaffa RC	0	0	0	0	85	0	0	0	85	85
67	Amanda SMITH	Felixstowe RRC	84	0	0	0	0	0	0	0	84	84
68	Juliet GARNHAM	Stowmarket Striders	0	0	0	0	84	0	0	0	84	84
69	Zara DAVIS	Hadleigh Hares AC	0	0	0	0	83	0	0	0	83	83
70	Corinna HUSSEY	Ipswich Jaffa RC	0	0	0	0	82	0	0	0	82	82
71	Kate LINDSAY	Ipswich Jaffa RC	0	0	0	0	80	0	0	0	80	80
72	Anna SHIRESS	Hadleigh Hares AC	0	0	0	0	79	0	0	0	79	79
73	Jo MCKENZIE	Woodbridge Shufflers RRC	0	0	0	0	76	0	0	0	76	76
74	Emma NEWMAN	Framlingham Flyers	0	0	0	0	73	0	0	0	73	73

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
75	Leonora CHANDLER	Woodbridge Shufflers RRC	0	0	0	0	72	0	0		72	72
76	Charlotte RICHARDSON	Ipswich Jaffa RC	0	0	0	0	71	0	0		71	71
77	Joanne SAVILL	Ipswich Jaffa RC	0	0	0	0	70	0	0		70	70
<b>F45</b>												
1	Odette ROBSON	Saint Edmund Pacers	0	0	100	100	100	100	100	100	500	500
2	Catherine WALSH	Felixstowe RRC	98	0	96	97	0	99	95		485	485
3	Sarah VICK	Saxmundham Saxons	93	0	97	95	0	95	91		471	471
4	Mandy GOBOLD	Ipswich Harriers	95	0	94	85	84	93	86		537	453
5	Sally SOLOMON	Felixstowe RRC	84	0	90	79	0	88	72		413	413
6	Mary Ann TULI	Haverhill Running Club	100	0	99	0	97	0	99		395	395
7	Catherine BELSOM	Stowmarket Striders	99	0	98	0	92	0	93		382	382
8	Eloise BIRD	Saint Edmund Pacers	0	0	0	94	90	97	92		373	373
9	Amanda PRIOR	Capel Cheetahs	88	0	91	0	0	92	83		354	354
10	Jo CLIFTON	Saxmundham Saxons	89	0	0	0	85	91	77		342	342
11	Tracey ROSE	Stowmarket Striders	91	0	0	88	83	0	78		340	340
12	Jo DICKINSON	Felixstowe RRC	83	0	0	80	76	0	73		312	312
13	Linda ALDRED	Framlingham Flyers	0	0	0	96	0	98	96		290	290
14	Melody-Anne NEVILLE	Stowmarket Striders	97	0	95	0	0	0	80		272	272
15	Karen GRANT	Haverhill Running Club	90	0	92	0	82	0	0		264	264
16	Karen CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	86	88	0	84		258	258
17	Julia MOSS-ECCARDT	Stowmarket Striders	86	0	0	82	0	0	76		244	244
18	Sharon BREWARD	Sudbury Joggers	85	0	0	0	78	0	79		242	242
19	Kate BEER	Stowmarket Striders	96	0	0	98	0	0	0		194	194
20	Samantha COOPER	Sudbury Joggers	94	0	93	0	0	0	0		187	187
21	Anika SHENFIELD	Felixstowe RRC	0	99	0	0	87	0	0		186	186
22	Kaye BRANTON	Felixstowe RRC	0	0	0	0	0	96	90		186	186
23	Lisa WILSON	Waveney Valley AC	0	98	0	0	86	0	0		184	184
24	Denise KING	Felixstowe RRC	0	97	0	0	80	0	0		177	177
25	Joanne BROOKE	Felixstowe RRC	0	0	0	83	0	0	81		164	164
26	Lisa BOND	Ipswich Jaffa RC	0	0	0	81	0	0	82		163	163
27	Sandra GARNER	Stowmarket Striders	0	0	0	0	77	0	75		152	152
28	Mandi MOYSE	Framlingham Flyers	0	100	0	0	0	0	0		100	100
29	Angela JOINER-HANDY	Saint Edmund Pacers	0	0	0	99	0	0	0		99	99
30	Geraldine CLARKE	Framlingham Flyers	0	0	0	0	99	0	0		99	99
31	Caroline DOOLAN	Ipswich Jaffa RC	0	0	0	0	98	0	0		98	98
32	Mary NAREY	Stowmarket Striders	0	0	0	0	0	0	98		98	98
33	Anna SINCLAIR	Ipswich Triathlon Club	0	0	0	0	0	0	97		97	97
34	Sandra WEBB	Saint Edmund Pacers	0	0	0	0	96	0	0		96	96
35	Kay Oxford	Hadleigh Hares AC	0	0	0	0	95	0	0		95	95
36	Belinda SMITH	Ipswich Jaffa RC	0	0	0	0	94	0	0		94	94
37	Karen HAMILTON	Stowmarket Striders	0	0	0	0	0	94	0		94	94
38	Jo HAYWARD	Stowmarket Striders	0	0	0	0	0	0	94		94	94
39	Bernadette WHITE	Hadleigh Hares AC	0	0	0	93	0	0	0		93	93
40	Fiona HUNT	Ipswich Jaffa RC	0	0	0	0	93	0	0		93	93
41	Jo FISK	Waveney Valley AC	92	0	0	0	0	0	0		92	92
42	Helen CAIN	Stowmarket Striders	0	0	0	92	0	0	0		92	92
43	Jan HART	Stowmarket Striders	0	0	0	91	0	0	0		91	91

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
44	Suzanne HEATH	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
45	Malene GODSON	Stowmarket Striders	0	0	0	90	0	0	0	0	90	90
46	Suzanne FROST	Sudbury Joggers	0	0	0	0	0	90	0	0	90	90
47	Karen EATON	Felixstowe RRC	0	0	0	89	0	0	0	0	89	89
48	Nikki HOLLAND-GLADWISH	Bungay Black Dog RC	0	0	0	0	89	0	0	0	89	89
49	Justine WISEMAN	Saxmundham Saxons	0	0	0	0	0	89	0	0	89	89
50	Jo PARDEN	Framlingham Flyers	0	0	0	0	0	0	89	0	89	89
51	Alison FRENCH	Felixstowe RRC	0	0	0	0	0	0	88	0	88	88
52	Helen SPOONER	Haverhill Running Club	87	0	0	0	0	0	0	0	87	87
53	Kathryn GERRY	Woodbridge Shufflers	0	0	0	87	0	0	0	0	87	87
54	Deidre OWEN	Stowmarket Striders	0	0	0	0	0	0	87	0	87	87
55	Helen WING	Stowmarket Striders	0	0	0	0	0	0	85	0	85	85
56	Amanda CHILDS	Ipswich Jaffa RC	0	0	0	84	0	0	0	0	84	84
57	Hayley ROCHE	Ipswich Triathlon Club	0	0	0	0	81	0	0	0	81	81
58	Caroline BLACKMORE	Woodbridge Shufflers	0	0	0	0	79	0	0	0	79	79
59	Michelle HOLDEN	Stowmarket Striders	0	0	0	0	75	0	0	0	75	75
60	Nicola CANT	Sudbury Joggers	0	0	0	0	0	0	74	0	74	74
61	Rosie KERR	Sudbury Joggers	0	0	0	0	0	0	71	0	71	71
<b>F50</b>												
1	Marion PARKER	Felixstowe RRC	0	0	100	98	99	99	99	99	495	495
2	Jackie HANN	Sudbury Joggers	99	0	0	96	98	97	98	98	488	488
3	Teresa FRANKLIN	Haverhill Running Club	96	0	98	92	0	96	95	95	477	477
4	Ann GRANGER	Saxmundham Saxons	0	95	97	90	89	93	92	92	556	467
5	Ruth COWLIN	Sudbury Joggers	93	0	0	91	94	95	93	93	466	466
6	Jackie COLLINS	Felixstowe RRC	0	0	94	88	93	90	86	86	451	451
7	Angela WHITING	Stowmarket Striders	0	0	96	89	0	92	89	89	366	366
8	Claire JAY	Stowmarket Striders	88	0	0	82	81	0	81	81	332	332
9	Sil CLAY	Haverhill Running Club	0	98	99	0	92	0	0	0	289	289
10	Val JENNINGS	Ipswich Jaffa RC	0	0	0	99	0	100	0	0	199	199
11	Dee ST LEDGER	Sudbury Joggers	0	97	0	0	100	0	0	0	197	197
12	Claire HOBLYN	Saint Edmund Pacers	0	0	0	97	0	0	100	0	197	197
13	Helen DUGGAN	Felixstowe RRC	0	99	0	0	0	0	97	0	196	196
14	Kirsty WEAVERS	Saint Edmund Pacers	0	0	0	95	96	0	0	0	191	191
15	Sandy PHILLIPS	Ipswich Jaffa RC	0	0	0	0	95	94	0	0	189	189
16	Wendy ALDHOUSE	Haverhill Running Club	90	0	95	0	0	0	0	0	185	185
17	Sandy MALOY	Sudbury Joggers	0	0	92	0	0	0	88	0	180	180
18	Kathy DINES	Ipswich Jaffa RC	0	0	0	0	88	0	91	0	179	179
19	Jenny LYNCH	Felixstowe RRC	91	0	0	86	0	0	0	0	177	177
20	Carol BLISS	Haverhill Running Club	92	0	0	0	84	0	0	0	176	176
21	Sue MOYE	Sudbury Joggers	87	0	0	0	0	0	83	0	170	170
22	Haley SUTTLE	Stowmarket Striders	100	0	0	0	0	0	0	0	100	100
23	Amanda MARTIN	Saint Edmund Pacers	0	100	0	0	0	0	0	0	100	100
24	Sandy THOROGOOD	Sudbury Joggers	0	0	0	100	0	0	0	0	100	100
25	Jo STEPHENSON	Stowmarket Striders	98	0	0	0	0	0	0	0	98	98
26	Maureen KELLY	Woodbridge Shufflers RRC	0	0	0	0	0	98	0	0	98	98
27	Dianne HUGHES	Stowmarket Striders	97	0	0	0	0	0	0	0	97	97
28	Michelle CONSTABLE	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	97

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
29	Karen GEDGE	Bungay Black Dog RC	0	96	0	0	0	0	0	0	96	96
30	Dawn MARSHALL	Saint Edmund Pacers	0	0	0	0	0	0	96	0	96	96
31	Arabella LEWENDON	Stowmarket Striders	95	0	0	0	0	0	0	0	95	95
32	Sandra MAYHEW	Stowmarket Striders	94	0	0	0	0	0	0	0	94	94
33	Sharon WARLAND	Stowmarket Striders	0	0	0	94	0	0	0	0	94	94
34	Ellen HOLLINGWORTH	Stowmarket Striders	0	0	0	0	0	0	94	0	94	94
35	Trish KEMPSON	Hadleigh Hares AC	0	0	93	0	0	0	0	0	93	93
36	Linda BAXTER	Saint Edmund Pacers	0	0	0	93	0	0	0	0	93	93
37	Jane GARVIN	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
38	Jan RISEBROW	Felixstowe RRC	0	0	0	0	0	91	0	0	91	91
39	Kate WOOD	Woodbridge Shufflers RRC	0	0	0	0	90	0	0	0	90	90
40	Catherine FUELL	Stowmarket Striders	0	0	0	0	0	0	90	0	90	90
41	Grace JUDGE	Haverhill Running Club	89	0	0	0	0	0	0	0	89	89
42	Denise WRIGHT	Stowmarket Striders	0	0	0	87	0	0	0	0	87	87
43	Michaela GOOCH	Waveney Valley AC	0	0	0	0	87	0	0	0	87	87
44	Tracy HUMPHRIES	Stowmarket Striders	0	0	0	0	0	0	87	0	87	87
45	Jenny JARRETT	Felixstowe RRC	0	0	0	0	86	0	0	0	86	86
46	Roxanne DOWNES	Ipswich Jaffa RC	0	0	0	85	0	0	0	0	85	85
47	Rachel HIRST	Bungay Black Dog RC	0	0	0	0	85	0	0	0	85	85
48	Jacquie WEBB	Sudbury Joggers	0	0	0	0	0	0	85	0	85	85
49	Jacqueline CHUBB	Ipswich Triathlon Club	0	0	0	84	0	0	0	0	84	84
50	Jean REYNOLDS	Brandon Fern Hoppers	0	0	0	0	0	0	84	0	84	84
51	Janis TAYLOR	Ipswich Jaffa RC	0	0	0	83	0	0	0	0	83	83
52	Alyson Zena LIMPKIN-CHALLIS	Felixstowe RRC	0	0	0	0	83	0	0	0	83	83
53	Lynda GOODWIN	Brandon Fern Hoppers	0	0	0	0	0	0	82	0	82	82
54	Sarah HODGE	Ipswich Jaffa RC	0	0	0	0	82	0	0	0	82	82
55	Jane REASON	Stowmarket Striders	0	0	0	0	0	0	80	0	80	80
<b>F55</b>												
1	Bobbie SAUERZAPF	Bungay Black Dog RC	0	99	100	99	100	100	98	0	596	498
2	Nicola STEVENSON	Felixstowe RRC	0	96	99	96	0	98	97	0	486	486
3	Jo WHELAN	Felixstowe RRC	0	97	98	95	95	0	93	0	478	478
4	Gillian CHARLTON	Stowmarket Striders	95	0	0	94	93	0	94	0	376	376
5	Belinda GODBOLD	Ipswich Jaffa RC	0	100	0	100	0	0	100	0	300	300
6	Rita RUE	Saint Edmund Pacers	96	0	0	98	98	0	0	0	292	292
7	Wendy HUGHES	Stowmarket Striders	99	0	0	0	0	0	99	0	198	198
8	Rosemarie BALL	Bungay Black Dog RC	98	0	0	0	99	0	0	0	197	197
9	Christine ASHE	Bungay Black Dog RC	97	0	0	97	0	0	0	0	194	194
10	Debbie MCDOWALL	Stowmarket Striders	94	0	0	0	96	0	0	0	190	190
11	Sandra ROBERTS	Ipswich Jaffa RC	0	0	0	0	94	0	92	0	186	186
12	Sally QUIRK	Stowmarket Striders	93	0	0	0	0	0	91	0	184	184
13	Sue HUNTER	Stowmarket Striders	92	0	0	0	0	0	90	0	182	182
14	Angela BRINKLEY	Stowmarket Striders	100	0	0	0	0	0	0	0	100	100
15	Alison HILL	Framlingham Flyers	0	0	0	0	0	99	0	0	99	99
16	Melanie ROBERTS	Woodbridge Shufflers	0	98	0	0	0	0	0	0	98	98
17	Jayne CAPPS-JENNER	Bungay Black Dog RC	0	0	0	0	97	0	0	0	97	97
18	Vivienne BROUGHTON	Saxmundham Saxons	0	0	0	0	0	97	0	0	97	97
19	Jane MOON	Felixstowe RRC	0	0	0	0	0	96	0	0	96	96



			Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
Pos	Name	Club	26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
20	Louise ADAMSON	Waveney Valley AC	0	0	0	0	0	0	96		96	96
21	Susan SPAULDING	Felixstowe RRC	0	0	0	0	0	95	0		95	95
22	Charlotte HAWES	Stowmarket Striders	0	0	0	0	0	0	95		95	95
23	Denis ROBINSON	Stowmarket Striders	0	0	0	93	0	0	0		93	93
24	Bridget GOLDSTONE	Stowmarket Striders	0	0	0	0	92	0	0		92	92
<b>F60</b>												
1	Jenny MORGAN	Saint Edmund Pacers	0	0	0	100	0	0	100		200	200
2	Patricia TUTTLE	Waveney Valley AC	0	98	0	0	100	0	0		198	198
3	Vivienne TAYLOR	Framlingham Flyers	0	0	0	98	0	100	0		198	198
4	Trish HOPKINS	Felixstowe RRC	0	0	100	94	0	0	0		194	194
5	Cheryl TRUNDLE	Haverhill Running Club	0	100	0	0	0	0	0		100	100
6	Marion WALKER	Framlingham Flyers	0	99	0	0	0	0	0		99	99
7	Carolyn HAWORTH	Saint Edmund Pacers	0	0	0	99	0	0	0		99	99
8	Mary BURGESS	Felixstowe RRC	0	0	0	0	99	0	0		99	99
9	Riita WOOD	Framlingham Flyers	0	0	0	0	0	99	0		99	99
10	Belinda SCHOFIELD	Newmarket Joggers	0	0	0	0	0	0	99		99	99
11	Zoila REYES	Felixstowe RRC	0	0	0	0	98	0	0		98	98
12	Annette HUGGINS	Framlingham Flyers	0	0	0	0	0	0	98		98	98
13	Sue HARGADON	Ipswich Triathlon Club	0	97	0	0	0	0	0		97	97
14	Anne OLIVER	Felixstowe RRC	0	0	0	97	0	0	0		97	97
15	Sally ALEXANDER	Ipswich Jaffa RC	0	0	0	0	97	0	0		97	97
16	Jane BAILEY	Felixstowe RRC	0	0	0	96	0	0	0		96	96
17	Julie GLENN	Saxmundham Saxons	0	0	0	0	96	0	0		96	96
18	Carol MCINTOSH	Newmarket Joggers	0	0	0	95	0	0	0		95	95
<b>F65+</b>												
1	Moira PINKNEY	Ipswich Triathlon Club	0	0	0	100	100	0	99		299	299
2	Marianne BURNELL	Ipswich Jaffa RC	100	0	0	0	99	0	98		297	297
3	Maureen WRIGHT	Ipswich Jaffa RC	0	100	0	99	0	0	0		199	199
4	Wendy MERFIELD	Saxmundham Saxons	0	0	100	0	0	0	0		100	100
5	Paula MCCANN	Ipswich Triathlon Club	0	0	0	0	0	0	100		100	100
6	Anne FISH	Stowmarket Striders	99	0	0	0	0	0	0		99	99
7	Chris GAY	Stowmarket Striders	0	0	0	98	0	0	0		98	98
<b>MS</b>												
1	Kieran HAYLES	Sudbury Joggers	0	100	98	77	99	99	100		573	496
2	Neil GILLINGHAM	Ipswich Harriers	0	94	90	84	65	85	88		506	441
3	James HAYWARD	Ipswich Jaffa RC	99	0	99	97	0	0	98		393	393
4	Joe ROBSON	Saint Edmund Pacers	0	0	95	91	0	93	94		373	373
5	Keelan SMITH	Saxmundham Saxons	0	83	80	51	31	72	80		397	366
6	James COOPER	Stowmarket Striders	0	84	0	60	43	74	81		342	342
7	Sam BROOKE	Felixstowe RRC	0	93	0	82	69	0	92		336	336
8	Jake CHURCH	Saxmundham Saxons	82	0	82	68	0	79	0		311	311
9	Mark HAYWARD	Newmarket Joggers	0	0	97	93	0	0	96		286	286
10	James CORNISH	Woodbridge Shufflers	93	0	0	90	0	94	0		277	277
11	Daniel INGLEBY	Ipswich Jaffa RC	0	0	0	85	0	88	91		264	264
12	Matthew CRANE	Saint Edmund Pacers	0	98	0	86	79	0	0		263	263

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
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			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
13	Oliver RICHES	Hadleigh Hares AC	0	92	0	75	0	86	0		253	253
14	Aiden CHURCH	Saxmundham Saxons	87	0	87	74	0	0	0		248	248
15	Justin POTTER	Stowmarket Striders	89	0	0	73	58	0	0		220	220
16	Adam WADE	Ipswich Jaffa RC	0	0	0	96	0	0	99		195	195
17	Ian OLD	Ipswich Jaffa RC	0	0	0	0	95	0	97		192	192
18	Tom KINGSNORTH	Saint Edmund Pacers	97	0	0	94	0	0	0		191	191
19	Gary INGRAM	Ipswich Jaffa RC	0	0	0	52	59	80	0		191	191
20	Michael GILBERT	Haverhill Running Club	91	0	0	99	0	0	0		190	190
21	James WILSON	Saxmundham Saxons	0	0	93	95	0	0	0		188	188
22	Brett DEAKIN	Felixstowe RRC	79	0	0	0	36	71	0		186	186
23	Nicholas CLARKE	Ipswich Jaffa RC	0	0	0	0	90	95	0		185	185
24	Darren BARFIELD	Sudbury Joggers	90	0	89	0	0	0	0		179	179
25	Matt FORD-THOMAS	Saxmundham Saxons	0	0	0	0	87	91	0		178	178
26	Westley WALKER	Haverhill Running Club	0	0	86	89	0	0	0		175	175
27	Andrew COLLETT	Stowmarket Striders	88	0	85	0	0	0	0		173	173
28	Ashley SMY	Ipswich Jaffa RC	0	0	0	87	86	0	0		173	173
29	John CHELL	Ipswich Jaffa RC	0	82	0	58	27	0	0		167	167
30	Gregory STOWE	Stowmarket Striders	0	0	0	0	22	68	77		167	167
31	Andrew CALLEN	Diss & District AC	0	87	0	0	74	0	0		161	161
32	Brian BLOOMFIELD	Sudbury Joggers	0	0	78	0	0	0	83		161	161
33	Andy HAYWARD	Stowmarket Striders	78	0	0	0	0	0	82		160	160
34	Alastair READ	Felixstowe RRC	0	0	0	78	81	0	0		159	159
35	Gavin BOAG	Stowmarket Striders	0	0	79	0	0	0	79		158	158
36	Lee CORNWELL	Ipswich Jaffa RC	0	0	0	54	28	73	0		155	155
37	Alec WRIGHT	Ipswich Jaffa RC	0	0	0	0	64	87	0		151	151
38	Kyle CHURCH	Saxmundham Saxons	0	0	81	69	0	0	0		150	150
39	Matthew EVELEIGH	Stowmarket Striders	84	0	0	65	0	0	0		149	149
40	Adam BRETT	Felixstowe RRC	0	0	0	71	78	0	0		149	149
41	Alastair BARTLETT	Woodbridge Shufflers	0	0	0	0	67	82	0		149	149
42	John MCKEE	Framlingham Flyers	83	0	0	64	0	0	0		147	147
43	Paul DOCKERILL	Newmarket Joggers	0	0	0	76	71	0	0		147	147
44	Christopher BING	Ipswich Jaffa RC	0	0	0	72	63	0	0		135	135
45	Geraint WHITE	Ipswich Jaffa RC	0	0	0	88	45	0	0		133	133
46	James BOULDIN	Framlingham Flyers	0	0	0	0	46	77	0		123	123
47	Neil DENNIS	Stowmarket Striders	0	0	0	0	32	0	84		116	116
48	Dylan POMIETLO	Felixstowe RRC	0	90	0	0	24	0	0		114	114
49	Aaron DURRANT	Hadleigh Hares AC	0	0	0	67	47	0	0		114	114
50	Paul WRIGHT	Woodbridge Shufflers	0	0	0	0	33	75	0		108	108
51	Josh ENTWISTLE	Felixstowe RRC	100	0	0	0	0	0	0		100	100
52	Danny ROCK	Ipswich Jaffa RC	0	0	100	0	0	0	0		100	100
53	Tony ADAMS	Ipswich Harriers	0	0	0	100	0	0	0		100	100
54	Robert CHENERY	Ipswich Jaffa RC	0	0	0	0	100	0	0		100	100
55	Tom ADAMS	Ipswich Harriers	0	0	0	0	0	100	0		100	100
56	Gordon IRVINE	Newmarket Cycling & Tri Club	0	99	0	0	0	0	0		99	99
57	Steve FRASER-LIM	Ipswich Jaffa RC	98	0	0	0	0	0	0		98	98
58	Denys OLEFIR	Newmarket Joggers	0	0	0	98	0	0	0		98	98
59	Benjamin TURLEY	Ipswich Jaffa RC	0	0	0	0	98	0	0		98	98
60	Alex TRIPP	Ipswich Harriers	0	0	0	0	0	98	0		98	98

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
61	Ben CHURCHMAN	Diss & District AC	0	97	0	0	0	0	0	0	97	97
62	James CALVERT	Ipswich Jaffa RC	0	0	0	0	97	0	0	0	97	97
63	Caspar LE FANU	Woodbridge Shufflers	0	0	0	0	0	97	0	0	97	97
64	Luke WOOD	Framlingham Flyers	96	0	0	0	0	0	0	0	96	96
65	Dale SKOULDING	Bungay Black Dog RC	0	96	0	0	0	0	0	0	96	96
66	Craig SISSON	Haverhill Running Club	0	0	96	0	0	0	0	0	96	96
67	Craig FIDDAMAN	Ipswich Jaffa RC	0	0	0	0	96	0	0	0	96	96
68	Harry FITZGERALD	Ipswich Harriers	0	0	0	0	0	96	0	0	96	96
69	Samuel BURDETT	Stowmarket Striders	95	0	0	0	0	0	0	0	95	95
70	Chris HALL	Bungay Black Dog RC	0	95	0	0	0	0	0	0	95	95
71	Oscar WOOD	Framlingham Flyers	0	0	0	0	0	0	95	0	95	95
72	Marcus BOON	Ipswich Jaffa RC	94	0	0	0	0	0	0	0	94	94
73	Scott WILLIAMS	Stowmarket Striders	0	0	94	0	0	0	0	0	94	94
74	Jonathan LING	Ipswich Jaffa RC	0	0	0	0	94	0	0	0	94	94
75	Scott RAMSEY	Ipswich Jaffa RC	0	0	0	0	93	0	0	0	93	93
76	Brad DREW	Felixstowe RRC	0	0	0	0	23	70	0	0	93	93
77	Elliot WELLS	Stowmarket Striders	0	0	0	0	0	0	93	0	93	93
78	Philip GREEN	Stowmarket Striders	92	0	0	0	0	0	0	0	92	92
79	David WILLER	Hadleigh Hares AC	0	0	92	0	0	0	0	0	92	92
80	Andrew BELL	Haverhill Running Club	0	0	0	92	0	0	0	0	92	92
81	Chris WITMORE	Bungay Black Dog RC	0	0	0	0	92	0	0	0	92	92
82	Gary TAYLOR	Felixstowe RRC	0	0	0	0	0	92	0	0	92	92
83	Mark SALISBURY	Sudbury Joggers	0	91	0	0	0	0	0	0	91	91
84	Martin WILSON	Stowmarket Striders	0	0	91	0	0	0	0	0	91	91
85	Marc BRIGGS	Ipswich Jaffa RC	0	0	0	0	91	0	0	0	91	91
86	Oliver DAYKIN	Newmarket Joggers	0	0	0	0	0	90	0	0	90	90
87	Alex HOBBS	Stowmarket Striders	0	0	0	0	0	0	90	0	90	90
88	Karl MITCHELL	Felixstowe RRC	0	89	0	0	0	0	0	0	89	89
89	Andy ELLIS	Felixstowe RRC	0	0	0	0	89	0	0	0	89	89
90	James HUMPHREYS	Ipswich Jaffa RC	0	0	0	0	0	89	0	0	89	89
91	Stuart BUCHAN	Ipswich Jaffa RC	0	0	0	0	0	0	89	0	89	89
92	Ben DEAN	Diss & District AC	0	88	0	0	0	0	0	0	88	88
93	Chris WELLS	Sudbury Joggers	0	0	88	0	0	0	0	0	88	88
94	Jon GLANFIELD	Felixstowe RRC	0	0	0	0	88	0	0	0	88	88
95	Peter REACH	Stowmarket Striders	0	0	0	0	0	0	87	0	87	87
96	Shane ALLUM	Felixstowe RRC	86	0	0	0	0	0	0	0	86	86
97	Bob MILNER	Waveney Valley AC	0	86	0	0	0	0	0	0	86	86
98	Edward TRICKER	Stowmarket Striders	0	0	0	0	0	0	86	0	86	86
99	Mark AUSTIN	Woodbridge Shufflers	85	0	0	0	0	0	0	0	85	85
100	Adam UNDERWOOD	Saint Edmund Pacers	0	85	0	0	0	0	0	0	85	85
101	Darren THOMAS	Hadleigh Hares AC	0	0	0	0	85	0	0	0	85	85
102	Alex JACOBS	Felixstowe RRC	0	0	0	0	0	0	85	0	85	85
103	Ben COWLEY	Saxmundham Saxons	0	0	84	0	0	0	0	0	84	84
104	Liam NUDD	Waveney Valley AC	0	0	0	0	84	0	0	0	84	84
105	Tom ALEXANDER	Woodbridge Shufflers	0	0	0	0	0	84	0	0	84	84
106	Will JOHNSONWOOD	Sudbury Joggers	0	0	83	0	0	0	0	0	83	83
107	Thomas ABBOTT	Ipswich Harriers	0	0	0	83	0	0	0	0	83	83
108	Shaun NICHOLLS	Ipswich Jaffa RC	0	0	0	0	83	0	0	0	83	83

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
109	Morgan MOORE	Stowmarket Striders	0	0	0	0	0	83	0	0	83	83
110	Camerson THICK	Ipswich Jaffa RC	0	0	0	0	82	0	0	0	82	82
111	Marc BENSON	Haverhill Running Club	81	0	0	0	0	0	0	0	81	81
112	Jamie PAYNE	Framlingham Flyers	0	81	0	0	0	0	0	0	81	81
113	Lee HARRISON	Ipswich Harriers	0	0	0	81	0	0	0	0	81	81
114	James ELLUL	Felixstowe RRC	0	0	0	0	0	81	0	0	81	81
115	Oscar DOYLE	Ipswich Triathlon Club	80	0	0	0	0	0	0	0	80	80
116	Kallum BREWARD	Sudbury Joggers	0	0	0	80	0	0	0	0	80	80
117	Charlton DAMANT	Ipswich Triathlon Club	0	0	0	0	80	0	0	0	80	80
118	Conner BILNER	Ipswich Jaffa RC	0	0	0	79	0	0	0	0	79	79
119	Ash TADJRISHI	Woodbridge Shufflers	0	0	0	0	0	78	0	0	78	78
120	Matthew SMITH	Stowmarket Striders	0	0	0	0	0	0	78	0	78	78
121	Sam RICHARDSON	Ipswich Triathlon Club	0	0	0	0	77	0	0	0	77	77
122	Tom BRUCE	Ipswich Triathlon Club	0	0	0	0	76	0	0	0	76	76
123	Paul JONES	Ipswich Jaffa RC	0	0	0	0	0	76	0	0	76	76
124	Stuart BEAL-COLLINS	Sudbury Joggers	0	0	0	0	0	0	76	0	76	76
125	Robert GRAINGER	Stowmarket Striders	0	0	0	0	75	0	0	0	75	75
126	James WILLINGHAM	Ipswich Jaffa RC	0	0	0	0	73	0	0	0	73	73
127	Rob PAGE	Ipswich Jaffa RC	0	0	0	0	72	0	0	0	72	72
128	Kevin MILLARD	Haverhill Running Club	0	0	0	70	0	0	0	0	70	70
129	Jack WARD	Ipswich Jaffa RC	0	0	0	0	70	0	0	0	70	70
130	Steve KIRK	Framlingham Flyers	0	0	0	0	0	69	0	0	69	69
131	Anthony NIGHTINGALE	Ipswich Triathlon Club	0	0	0	0	68	0	0	0	68	68
132	George WRIGHT	Stowmarket Striders	0	0	0	66	0	0	0	0	66	66
133	Jacob HOWARD	Ipswich Triathlon Club	0	0	0	0	66	0	0	0	66	66
134	Ryan BARTLETT	Saint Edmund Pacers	0	0	0	63	0	0	0	0	63	63
135	Neil CATLEY	Felixstowe RRC	0	0	0	62	0	0	0	0	62	62
136	Matt BENSON	Sudbury Joggers	0	0	0	0	62	0	0	0	62	62
137	Peter JENKYN	Saint Edmund Pacers	0	0	0	61	0	0	0	0	61	61
138	Jason SMITH	Sudbury Joggers	0	0	0	0	61	0	0	0	61	61
139	Lukasz SUPERNAK	Saint Edmund Pacers	0	0	0	0	60	0	0	0	60	60
140	Andrew MANN	Ipswich Jaffa RC	0	0	0	59	0	0	0	0	59	59
141	Ross ARNOLD	Haverhill Running Club	0	0	0	57	0	0	0	0	57	57
142	Michael MOORE	Stowmarket Striders	0	0	0	0	57	0	0	0	57	57
143	Matt REASON	Stowmarket Striders	0	0	0	56	0	0	0	0	56	56
144	Wayne GARDNER	Stowmarket Striders	0	0	0	0	56	0	0	0	56	56
145	Robert GRIMSEY	Hadleigh Hares AC	0	0	0	55	0	0	0	0	55	55
146	James WRIGHT	Ipswich Jaffa RC	0	0	0	0	55	0	0	0	55	55
147	David WRIGHT	Ipswich Jaffa RC	0	0	0	0	54	0	0	0	54	54
148	Graham DIXON	Haverhill Running Club	0	0	0	53	0	0	0	0	53	53
149	Mark LEEKS	Ipswich Jaffa RC	0	0	0	0	53	0	0	0	53	53
150	Dean SEARLE	Felixstowe RRC	0	0	0	0	52	0	0	0	52	52
151	Chris CONNOLLY	Ipswich Jaffa RC	0	0	0	0	51	0	0	0	51	51
152	Robert KEMP	Felixstowe RRC	0	0	0	50	0	0	0	0	50	50
153	Ben BROWN	Framlingham Flyers	0	0	0	0	50	0	0	0	50	50
154	Craig WRIGHT	Ipswich Triathlon Club	0	0	0	0	49	0	0	0	49	49
155	Peter WOODS	Felixstowe RRC	0	0	0	0	48	0	0	0	48	48
156	Richard WILKINS	Felixstowe RRC	0	0	0	0	44	0	0	0	44	44

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
157	Dan SEDGWICK	Ipswich Jaffa RC	0	0	0	0	42	0	0		42	42
158	Thomas HUNNISETT	Saxmundham Saxons	0	0	0	0	41	0	0		41	41
159	Andy MILEY	Ipswich Jaffa RC	0	0	0	0	40	0	0		40	40
160	Oliver LEWIS	Ipswich Jaffa RC	0	0	0	0	39	0	0		39	39
161	Ian ROBINSON	Woodbridge Shufflers	0	0	0	0	38	0	0		38	38
162	David MAYES	Felixstowe RRC	0	0	0	0	37	0	0		37	37
163	Richard DEAN	Ipswich Triathlon Club	0	0	0	0	35	0	0		35	35
164	Nick JARROLD	Ipswich Jaffa RC	0	0	0	0	34	0	0		34	34
165	Gregory PRYKE	Ipswich Jaffa RC	0	0	0	0	30	0	0		30	30
166	Jonny MILES	Felixstowe RRC	0	0	0	0	29	0	0		29	29
167	Darryl YATES	Ipswich Jaffa RC	0	0	0	0	26	0	0		26	26
168	James DOYLE	Stowmarket Striders	0	0	0	0	25	0	0		25	25
169	Ian BODSWORTH	Hadleigh Hares AC	0	0	0	0	21	0	0		21	21
170	David WEEDING	Stowmarket Striders	0	0	0	0	20	0	0		20	20
171	Christopher HULME	Waveney Valley AC	0	0	0	0	19	0	0		19	19
<b>M40</b>												
1	Jim LAST	Framlingham Flyers	100	0	0	100	100	100	100		500	500
2	Robin HARPER	Felixstowe RRC	0	99	0	94	90	93	97		473	473
3	Richard SMITH	Sudbury Joggers	0	97	98	91	83	88	94		551	468
4	Mark ROSE	Ipswich Jaffa RC	95	0	97	86	87	0	93		458	458
5	Benjamin JACOBS	Felixstowe RRC	0	100	100	0	99	99	0		398	398
6	Darren COOK	Felixstowe RRC	0	95	0	0	93	97	98		383	383
7	Paul OSBORNE	Felixstowe RRC	0	91	0	0	91	90	96		368	368
8	Aaron NOBLE	Sudbury Joggers	92	0	96	0	0	83	87		358	358
9	Dave BEIGHTON	Saint Edmund Pacers	94	0	0	89	80	0	95		358	358
10	Jonathan BARNES	Woodbridge Shufflers	0	0	0	81	85	87	90		343	343
11	Peter BIRD	Saint Edmund Pacers	0	0	0	82	74	85	89		330	330
12	Steve CLARK	Sudbury Joggers	0	88	91	0	71	0	79		329	329
13	Anthony HARRIS	Sudbury Joggers	90	0	92	77	68	0	0		327	327
14	Tim LARKE	Stowmarket Striders	0	0	0	98	97	98	0		293	293
15	Jess FARTHING	Felixstowe RRC	0	98	0	95	0	95	0		288	288
16	Chris LEEK	Framlingham Flyers	0	0	0	96	95	92	0		283	283
17	Daniel MEAD	Saint Edmund Pacers	0	94	0	84	0	0	91		269	269
18	Adam MUMFORD	Sudbury Joggers	0	96	0	85	81	0	0		262	262
19	Derek HOOD	Ipswich Jaffa RC	0	93	0	0	82	86	0		261	261
20	Michael RUSHTON	Saint Edmund Pacers	93	0	0	88	79	0	0		260	260
21	James HOWLETT	Framlingham Flyers	0	0	0	83	84	0	92		259	259
22	Daniel GOULD	Felixstowe RRC	0	87	89	73	0	0	0		249	249
23	Martin AVIS	Saint Edmund Pacers	0	0	94	78	77	0	0		249	249
24	Mark GOODWIN	Felixstowe RRC	0	90	0	0	76	81	0		247	247
25	Karl FEAGAN	Hadleigh Hares AC	0	0	93	0	67	79	0		239	239
26	Lee CRISP	Felixstowe RRC	0	0	0	75	66	0	83		224	224
27	Jason ALLARD	Stowmarket Striders	96	0	0	0	98	0	0		194	194
28	Jason TAYLOR	Felixstowe RRC	0	0	0	97	94	0	0		191	191
29	Stephen BROOK	Stowmarket Striders	98	0	0	90	0	0	0		188	188
30	Kieron SAVAGE	Sudbury Joggers	0	0	99	0	0	0	88		187	187
31	Mark HAYDEN	Ipswich Harriers	0	0	0	0	92	94	0		186	186

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
32	Len SAUNDERS	Felixstowe RRC	0	0	0	93	0	89	0		182	182
33	Andy ECCLES	Saint Edmund Pacers	0	92	0	87	0	0	0		179	179
34	Andrew CRAIG	Woodbridge Shufflers	0	0	0	0	86	91	0		177	177
35	Simon ELLIOTT	Sudbury Joggers	0	0	88	0	0	0	84		172	172
36	Jeremy READER	Newmarket Joggers	0	0	90	76	0	0	0		166	166
37	Jimmy SECKER	Sudbury Joggers	0	0	0	0	0	80	86		166	166
38	Matt SAUNDERS	Felixstowe RRC	89	0	0	74	0	0	0		163	163
39	Ben BURROWS	Woodbridge Shufflers	0	0	0	0	78	82	0		160	160
40	John ADAMS	Ipswich Jaffa RC	0	0	0	79	73	0	0		152	152
41	Simon WIGGINS	Felixstowe RRC	0	86	0	0	63	0	0		149	149
42	Carl JARRETT	Felixstowe RRC	0	0	0	0	60	0	80		140	140
43	Stuart SIMMONS	Ipswich Jaffa RC	99	0	0	0	0	0	0		99	99
44	Ashley PROCTOR	Haverhill Running Club	0	0	0	99	0	0	0		99	99
45	Trevor BUNCH	Haverhill Running Club	97	0	0	0	0	0	0		97	97
46	Nick PALMER	Stowmarket Striders	0	0	0	0	96	0	0		96	96
47	Kevin PEIRCE	Ipswich	0	0	0	0	0	96	0		96	96
48	Andre NEVILLE	Stowmarket Striders	0	0	95	0	0	0	0		95	95
49	Alan HART	Stowmarket Striders	0	0	0	92	0	0	0		92	92
50	Matt BALDRY	Waveney Valley AC	91	0	0	0	0	0	0		91	91
51	Tim PAGE	Saint Edmund Pacers	0	89	0	0	0	0	0		89	89
52	David HEARN-PERCY	Haverhill Running Club	0	0	0	0	89	0	0		89	89
53	Simon MERRICK	Felixstowe RRC	88	0	0	0	0	0	0		88	88
54	Daniel KINSMAN	Framlingham Flyers	0	0	0	0	88	0	0		88	88
55	Ian ELDEN	Sudbury Joggers	0	0	87	0	0	0	0		87	87
56	Steven STEARNS	Sudbury Joggers	0	85	0	0	0	0	0		85	85
57	Jem SMITH	Sudbury Joggers	0	0	0	0	0	0	85		85	85
58	Simon TINKLER	Framlingham Flyers	0	0	0	0	0	84	0		84	84
59	Neil MARTIN	Stowmarket Striders	0	0	0	0	0	0	82		82	82
60	Frank BARRETT	Stowmarket Striders	0	0	0	0	0	0	81		81	81
61	Garry CULLUM	Felixstowe RRC	0	0	0	80	0	0	0		80	80
62	Simon HARKIN	Stowmarket Striders	0	0	0	0	0	78	0		78	78
63	Marcus CATLIN	Ipswich Jaffa RC	0	0	0	0	75	0	0		75	75
64	Peter GRAY	Framlingham Flyers	0	0	0	0	72	0	0		72	72
65	Paul BALLARD	Hadleigh Hares AC	0	0	0	0	70	0	0		70	70
66	Daniel SHANKS	Felixstowe RRC	0	0	0	0	69	0	0		69	69
67	Jacob COLLINS	Ipswich Jaffa RC	0	0	0	0	65	0	0		65	65
68	Dan JARROLD	Ipswich Triathlon Club	0	0	0	0	64	0	0		64	64
69	Richard DAY	Stowmarket Striders	0	0	0	0	62	0	0		62	62
70	Julian HOLLAND-GLADWISH	Bungay Black Dog RC	0	0	0	0	61	0	0		61	61
71	Gary JARVIS	Felixstowe RRC	0	0	0	0	59	0	0		59	59
72	Jon CORWIN	Hadleigh Hares AC	0	0	0	0	58	0	0		58	58
73	Neil LAY	Felixstowe RRC	0	0	0	0	57	0	0		57	57
74	Dale MASON	Ipswich Triathlon Club	0	0	0	0	56	0	0		56	56
75	Nick WILLIAMS	Felixstowe RRC	0	0	0	0	55	0	0		55	55
<b>M45</b>												
1	Adam HOWLETT	Framlingham Flyers	100	0	0	99	100	97	100		496	496
2	Steve BROOKE	Felixstowe RRC	98	0	0	97	98	98	97		488	488

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
3	Tom HASLAM	Saxmundham Saxons	0	97	98	0	93	93	95		476	476
4	Richard DEMPSEY	Woodbridge Shufflers	0	95	0	88	88	90	91		452	452
5	Darren SHEPPARD	Framlingham Flyers	99	0	0	98	0	100	98		395	395
6	Piotr BULACZ	Sudbury Joggers	0	0	100	94	0	95	96		385	385
7	Richard SORE	Ipswich Jaffa RC	0	0	0	72	71	78	77		298	298
8	Mark WHITE	Haverhill Running Club	97	0	99	0	0	0	94		290	290
9	Neil MUSTOE	Haverhill Running Club	91	0	0	89	87	0	0		267	267
10	Guy HAYWARD	Framlingham Flyers	0	0	0	85	0	89	90		264	264
11	Mark HUGHES	Stowmarket Striders	93	0	95	0	0	0	75		263	263
12	Glen AVIS	Hadleigh Hares AC	0	0	94	79	0	87	0		260	260
13	Daniel AGER	Ipswich Jaffa RC	0	0	0	86	83	84	0		253	253
14	Carl BERGDAHL	Ipswich Jaffa RC	0	0	0	0	81	86	84		251	251
15	Dave SOLOMON	Felixstowe RRC	0	0	0	0	0	99	99		198	198
16	Rakesh RAJA	Saint Edmund Pacers	0	99	97	0	0	0	0		196	196
17	Roger STONE	Felixstowe RRC	0	0	96	0	0	96	0		192	192
18	Will ALDRED	Framlingham Flyers	0	0	0	95	95	0	0		190	190
19	Craig DEARDEN-PHILLIPS	Saint Edmund Pacers	94	0	0	92	0	0	0		186	186
20	Chris SUGARS	Ipswich Harriers	96	0	0	87	0	0	0		183	183
21	Steve SYMSS	Stowmarket Striders	0	0	0	0	90	0	93		183	183
22	Vince WEBB	Saint Edmund Pacers	0	0	0	90	91	0	0		181	181
23	Glenn PROCTOR	Stowmarket Striders	90	0	0	80	0	0	0		170	170
24	Bill BESLEY	Stowmarket Striders	0	0	0	84	0	0	86		170	170
25	Steve JEGGO	Sudbury Joggers	0	0	0	0	0	80	87		167	167
26	Andrew SMITH	Saint Edmund Pacers	88	0	0	76	0	0	0		164	164
27	Paul HEEKS	Stowmarket Striders	86	0	0	78	0	0	0		164	164
28	Alistair GOODIER	Ipswich Jaffa RC	0	0	0	77	85	0	0		162	162
29	Jonathan WILDING	Felixstowe RRC	0	0	0	81	80	0	0		161	161
30	Sid HAYGREEN	Sudbury Joggers	0	0	93	0	68	0	0		161	161
31	Simon HEDGE	Felixstowe RRC	0	0	0	0	74	75	0		149	149
32	David DAMANT	Stowmarket Striders	0	0	0	0	69	0	76		145	145
33	Jon WILES	Bungay Black Dog RC	0	100	0	0	0	0	0		100	100
34	Keith TILLEY	Ipswich Jaffa RC	0	0	0	100	0	0	0		100	100
35	John THORPE	Ipswich Jaffa RC	0	0	0	0	99	0	0		99	99
36	Tom PULLINGER	Bungay Black Dog RC	0	98	0	0	0	0	0		98	98
37	Nick HAMMOND	Framlingham Flyers	0	0	0	0	97	0	0		97	97
38	Richard HEWITT	Ipswich Triathlon Club	0	0	0	0	96	0	0		96	96
39	Toby CRAIG	Bungay Black Dog RC	0	96	0	0	0	0	0		96	96
40	Tim HANMAN	Ipswich Jaffa RC	0	0	0	96	0	0	0		96	96
41	Andy BARBER	Haverhill Running Club	95	0	0	0	0	0	0		95	95
42	Mark FORD	Felixstowe RRC	0	0	0	0	94	0	0		94	94
43	Dave LEATHER	Stowmarket Striders	0	94	0	0	0	0	0		94	94
44	Keith WILLIAMS	Ipswich Jaffa RC	0	0	0	0	0	94	0		94	94
45	John GREENER	Saint Edmund Pacers	0	0	0	93	0	0	0		93	93
46	Neil KING	Ipswich Jaffa RC	0	0	0	0	92	0	0		92	92
47	Mark SKOULDING	Stowmarket Striders	92	0	0	0	0	0	0		92	92
48	Peter ANDREWS	Ipswich Harriers	0	0	0	0	0	92	0		92	92
49	Ian GOODERHAM	Saint Edmund Pacers	0	0	0	0	0	0	92		92	92
50	Martin LITTLE	Stowmarket Striders	0	0	0	91	0	0	0		91	91

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
51	Stewart HAMBLING	Framlingham Flyers	0	0	0	0	0	91	0		91	91
52	Andy BAILEY	Bungay Black Dog RC	0	0	0	0	89	0	0		89	89
53	Kevin CLARK	Bungay Black Dog RC	89	0	0	0	0	0	0		89	89
54	Nigel HARRISON	Ipswich Jaffa RC	0	0	0	0	0	0	89		89	89
55	Steve KING	Felixstowe RRC	0	0	0	0	0	88	0		88	88
56	Steve MCNAMARA	Stowmarket Striders	0	0	0	0	0	0	88		88	88
57	Christopher HOWARD	Sudbury Joggers	87	0	0	0	0	0	0		87	87
58	Ian BAREHAM	Sudbury Joggers	0	0	0	0	86	0	0		86	86
59	Rob ANDERSON	Felic	0	0	0	0	0	85	0		85	85
60	Jimmy ELMER	Ipswich Jaffa RC	0	0	0	0	0	0	85		85	85
61	Dave HOWGEGO	Felixstowe RRC	0	0	0	0	84	0	0		84	84
62	Lee GODDARD	Stowmarket Striders	0	0	0	83	0	0	0		83	83
63	Jon MOODIE	Framlingham Flyers	0	0	0	0	0	83	0		83	83
64	Howard ALLEN	Ipswich Jaffa RC	0	0	0	0	0	0	83		83	83
65	Leon HAYWARD	Hadleigh Hares AC	0	0	0	0	82	0	0		82	82
66	Steve CHAPMAN	Stowmarket Striders	0	0	0	82	0	0	0		82	82
67	Tim PARNELL	Felixstowe RRC	0	0	0	0	0	82	0		82	82
68	Robbie BURT	Saint Edmund Pacers	0	0	0	0	0	0	82		82	82
69	David WEEDING	Stowmarket Striders	0	0	0	0	0	81	0		81	81
70	Jason WOOD	Framlingham Flyers	0	0	0	0	0	0	81		81	81
71	Paul DORSET	Felixstowe RRC	0	0	0	0	0	0	80		80	80
72	Simon MEECHAM	Ipswich Jaffa RC	0	0	0	0	79	0	0		79	79
73	Steve JORDAN	Saxmundham Saxons	0	0	0	0	0	79	0		79	79
74	Stephen BRODIE	Brandon Fern Hoppers	0	0	0	0	0	0	79		79	79
75	Robert MARR	Ipswich Jaffa RC	0	0	0	0	78	0	0		78	78
76	Melonie EVANS	Sudbury Joggers	0	0	0	0	0	0	78		78	78
77	Gary WEST	Bungay Black Dog RC	0	0	0	0	77	0	0		77	77
78	Justin FIDDAMAN	Felixstowe RRC	0	0	0	0	0	77	0		77	77
79	Barry ROGERS	Bungay Black Dog RC	0	0	0	0	76	0	0		76	76
80	Justin OSTLER	Felixstowe RRC	0	0	0	0	0	76	0		76	76
81	Chris GIBBONS	Ipswich Jaffa RC	0	0	0	0	75	0	0		75	75
82	Greg CONWAY	Brandon Fern Hoppers	0	0	0	75	0	0	0		75	75
83	Kieran HARTIGAN	Stowmarket Striders	0	0	0	74	0	0	0		74	74
84	David CHURCH	Felixstowe RRC	0	0	0	0	73	0	0		73	73
85	Gi Kwong CHEUNG	Ipswich Jaffa RC	0	0	0	73	0	0	0		73	73
86	Stuart HOLLINGSWORTH	Felixstowe RRC	0	0	0	0	72	0	0		72	72
87	Jason KEELEY	Ipswich Harriers	0	0	0	0	70	0	0		70	70
88	John WOOLLER	Ipswich Harriers	0	0	0	0	67	0	0		67	67
89	Josh ARCHER	Hadleigh Hares AC	0	0	0	0	66	0	0		66	66
<b>M50</b>												
1	Charles HANN	Sudbury Joggers	100	0	0	96	100	98	97		491	491
2	Ian DUGGAN	Felixstowe RRC	0	93	98	94	99	97	100		581	488
3	Chris CHORLEY	Bungay Black Dog RC	0	89	94	92	96	91	93		555	466
4	Shaun GOOD	Felixstowe RRC	0	92	95	0	90	89	92		458	458
5	Derek DALY	Saxmundham Saxons	96	0	93	86	80	85	89		529	449
6	Mark GODBOLD	Ipswich Harriers	92	0	92	81	0	87	88		440	440
7	Adrian COLE	Stowmarket Striders	89	0	91	68	0	81	83		412	412



Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
8	Steven HUGHES	Stowmarket Striders	0	99	100	0	0	99	99		397	397
9	Yusuf FIRAT	Haverhill Running Club	0	96	99	95	98	0	0		388	388
10	Nigel SCHOFIELD	Saint Edmund Pacers	98	0	97	0	0	90	94		379	379
11	Robert REASON	Stowmarket Striders	0	86	0	78	77	0	85		326	326
12	Paul NICKELLS	Woodbridge Shufflers	0	97	0	98	0	100	0		295	295
13	Warren BIRCH	Ipswich Jaffa RC	0	100	0	0	97	93	0		290	290
14	Todd LEWIS	Sudbury Joggers	0	0	0	97	0	95	95		287	287
15	Stephen ATKINS	Saint Edmund Pacers	93	0	0	88	94	0	0		275	275
16	Kev WHELAN	Felixstowe RRC	0	88	0	0	92	92	0		272	272
17	Phil DAVIES	Ipswich Jaffa RC	0	0	0	85	88	0	90		263	263
18	Wayne MUMFORD	Sudbury Joggers	0	0	0	84	87	88	0		259	259
19	Philip BROWN	Saint Edmund Pacers	0	84	0	79	0	0	91		254	254
20	Tom HOBLYN	Saint Edmund Pacers	0	0	0	75	89	0	86		250	250
21	Dave STEWARD	Woodbridge Shufflers	0	0	0	77	81	84	0		242	242
22	Paul MCALLISTER	Hadleigh Hares AC	0	0	0	73	76	86	0		235	235
23	Andrew BUCK	Sudbury Joggers	0	0	0	0	0	96	98		194	194
24	Stephen HATTEN	Saint Edmund Pacers	97	0	96	0	0	0	0		193	193
25	Steve COX	Hadleigh Hares AC	0	95	0	0	93	0	0		188	188
26	Steven DURRANT	Felixstowe RRC	0	0	0	83	86	0	0		169	169
27	Hugh WHITE	Hadleigh Hares AC	0	0	0	82	83	0	0		165	165
28	Benjamin SOLWAY	Woodbridge Shufflers	0	79	0	0	84	0	0		163	163
29	Philip BEER	Stowmarket Striders	0	82	0	80	0	0	0		162	162
30	Duncan CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	74	0	0	84		158	158
31	Jimmy RUSSELL	Felixstowe RRC	0	81	0	76	0	0	0		157	157
32	David MANSFIELD	Haverhill Running Club	91	0	0	0	66	0	0		157	157
33	Paul BIRD	Bungay Black Dog RC	87	0	0	0	63	0	0		150	150
34	Robert BARKER	Felixstowe RRC	0	0	0	69	71	0	0		140	140
35	Darren BOND	Ipswich Jaffa RC	0	0	0	66	72	0	0		138	138
36	Wilfred CAMPBELL	Ipswich Jaffa RC	0	0	0	100	0	0	0		100	100
37	Robert HUGHES	Saint Edmund Pacers	99	0	0	0	0	0	0		99	99
38	Mark WATTS	Saint Edmund Pacers	0	0	0	99	0	0	0		99	99
39	Martin LAWRENCE	Haverhill Running Club	0	98	0	0	0	0	0		98	98
40	Stephen CURRAN	Framlingham Flyers	0	0	0	0	0	0	96		96	96
41	Bill BANNER	Haverhill Running Club	95	0	0	0	0	0	0		95	95
42	Adrian GOODE	Felixstowe RRC	0	0	0	0	95	0	0		95	95
43	Philip GROSE	Saint Edmund Pacers	94	0	0	0	0	0	0		94	94
44	Alistair DICK	Ipswich Jaffa RC	0	94	0	0	0	0	0		94	94
45	Simon FENN	Hadleigh Hares AC	0	0	0	0	0	94	0		94	94
46	Mathew BLACOE	Hadleigh Hares AC	0	0	0	93	0	0	0		93	93
47	Alan SANSOM	Woodbridge Shufflers	0	91	0	0	0	0	0		91	91
48	Steven NEAL	Brandon Fern Hoppers	0	0	0	91	0	0	0		91	91
49	Chris FOX	Woodbridge Shufflers	0	0	0	0	91	0	0		91	91
50	David DANIELS	Stowmarket Striders	90	0	0	0	0	0	0		90	90
51	Tim RYDER	Hadleigh Hares AC	0	90	0	0	0	0	0		90	90
52	Paul TYREMAN	Sudbury Joggers	0	0	90	0	0	0	0		90	90
53	Stephen EDWARDS	Newmarket Joggers	0	0	0	90	0	0	0		90	90
54	Chris SERVANT	Ipswich Jaffa RC	0	0	0	89	0	0	0		89	89
55	Ian ST LEDGER	Sudbury Joggers	88	0	0	0	0	0	0		88	88

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
56	Chris HOWLAND	Felixstowe RRC	0	87	0	0	0	0	0	0	87	87
57	Peter WARLAND	Stowmarket Striders	0	0	0	87	0	0	0	0	87	87
58	Mark TURNER	Saint Edmund Pacers	0	0	0	0	0	0	87	0	87	87
59	Phil CAWSTON	Saint Edmund Pacers	0	85	0	0	0	0	0	0	85	85
60	Adrian HINE	Felixstowe RRC	0	0	0	0	85	0	0	0	85	85
61	Stuart YOUNG	Bungay Black Dog RC	0	83	0	0	0	0	0	0	83	83
62	Iain CATCHPOLE	Ipswich Jaffa RC	0	0	0	0	0	83	0	0	83	83
63	John GIBBONS	Saxmundham Saxons	0	0	0	0	82	0	0	0	82	82
64	Dave LAMPARD	Felixstowe RRC	0	0	0	0	0	82	0	0	82	82
65	Joseph MAYNE	Waveney Valley AC	0	80	0	0	0	0	0	0	80	80
66	Rod MACGREGOR	Felixstowe RRC	0	0	0	0	0	80	0	0	80	80
67	David GARNHAM	Ipswich Jaffa RC	0	0	0	0	79	0	0	0	79	79
68	Nick POTTER	Stowmarket Striders	0	0	0	0	78	0	0	0	78	78
69	Nick GOOD	Ipswich Jaffa RC	0	0	0	0	75	0	0	0	75	75
70	Keith CHAMBERLAIN	Ipswich Jaffa RC	0	0	0	0	74	0	0	0	74	74
71	Mark BANHAM	Felixstowe RRC	0	0	0	0	73	0	0	0	73	73
72	Mark AVERY	Ipswich Jaffa RC	0	0	0	72	0	0	0	0	72	72
73	Brian MUNNS	Newmarket Joggers	0	0	0	71	0	0	0	0	71	71
74	David SWALES	Saint Edmund Pacers	0	0	0	70	0	0	0	0	70	70
75	Richard PEARCE	Ipswich Jaffa RC	0	0	0	0	70	0	0	0	70	70
76	Dave LAM	Felixstowe RRC	0	0	0	0	69	0	0	0	69	69
77	Robert ROCHE	Ipswich Triathlon Club	0	0	0	0	68	0	0	0	68	68
78	Stuart SHEPHERD	Saint Edmund Pacers	0	0	0	67	0	0	0	0	67	67
79	Graham RANKIN	Hadleigh Hares AC	0	0	0	0	67	0	0	0	67	67
80	Ian STOCKLEY	Stowmarket Striders	0	0	0	0	65	0	0	0	65	65
81	B MARTIN	Felixstowe RRC	0	0	0	0	64	0	0	0	64	64
<b>M55</b>												
1	Stephen PRETTY	Stowmarket Striders	97	0	99	96	96	96	98	0	582	486
2	Christopher LUCAS	Saxmundham Saxons	94	0	98	0	86	92	94	0	464	464
3	Mark ALLEN	Woodbridge Shufflers	92	0	0	86	88	94	92	0	452	452
4	Joe NAUGHTON	Stowmarket Striders	0	94	0	90	82	89	90	0	445	445
5	David SEYMOUR	Felixstowe RRC	0	97	0	92	0	95	96	0	380	380
6	Howard BEASLEY	Saint Edmund Pacers	100	0	0	100	0	0	100	0	300	300
7	Stephen HICKS	Ipswich Harriers	0	0	0	98	100	99	0	0	297	297
8	Stephen PUGH	Ipswich Jaffa RC	0	100	0	97	99	0	0	0	296	296
9	Robin BELSOM	Ipswich Jaffa RC	98	0	100	95	0	0	0	0	293	293
10	Richard SMITH	Felixstowe RRC	91	0	97	89	0	0	0	0	277	277
11	Mon LEE	Ipswich Jaffa RC	0	96	0	85	89	0	0	0	270	270
12	Alan JACKSON	Ipswich Jaffa RC	0	0	0	99	98	0	0	0	197	197
13	Roger ACKERLEY	Woodbridge Shufflers	0	0	0	0	95	98	0	0	193	193
14	Dave ALLEY	Woodbridge Shufflers	0	98	0	0	93	0	0	0	191	191
15	Peter JAY	Saint Edmund Pacers	0	95	0	0	0	0	95	0	190	190
16	Paul SCHWER	Felixstowe RRC	0	0	0	0	92	0	97	0	189	189
17	Iain HUNTER	Stowmarket Striders	96	0	0	0	0	0	91	0	187	187
18	Alan HILLYARD	Ipswich Jaffa RC	0	0	0	91	90	0	0	0	181	181
19	Dave CHAPMAN	Sudbury Joggers	93	0	0	0	87	0	0	0	180	180
20	Peter FINCH	Ipswich Jaffa RC	0	0	0	88	0	91	0	0	179	179

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
21	Malcolm HOGARTH	Woodbridge Shufflers	0	0	0	0	83	0	93		176	176
22	Steve WILDING	Ipswich Jaffa RC	0	0	0	87	85	0	0		172	172
23	Steve LANGLEY	Ipswich Jaffa RC	0	0	0	0	0	100	0		100	100
24	Dave LUMBY	Ipswich Jaffa RC	99	0	0	0	0	0	0		99	99
25	Paul WIGENS	Woodbridge Shufflers	0	99	0	0	0	0	0		99	99
26	Andrew WEBBER	Stowmarket Striders	0	0	0	0	0	0	99		99	99
27	Adrian WEBBER	Stowmarket Striders	0	0	0	0	97	0	0		97	97
28	Stuart GREEN	Stowmarket Striders	0	0	0	0	0	97	0		97	97
29	Nick KEMPSON	Hadleigh Hares AC	0	0	96	0	0	0	0		96	96
30	Paul PEEK	Waveney Valley AC	95	0	0	0	0	0	0		95	95
31	Duncan CHENERY	Ipswich Jaffa RC	0	0	0	94	0	0	0		94	94
32	Eric SEARLE	Ipswich Jaffa RC	0	0	0	0	94	0	0		94	94
33	Paul GILSON	Ipswich Jaffa RC	0	0	0	93	0	0	0		93	93
34	Steven MITCHELL	Ipswich Jaffa RC	0	0	0	0	0	93	0		93	93
35	Tim LONG	Ipswich Jaffa RC	0	0	0	0	91	0	0		91	91
36	Chris DUTTON	Ipswich Jaffa RC	90	0	0	0	0	0	0		90	90
37	Paul MAYCOCK	Capel Cheetahs	0	0	0	0	0	90	0		90	90
38	David BARTON	Stowmarket Striders	0	0	0	0	84	0	0		84	84
<b>M60</b>												
1	Mik CARR	Bungay Black Dog RC	97	0	99	93	99	98	97		583	490
2	Ian SILLETT	Felixstowe RRC	0	99	98	94	98	96	93		578	485
3	Brian ROGERS	Ipswich Jaffa RC	0	0	100	99	100	0	100		399	399
4	Chris JOHNS	Woodbridge Shufflers	0	0	0	98	0	100	99		297	297
5	Michael BALL	Bungay Black Dog RC	95	0	0	0	97	0	0		192	192
6	Stephen SPENCER	Brandon Fern Hoppers	0	0	0	91	0	0	91		182	182
7	Richard FARNWORTH	Felixstowe RRC	0	0	0	90	0	0	90		180	180
8	Bill KINGABY	Waveney Valley AC	100	0	0	0	0	0	0		100	100
9	Bob PAUL	Bungay Black Dog RC	0	100	0	0	0	0	0		100	100
10	Terry BACK	Ipswich Jaffa RC	0	0	0	100	0	0	0		100	100
11	Ker MACROSSON	Stowmarket Striders	99	0	0	0	0	0	0		99	99
12	John WESTON	Ipswich Jaffa RC	0	0	0	0	0	99	0		99	99
13	Mike FREED	Haverhill Running Club	98	0	0	0	0	0	0		98	98
14	Clive PURBROOK	Newmarket Joggers	0	0	0	0	0	0	98		98	98
15	Miles JOHNSON	Newmarket Joggers	0	0	97	0	0	0	0		97	97
16	Neville CLARKE	Newmarket Joggers	0	0	0	97	0	0	0		97	97
17	Rob MAWSON	Framlingham Flyers	0	0	0	0	0	97	0		97	97
18	Graham PAGE	Saint Edmund Pacers	96	0	0	0	0	0	0		96	96
19	David PENGELLY	Sudbury Joggers	0	0	96	0	0	0	0		96	96
20	Dave VAUGHAN	Saint Edmund Pacers	0	0	0	96	0	0	0		96	96
21	Don BEATTY	Stowmarket Striders	0	0	0	0	0	0	96		96	96
22	John SQUIRRELL	Stowmarket Striders	0	0	0	95	0	0	0		95	95
23	Mark SARGEANTSON	Framlingham Flyers	0	0	0	0	0	95	0		95	95
24	Michael MCKINNELL	Ipswich Triathlon Club	0	0	0	0	0	0	95		95	95
25	Stephen WILLIAMS	Saint Edmund Pacers	0	0	0	0	0	0	94		94	94
26	George WICKER	Saint Edmund Pacers	0	0	0	92	0	0	0		92	92
27	Steve BOWEN	Hadleigh Hares AC	0	0	0	0	0	0	92		92	92

Pos	Name	Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	TOTAL	TOTAL TOP 5 RACES
			Tarpley	Tarpley	Sudbury	Bury	GER	Martlesham	Stowmarket	Turkey Trot		
			10m	20m	5m Fun Run	Friday 5	HM	10k	Scenic 7	10m		
			26/02/2017	26/02/2017	14/04/2017	23/06/2017	24/09/2017	08/10/2017	12/11/2017	10/12/2017		
<b>M65+</b>												
1	Chris AYLMER	Newmarket Joggers	98	0	98	91	95	0	95		477	477
2	Graham SAMPSON	Bungay Black Dog RC	96	0	96	89	94	94	96		565	476
3	Maurice BENNELL	Saxmundham Saxons	94	0	0	0	89	93	89		365	365
4	Charles SHOOLBRED	Ipswich Jaffa RC	100	0	0	99	98	0	0		297	297
5	Richard FELLINGHAM	Stowmarket Striders	99	0	0	97	0	98	0		294	294
6	Jonathan PRICE	Sudbury Joggers	0	0	0	96	0	97	98		291	291
7	Stephen MEAD	Stowmarket Striders	0	100	0	100	0	0	0		200	200
8	Robin ASHE	Bungay Black Dog RC	0	98	0	98	0	0	0		196	196
9	Graham BUSH	Woodbridge Shufflers RRC	0	0	0	0	96	99	0		195	195
10	Peter RUSSELL	Framlingham Flyers	0	0	0	0	0	95	99		194	194
11	David TAYLOR	Framlingham Flyers	0	0	0	95	0	96	0		191	191
12	John CULLUM	Saint Edmund Pacers	0	0	97	92	0	0	0		189	189
13	Paul WINTER	Stowmarket Striders	97	0	0	0	92	0	0		189	189
14	David COLEY	Ipswich Jaffa RC	0	0	0	94	0	0	94		188	188
15	Mike ROSBROOK	Hadleigh Hares AC	0	0	0	93	93	0	0		186	186
16	Garrick FOX	Bungay Black Dog RC	0	0	0	0	91	0	91		182	182
17	Hugh TURNER	Sudbury Joggers	0	0	100	0	0	0	0		100	100
18	Tim NEWTON	Ipswich Jaffa RC	0	0	0	0	100	0	0		100	100
19	Ray ROBERTS	Felixstowe RRC	0	0	0	0	0	100	0		100	100
20	Phil HYMERS	Saint Edmund Pacers	0	0	0	0	0	0	100		100	100
21	Roger BRAND	Saint Edmund Pacers	0	99	0	0	0	0	0		99	99
22	John TURNBULL	Hadleigh Hares AC	0	0	99	0	0	0	0		99	99
23	David FORDHAM	Saxmundham Saxons	0	0	0	0	99	0	0		99	99
24	Alan RICHARDSON	Waveney Valley AC	0	0	0	0	97	0	0		97	97
25	Chris COOK	Saint Edmund Pacers	0	0	0	0	0	0	97		97	97
26	Grayhame FISH	Stowmarket Striders	95	0	0	0	0	0	0		95	95
27	Gordon MERFIELD	Saxmundham Saxons	0	0	95	0	0	0	0		95	95
28	Alan VARLE	Waveney Valley AC	0	0	0	0	0	0	93		93	93
29	Mike HILL	Framlingham Flyers	0	0	0	0	0	0	92		92	92
30	Peter GAY	Stowmarket Striders	0	0	0	90	0	0	0		90	90
31	Tim HIRST	Bungay Black Dog RC	0	0	0	0	90	0	0		90	90
32	David JONES	Stowmarket Striders	0	0	0	0	0	0	90		90	90
33	Philip NUTLEY	Saint Edmund Pacers	0	0	0	88	0	0	0		88	88
34	Brian TURNER	Ipswich Jaffa RC	0	0	0	0	88	0	0		88	88