

Friday 5 Championship File 2026

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Emma WHEELER	FS	Ipswich Phoenix Running Club	498	498	499	499	500	494	2988	1996
Charlotte WICKENS	FS		497	497	498			497	1989	1989
Emma ATTWOOD	FS	Stowmarket Striders RC	496	496	497			498	1987	1987
Maria RIERA TURRO	FS	Felixstowe RRC	495	493	496	497		496	2477	1984
Holly TAYLOR	FS	Felixstowe RRC	493	492	494			495	1974	1974
Kate HEEKS	FS	Stowmarket Striders RC	490	491		493	495		1969	1969
Claire FISHER	FS	Victoria Park Harriers and Tower Hamlets AC	491	468	493	491		490	2433	1965
Heather FISHER	FS	Saxmundham Sports Running & Fitness Club	486	488		494	497		1965	1965
Olivia WILLIAMS	FS	Ipswich Jaffa RC	485	481	491	490	494	489	2930	1964
Natasha SMITH	FS	Ipswich Jaffa RC	488	486	492		493		1959	1959
Michelle HEWITT	FS	Framlingham Flyers		476	486	488	496	486	2432	1956
Rosie OVEL	FS	Ipswich Phoenix Running Club	480	475	483	486	490		2414	1939
Chloe HEEKS	FS	Stowmarket Striders RC	481		487	485		485	1938	1938
Jodie SHARP	FS	Stowmarket Striders RC	478		484	479		482	1923	1923
Holly WHITE	FS		474	470			489	479	1912	1912
Rebecca COULSON-PARKER	FS	Kesgrave Kruisers	479	469	481	481			1910	1910
Florence RICHMOND	FS		469	458		475		473	1875	1875
Katie KING	FS	Saint Edmund Pacers	500	500				500	1500	1500
Aiya HOWE	FS		499		500			499	1498	1498
Zara HANMAN	FS		489	490		492			1471	1471
Hannah LAST	FS		487		480			491	1458	1458
Steph WILDING	FS		484	482				488	1454	1454
Sophie BELL	FS	Ipswich Phoenix Running Club		473	485	482			1440	1440
Eleanor CHAMBERLAIN	FS		465	459				474	1398	1398
Natasha MICHAEL	FS	Saint Edmund Pacers		495		498			993	993
Isabel HOLLANDS	FS	Saint Edmund Pacers			495	496			991	991
Megan SMITH	FS	Framlingham Flyers		487				493	980	980
Tabitha KNEE	FS	Saxmundham Sports Running & Fitness Club		479	490				969	969
Sophie LEEDER	FS	Saint Edmund Pacers		480	488				968	968
Ruby HUNT	FS					477	491		968	968
Bethany JOHNSON	FS		482	484					966	966
Charlotte SALTER	FS		471				487		958	958
Imogen HONEY	FS	Stowmarket Striders RC	476		479				955	955
Rebecca GUY	FS				475			472	947	947
Emily MAGUIRE	FS		459				483		942	942
Holly GOODING	FS	Harwich Runners		465				476	941	941
Hannah PRIOR	FS	Capel Cheetahs		463	478				941	941
Kirsty LAMB	FS		463	460					923	923
Heather MILLS	FS	Rushmere Community Runners	456	454					910	910
Joanna COLLEY	FS	Cambridge & Coleridge AC				500			500	500
Sara BIRD	FS	Ipswich Jaffa RC					499		499	499
Lara FRANKLIN	FS	Saint Edmund Pacers		499					499	499
Helen SYMONDS	FS						498		498	498
Chloe ROUT	FS					495			495	495
Anna KEEBLE	FS	Ipswich Jaffa RC	494						494	494
Cassandra BADGER	FS	Ipswich Harriers		494					494	494
Isobel VICKERY	FS	Royal Navy Athletics Club	492						492	492
Emily SPENCE	FS	Ipswich Triathlon Club					492		492	492
Amy EYO	FS	Witham RC						492	492	492
Kitty MITHEN	FS	Woodbridge Shufflers RC		489					489	489
Lisa CLARKE	FS	Ipswich Jaffa RC			489				489	489
Antonia RIDLEY-HUGHES	FS					489			489	489
Hayley PETERS	FS	Stowmarket Striders RC					488		488	488
Sian ABBOTT	FS	Ipswich Jaffa RC				487			487	487
Antje COX	FS							487	487	487
Emily LOCKWOOD	FS						486		486	486

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Emma KEEN	FS	Trail Running Association		485					485	485
Meggan TILE	FS	Saxmundham Sports Running & Fitness Club					485		485	485
Lisa CLARKE	FS	Ipswich Jaffa RC				484			484	484
Louise HODDER	FS	Rushmere Community Runners					484		484	484
Olivia PRIME	FS							484	484	484
Alice MEADOWS	FS	Felixstowe RRC	483						483	483
Gemma THURSTON-WRIGHT	FS	Framlingham Flyers		483					483	483
Emma GOODMAN	FS					483			483	483
Amelia SOUTHALL	FS							483	483	483
Chloe ADAMSON	FS				482				482	482
Ayushi KHATRI	FS							481	481	481
Natasha MACGREGOR	FS					480			480	480
Angela UNDERWOOD	FS	Newmarket Joggers						480	480	480
Lexi SCALA	FS	Woodbridge Shufflers RC		478					478	478
Amy SMITHEN	FS					478			478	478
Jess GOULD	FS	Great Bentley Running Club						478	478	478
Ashleigh MILLS	FS	Ipswich Jaffa RC	477						477	477
Michelle HUMPHREY	FS			477					477	477
Cydney NUNN	FS				477				477	477
Hannah GRINHAM	FS							477	477	477
Lara ROBINSON	FS				476				476	476
Eleanor WATSON	FS					476			476	476
Rachel ANDVIG	FS	Kesgrave Cruisers	475						475	475
Karen CHAMBERLAIN	FS							475	475	475
Kelsey BORRER	FS	Saxmundham Sports Running & Fitness Club		474					474	474
Vicky FREEMAN	FS				474				474	474
Sophie BRIGGS	FS	Norfolk Gazelles AC				474			474	474
Kate MELLOR HINE	FS		473						473	473
Molly LEWIS	FS				473				473	473
Courtney TURNER	FS					473			473	473
Katie MEADOWS	FS	Felixstowe RRC	472						472	472
Mae WASHINGTON	FS	Stowmarket Striders RC		472					472	472
Daisy REED	FS				472				472	472
Olivia HART	FS			471					471	471
Pia CARSON-MOORE	FS				471				471	471
Kayleigh SMITH	FS							471	471	471
Olivia BEER	FS	Stowmarket Striders RC	470						470	470
Kerri BARRELL	FS							470	470	470
Faye METCALFE	FS		468						468	468
Amelia BONES	FS		467						467	467
Emma LEDGERWOOD	FS			467					467	467
Danielle D'ARCY	FS		466						466	466
Lacey KING	FS			466					466	466
Emma LEANING	FS		464						464	464
Christina JENNINGS	FS			464					464	464
Klaudia KOWALSKA	FS		462						462	462
Gus YOUNG	FS	Saxmundham Sports Running & Fitness Club		462					462	462
Adriana HOUCHELL	FS	Ipswich Jaffa RC	461						461	461
Manon KINCHIN	FS	Saxmundham Sports Running & Fitness Club		461					461	461
Stacey ROWE	FS		460						460	460
Abby FLEMING	FS	Felixstowe RRC	458						458	458
Melody HOWARD	FS		457						457	457
Lyssa JENKINS	FS	Stowmarket Striders RC		457					457	457
Catriona PEARSON	FS	Woodbridge Shufflers RC		456					456	456
Maricris GUERRERO	FS		455						455	455
Sophie RYMILL	FS			455					455	455

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rhiannon WARD	FS	Felixstowe RRC	454						454	454
Lauren BACON	FS			453					453	453
Stacie LONG	FS	Vegan Runners UK		452					452	452

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Darcy BOWEN	FU20	Ipswich Jaffa RC			500	500		500	1500	1500
Evie ROPER	FU20		497	498	499				1494	1494
Jessica READ	FU20		500	500					1000	1000
Holly ATTWELL	FU20	Stowmarket Striders RC					500	497	997	997
Freya WILCOX	FU20	Ipswich Jaffa RC				498		498	996	996
Evie GOWERS	FU20	Colchester Harriers AC	499						499	499
Milly ENGLISH	FU20	Framlingham Flyers		499					499	499
Amelie TAYLOR	FU20					499			499	499
Alexia CARMEDY	FU20	Ipswich Harriers						499	499	499
Amelia BANFIELD	FU20	Kesgrave Kruisers	498						498	498
Caroline COX-HARTIGAN	FU20	Bungay Black Dog RC		497					497	497
Lottie ELLIS	FU20		496						496	496
Sophie KIRK	FU20		495						495	495

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kirstie GLADWELL	FV40	Framlingham Flyers		499		500	500	500	1999	1999
Stacey MOCKFORD	FV40	Saint Edmund Pacers	500	500	499	497		497	2493	1996
Lydia KINDRED	FV40	Framlingham Flyers	498	498	498	498	498	499	2989	1993
Lara CHILDS	FV40		497	497	497	495	496	496	2978	1987
Katarzyna DABROWSKA	FV40	Capel Cheetahs	495	494	495	491	493	493	2961	1977
Keeley SWORDS	FV40	Colchester & Tendring AC	491		494	490	494		1969	1969
Lydia SIMMONS	FV40	Saint Edmund Pacers	484	488	492	486		490	2440	1956
Amy KADING	FV40	Stowmarket Striders RC	483	486	491	482		489	2431	1949
Laura BROWN	FV40	Stowmarket Striders RC	485	487		484		491	1947	1947
Jenny STEEDMAN	FV40	Saint Edmund Pacers	499			499		498	1496	1496
Misty SMITH	FV40	Ipswich Jaffa RC	496				492	494	1482	1482
Lynsey WARREN	FV40		492	495		494			1481	1481
Jenni ASKEW-MARTIN	FV40	Kesgrave Cruisers			500		499		999	999
Heather SMITH	FV40	Norfolk Gazelles AC				496	497		993	993
Hien HOANG	FV40	Great Bentley Running Club			496	493			989	989
Kyra WILSON	FV40	Framlingham Flyers	494	493					987	987
Sophie DOE	FV40	Kesgrave Cruisers	493	492					985	985
Louise CRACKNELL	FV40	Felixstowe RRC	490	491					981	981
Jenny HURLEY	FV40	Felixstowe RRC	487		493				980	980
Rosanna HOLDEN	FV40	Colchester & Tendring AC	488					492	980	980
Rebecca BHALLA	FV40					485	491		976	976
Pippa SARGENT	FV40	Stowmarket Striders RC			490			485	975	975
Donna TAYLOR	FV40			496					496	496
Louise WILKINS	FV40	Stowmarket Striders RC					495		495	495
Claudia KEITCH	FV40	Great Bentley Running Club						495	495	495
Laura MARKHAM	FV40					492			492	492
Lucy ENGLISH	FV40	Framlingham Flyers		490					490	490
Kayleigh TURPIN	FV40	Felixstowe RRC	489						489	489
Joanne HARPER	FV40	Felixstowe RRC		489					489	489
Julie FAIRWEATHER	FV40	Girls That Jeff			489				489	489
Sarah Jane BENNETT	FV40	Ipswich Jaffa RC				489			489	489
Anneli OSTLER	FV40	Felixstowe RRC			488				488	488
Laura GREENMAN	FV40	Ipswich Jaffa RC				488			488	488
Leoni HARVEY	FV40							488	488	488
Sarah FALIVENO	FV40					487			487	487
Sophie SMITH	FV40							487	487	487
Kirsty MARSH	FV40	Felixstowe RRC	486						486	486
Sofia G6 BROWN	FV40	Haverhill Running Club						486	486	486
Joanna BREAKELL	FV40			485					485	485
Lyndsey FARMAN	FV40			484					484	484
Catherine MATHIESON	FV40							484	484	484
Hollie SUTHERLAND	FV40	Felixstowe RRC		483					483	483
Carla PEREIRA	FV40	Saint Edmund Pacers				483			483	483
Melanie GAVIN	FV40		482						482	482
Lucy ALEXANDER	FV40	Saxmundham Sports Running & Fitness Club		482					482	482
Alice METZLER	FV40		481						481	481
Lindsay CHURCHMAN	FV40	Diss and District AC		481					481	481
Laura LAWRENCE	FV40	Felixstowe RRC	480						480	480
Terri GIRLING	FV40			480					480	480
Becky ELLUL	FV40	Felixstowe RRC	479						479	479
Karen SHARKEY	FV40		478						478	478

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Amanda MORTIMER	FV45	Ipswich Jaffa RC	500	500	500			500	2000	2000
Karen FARTHING	FV45	Haverhill Running Club	496	498	497	497			1988	1988
Anna SLATER	FV45	Saint Edmund Pacers		494	495	489	497		1975	1975
Kaye STONE	FV45	Felixstowe RRC	485	490	489		494	490	2448	1963
Kate HUTSON	FV45	Ipswich Jaffa RC	488	489	488	484	493	491	2933	1961
Louise RIDDLESTON	FV45		484	488	487	483		488	2430	1947
Holly WEIR	FV45	Colchester Harriers AC			498	500	500		1498	1498
Vicky SHELDON	FV45	Tiptree Road Runners	499			496		498	1493	1493
Donna HOWARD	FV45	Colchester & Tendring AC	493		493	495			1481	1481
Donna HARRIS	FV45	Great Bentley Running Club		492			496	492	1480	1480
Michelle RANSON	FV45	Vegan Runners UK			485	482	492		1459	1459
Sandy PAGE	FV45	Kesgrave Kruisers	498				499		997	997
Vashti MACDONALD-CLINK	FV45	Cambridge & Coleridge AC			499	498			997	997
Ellie CUMNER	FV45	Colchester Harriers AC	497	499					996	996
Helen FINDLEY	FV45	Kesgrave Kruisers	495					497	992	992
Karen DEASY	FV45					493		496	989	989
Helen ARIYO	FV45	Kesgrave Kruisers	494		494				988	988
Terri GREEN	FV45	Ipswich Jaffa RC		495	492				987	987
Nicola ROBINSON	FV45	Framlingham Flyers		496		491			987	987
Carla EWEN	FV45	Colchester & Tendring AC		491			495		986	986
Haley DUFFY	FV45	Ipswich Jaffa RC	487					489	976	976
Natalie GOWERS	FV45	Running Colchester	480					487	967	967
Agnieszka ANDRZEJAK	FV45	Stowmarket Striders RC	478	487					965	965
Sian KINGSTON	FV45	Framlingham Flyers				499			499	499
Hannah POLLARD	FV45	Newmarket Joggers						499	499	499
Marion BENNETT	FV45	Ipswich Jaffa RC					498		498	498
Sophia LE SAUVAGE	FV45			497					497	497
Vicky DE SOUZA	FV45	Kesgrave Kruisers			496				496	496
Tanya HEMMINGS	FV45	Jogging Made Easy						495	495	495
Magdalena KOMOROWSKA	FV45	Great Bentley Running Club				494			494	494
Sarah-Jane BENNETT	FV45	Great Bentley Running Club						494	494	494
Amanda JANES	FV45			493					493	493
Hannah ROUT	FV45							493	493	493
Catherine HUGHES	FV45		492						492	492
Ruth GOODCHILD	FV45					492			492	492
Gemma SMY	FV45	Trail Running Association	491						491	491
Anna SMITH	FV45				491				491	491
Carrie KEMP	FV45	Felixstowe RRC	490						490	490
Carly THORNTON	FV45				490				490	490
Clare TAYLOR	FV45					490			490	490
Amy DINES	FV45		489						489	489
Claire BLANCHFORD	FV45					488			488	488
Irene NUZZO	FV45					487			487	487
Jennifer EVANS	FV45	Woodbridge Shufflers RC	486						486	486
Amy RABAIOTTI	FV45				486				486	486
Donna TALBOT	FV45	Saint Edmund Pacers				486			486	486
Bee HARRIS	FV45	Great Bentley Running Club						486	486	486
Becky BURRIS	FV45	Thetford AC				485			485	485
Emma BYRNE	FV45	Felixstowe RRC						485	485	485
Lucy JONES	FV45	Felixstowe RRC	483						483	483
Claire ROWBOTHAM	FV45	Felixstowe RRC	482						482	482
Cara BARKER	FV45		481						481	481
Sue RUSSELL	FV45	Capel Cheetahs	479						479	479

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Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Juliet GARNHAM	FV50	Stowmarket Striders RC	500	500		500		499	1999	1999
Karen OFFORD	FV50	Stowmarket Striders RC	497	498	499	499	500	497	2990	1996
Alex SMITH	FV50	Stowmarket Striders RC		494	497		495	494	1980	1980
Anna SMITH	FV50		492		493	493		488	1966	1966
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness Club	486	488		489	494		1957	1957
Samantha LINASSI	FV50	Felixstowe RRC	499				499	500	1498	1498
Sharon BARNETT	FV50	Felixstowe RRC	498				498	495	1491	1491
Claire STEELE	FV50	Lonely Goat RC			495	491		490	1476	1476
Joanne SARGENT	FV50	Hadleigh Hares AC	493			492		486	1471	1471
Claire WELLS	FV50	Braintree & District AC			496	496			992	992
Fiona HUNT	FV50	Kesgrave Cruisers				495	497		992	992
Julia ASHLEY	FV50	Kesgrave Cruisers	491					489	980	980
Sharon HAYFIELD	FV50	Rushmere Community Runners	489					491	980	980
Angela SELFE	FV50	Stowmarket Striders RC		489				487	976	976
Deb CHING	FV50	Capel Cheetahs			500				500	500
Joanne COX	FV50	Bungay Black Dog RC		499					499	499
Helen EVANS	FV50	Ipswich Jaffa RC			498				498	498
Helen HILARIO	FV50	Newmarket Joggers				498			498	498
Kelly SMITH	FV50	Boxted Runners						498	498	498
Gemma MOSS	FV50	Ipswich Jaffa RC		497					497	497
Mary AKIN-GEORGE	FV50					497			497	497
Victoria ORFORD	FV50	Framlingham Flyers	496						496	496
Amanda SMITH	FV50	Woodbridge Shufflers RC		496					496	496
Francine DASSEVILLE	FV50	Newmarket Joggers					496		496	496
Nivalda DINES	FV50	Boxted Runners						496	496	496
Nikki VINCE	FV50	Hadleigh Hares AC	495						495	495
Sally BRYSON	FV50			495					495	495
Kirsty ABERDEIN	FV50		494						494	494
Clare RICHARDSON	FV50	Harwich Runners				494			494	494
Cherilyn LANE	FV50				494				494	494
Clare MOODIE	FV50	Framlingham Flyers		493					493	493
Marie PAVELEY	FV50	Capel Cheetahs						493	493	493
Natalie BROWN	FV50	Waveney Valley AC		492					492	492
Kate WILLS	FV50	Boxted Runners						492	492	492
Fiona GOLDSMITH	FV50			491					491	491
Rachael WILLIAMS	FV50	Felixstowe RRC	490						490	490
Hannah DORAN	FV50			490					490	490
Sarah KINSTON	FV50	Newmarket Joggers				490			490	490
Teresa BARNETT	FV50	Capel Cheetahs	488						488	488
Sarah HARMON	FV50	Felixstowe RRC	487						487	487
Jo BIRCH	FV50	Lonely Goat RC		487					487	487
Anna TOMASZCZUK	FV50		485						485	485

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Carol CARTER	FV55	Newmarket Joggers			500	500	499	500	1999	1999
Anita WARD	FV55	Saint Edmund Pacers	500	500	498	498	500	498	2994	1998
Rachel TERRY	FV55	Stowmarket Striders RC	499	499	499	499			1996	1996
Mary NAREY	FV55	Stowmarket Striders RC	498	497	496	497	498	497	2983	1990
Debbie CATLING	FV55	Felixstowe RRC		498	497	496		499	1990	1990
Nathalie HOOPER	FV55	Hadleigh Hares AC	497	495	495	494	497	496	2974	1985
Janice MITCHELL	FV55	Haverhill Running Club	492	492	490	492	496	493	2955	1973
Jo GARRARD	FV55	Woodbridge Shufflers RC	494	494	491	493			1972	1972
Eloise BIRD	FV55	Saint Edmund Pacers			486	491	495	492	1964	1964
Debbie HART	FV55		484		488	490	494	491	2447	1963
Lisa BOND	FV55	Ipswich Phoenix Running Club	487	489		488		488	1952	1952
Rachel MORLEY	FV55	Colchester & Tendring AC	480	485	485	486			1936	1936
Wendy KELLETT	FV55	Ipswich Jaffa RC	495		494			494	1483	1483
Helen YELLOP	FV55	Capel Cheetahs			492	495		495	1482	1482
Karen FLOWER	FV55	Saxmundham Sports Running & Fitness Club	488	490		489			1467	1467
Amanda PRIOR	FV55	Capel Cheetahs	489	491	487				1467	1467
Suzi CATCHPOOL	FV55	Ipswich Jaffa RC	496	496					992	992
Caroline SPENDLOVE	FV55	Saxmundham Sports Running & Fitness Club	493	493					986	986
Helen DAVIES	FV55	Framlingham Flyers	486	487					973	973
Dawn BINGE	FV55	Felixstowe RRC	483					489	972	972
Heather SMITH	FV55	Rushmere Community Runners	482	488					970	970
Mary-Ann TULI	FV55	Haverhill Running Club			493				493	493
Samantha CLOUD	FV55		491						491	491
Gill MELLOR	FV55	Felixstowe RRC	490						490	490
Tracey NOBBS	FV55	Stowmarket Striders RC						490	490	490
Karen LINE	FV55				489				489	489
Jackie HENLEY	FV55	Newmarket Joggers				487			487	487
Miranda RAYNER	FV55	Harwich Runners						487	487	487
Dawn CHAMNESS	FV55			486					486	486
Jacqueline ALLPORT	FV55	Felixstowe RRC	485						485	485
Samantha GROSE	FV55					485			485	485
Amanda CHILDS	FV55			484					484	484
Ann KIRTON	FV55	Thetford AC	481						481	481
Sharon TAYLOR	FV55		479						479	479
Debbie SMITH	FV55	Thetford AC	478						478	478

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Val JENNINGS	FV60	Ipswich Jaffa RC	500	500		500		500	2000	2000
Claire BROWN	FV60	Saint Edmund Pacers	498	499		496		499	1992	1992
Ruth COWLIN	FV60	Sudbury Joggers	495	494	496	497		497	2479	1985
Sarah GOLDING	FV60	Saint Edmund Pacers	494	492	493			495	1974	1974
Jan HOLMES	FV60	Newmarket Joggers	490	489	492	494		493	2458	1969
Joanne BOUTTELL	FV60	Newmarket Joggers	487	488	491	492		490	2448	1961
Sonia DUNNETT	FV60	Capel Cheetahs	484	485	490	490		488	2437	1953
Jenny SHEAHAN	FV60	Eastern Masters AC	497	498				496	1491	1491
Sandra MAYHEW	FV60	Stowmarket Striders RC	496	496	497				1489	1489
Sarah DAVIES	FV60	Framlingham Flyers	491	491				494	1476	1476
Haley PRITCHARD-SUTTLE	FV60	Saint Edmund Pacers	499		500				999	999
Sandy THOROGOOD	FV60					499	500		999	999
Josephine SHEFFIELD	FV60	Braintree & District AC			495	495			990	990
Helen WASS	FV60	Newmarket Joggers	493		494				987	987
Jackie COLLINS	FV60	Felixstowe RRC	486	486					972	972
Anna Migliorini LYON	FV60	Great Bentley Running Club			499				499	499
Mary ASHCROFT	FV60	Stowmarket Striders RC			498				498	498
Maureen MCCARTHY	FV60	Saint Edmund Pacers				498			498	498
Sue BARROWCLOUGH	FV60	Jogging Made Easy						498	498	498
Gaye ROBERTS	FV60			497					497	497
Kathryn GALBRAITH	FV60			495					495	495
Sue CROSS	FV60	Bedford Harriers AC		493					493	493
Juliet TILLYARD	FV60					493			493	493
Adele FIELD	FV60	Felixstowe RRC	492						492	492
Julie HOCKEN	FV60	Jogging Made Easy						492	492	492
Helen STACY	FV60					491			491	491
Karen SHELLEY	FV60	Stowmarket Striders RC						491	491	491
Fran ABRAMS	FV60	Saxmundham Sports Running & Fitness Club		490					490	490
Heather RUFF	FV60		489						489	489
Tracy JECKELLS	FV60	Felixstowe RRC						489	489	489
Michelle WALNE	FV60	Felixstowe RRC	488						488	488
Susan TAYLOR	FV60			487					487	487
Sharon HALPIN	FV60		485						485	485
Claire JAY	FV60		483						483	483

Friday 5 Championship File 2026

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Bobbie SAUERZAPF	FV65	Bungay Black Dog RC	496	499	498	499	500		2492	1996
Belinda GODBOLD	FV65	Hadleigh Hares AC	499		499			498	1496	1496
Jane MOON	FV65	Felixstowe RRC			497	498		497	1492	1492
Sandra ROBERTS	FV65	Ipswich Jaffa RC	500					500	1000	1000
Sue LOCKHART	FV65	Ipswich Jaffa RC				500		499	999	999
Denise ROBINSON	FV65	Stowmarket Striders RC				497		496	993	993
Jane HUNTER	FV65	Stowmarket Striders RC				496		494	990	990
Janet ASKEW	FV65	Kesgrave Kruisers			496			493	989	989
Sue PEARSON	FV65	Saxmundham Sports Running & Fitness Club	493			494			987	987
Alison COOPER	FV65	Waveney Valley AC		500					500	500
Fiona CUNNINGTON	FV65	Saint Edmund Pacers			500				500	500
Helen ANDVIG	FV65	Kesgrave Kruisers	498						498	498
Trina BICKERS	FV65	Saxmundham Sports Running & Fitness Club		498					498	498
Rebecca HEWSON	FV65	Felixstowe RRC	497						497	497
Sheree HAVERON	FV65			497					497	497
Sally GARNHAM	FV65	Felixstowe RRC	495						495	495
Julia BILOTTA	FV65	Hadleigh Hares AC			495				495	495
Rita RUE	FV65					495			495	495
Jo HIGGON	FV65	Harwich Runners						495	495	495
Hilary COOK	FV65	Felixstowe RRC	494						494	494
Gina DIMASCIO	FV65							492	492	492

Friday 5 Championship File 2026

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jenny MORGAN	FV70+	Saint Edmund Pacers	500	500	500	500			2000	2000
Elspeth KNOTT	FV70+	Harwich Runners	499	499	499	499			1996	1996
Vivienne TAYLOR	FV70+	Framlingham Flyers	498	498		498			1494	1494
Judith SMITH	FV70+					496	500		996	996
Ann PIERCY	FV70+	Harwich Runners						500	500	500
Liz PAXTON	FV70+	Haverhill Running Club			498				498	498
Sue HARGADON	FV70+	Woodbridge Shufflers RC	497						497	497
Avril COURT	FV70+			497					497	497
Caroline MCINTOSH	FV70+	Newmarket Joggers				497			497	497

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Owen REES	MS	Ipswich Phoenix Running Club	500	500	500	500	500	500	3000	2000
James WILSON	MS	Saxmundham Sports Running & Fitness Club	499	498	499	498			1994	1994
Ed SEELEY	MS	Ipswich Harriers	497	497	495		499		1988	1988
Aidan ELMORE	MS	Saint Edmund Pacers	495	496	490	493		490	2464	1974
Chris GREEN	MS	Felixstowe RRC		491	493	492		487	1963	1963
Alex ARCHER	MS	Ipswich Jaffa RC		487	486	487	498		1958	1958
Ryan DAVIDSON	MS	Felixstowe RRC	496		494	495		459	1944	1944
Oliver WATSON	MS		481	483	483		496	475	2418	1943
John JOUSIFFE	MS		489	490	487			474	1940	1940
Tom COWLEY	MS	Hadleigh Hares AC	482	486	485	483		478	2414	1936
Joshua MILLS	MS		483	485	484	482			1934	1934
Jonathon HOLYHEAD	MS		478	476	478	464	492	466	2854	1924
Christopher FULLER	MS	Saxmundham Sports Running & Fitness Club	475	475		479	493	461	2383	1922
Thomas BEECROFT	MS	Framlingham Flyers	473	468	477	477	490		2385	1917
Duncan NG	MS	Stowmarket Striders RC	477	480	479	481			1917	1917
Oliver SCHOFIELD	MS	Saint Edmund Pacers	479	484	481	472		472	2388	1916
Wayne MANN	MS	Ipswich Jaffa RC	470		475	475	494	460	2374	1914
Connor DIPLOCK	MS	Saxmundham Sports Running & Fitness Club	462	460	467	465	485	453	2792	1879
Paul CONNICK	MS	Framlingham Flyers	460	462	468	452	473	454	2769	1863
George ALLEN	MS	Saint Edmund Pacers	457	469	471			463	1860	1860
Reece GOODERHAM	MS	Saint Edmund Pacers		453		463	486	455	1857	1857
Peter CLEAVES	MS	Stowmarket Striders RC	455		462	455	476		1848	1848
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness Club	480	434		430	469	432	2245	1815
Bradley WHEELER	MS	Ipswich Phoenix Running Club	448	447	460			446	1801	1801
Stuart MATHIESON	MS	Sudbury Joggers	440	437	459	435		438	2209	1774
Scott SHERMAN	MS		439		458	437		430	1764	1764
Sam HARDWICK	MS	Stowmarket Striders RC	436	435	456			435	1762	1762
Craig SMITH	MS			433	453	434		433	1753	1753
James WOODLEY	MS	Hadleigh Hares AC			498	497		496	1491	1491
Tobie STOLLERY	MS		492		488			483	1463	1463
Owen BROOM	MS	Ipswich Jaffa RC	490			489		481	1460	1460
Jake LANE	MS			481			489	468	1438	1438
Josh CARR	MS	Saint Edmund Pacers			473	467	488		1428	1428
Charles OHSTEN	MS	Stowmarket Striders RC	476	464			480		1420	1420
George WRIGHT	MS	Stowmarket Striders RC	474	470		469			1413	1413
Paul WAIN	MS	Ipswich Jaffa RC	486	446	480				1412	1412
Daniel STOCKS	MS	Saint Edmund Pacers		456		456	477		1389	1389
Jack NOON	MS			457	465	462			1384	1384
Owen WOOLLARD	MS		465	438	472				1375	1375
Craig STARLING	MS		458	455		454			1367	1367
Adam PLUMMER	MS	Rushmere Community Runners		448	461	450			1359	1359
Jamie PAYNE	MS			443		442	471		1356	1356
Ryan WATERS	MS		452		455			447	1354	1354
Michael HAMMOND	MS		450	450				449	1349	1349
Stuart HUNT	MS	Colchester Harriers AC	447			447		442	1336	1336
Sultan TUSA	MS	Ipswich Jaffa RC	498					494	992	992
Max HEMSON	MS	Colchester Harriers AC			496			492	988	988
Louis CHANCELLOR	MS		494		491				985	985
Thomas SMITH	MS	Saint Edmund Pacers	493	492					985	985
Josh HARVEY	MS	Framlingham Flyers		494				488	982	982
Freddie EVANS	MS	Saxmundham Sports Running & Fitness Club		493	489				982	982
Stuart WARD	MS	Felixstowe RRC	488	488					976	976
Chris GWATKIN	MS	Stowmarket Striders RC			476		491		967	967
Geraint WHITE	MS	Saint Edmund Pacers		482		484			966	966
Joe WHITLEY	MS	Ipswich Jaffa RC	484	477					961	961
Kester WEBB	MS				474		484		958	958

Friday 5 Championship File 2026

Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Peter HILL	MS			466			487		953	953
Alfie SEAMONS	MS	Saxmundham Sports Running & Fitness Club		473		476			949	949
Kieren HART	MS		472	472					944	944
Oliver QUINTON	MS		467	474					941	941
Tom DARLING	MS			459			481		940	940
Jordan BEAUMONT	MS				470	468			938	938
Matthew BISHOP	MS	Saint Edmund Pacers			469	466			935	935
Luke CATCHPOLE	MS			454				469	923	923
Jeanpierre AKAKPO	MS				466			456	922	922
Matthew LAST	MS	Framlingham Flyers		461		460			921	921
Taylor EDWARDS	MS				450		467		917	917
James MORRELL	MS	Haverhill Running Club			463	451			914	914
Joel ANDREWS	MS	Rotherham Harriers and AC				431	468		899	899
Gary INGRAM	MS	Ipswich Jaffa RC	446			443			889	889
Charles LAYZELL	MS	Ipswich Phoenix Running Club		442				445	887	887
Danny RANSON	MS	Boxted Runners			451	429			880	880
George LANKESTER	MS			440				439	879	879
James GIRLING	MS		441	436					877	877
Regan PEACOCK	MS		438	439					877	877
Thomas RUSSELL	MS	Felixstowe RRC	433			432			865	865
Ross MCGILL	MS	Woodbridge Shufflers RC		499					499	499
Michael GILBERT	MS	Cambridge & Coleridge AC				499			499	499
Joseph PATTERSON	MS	Colchester Harriers AC						499	499	499
Kim BOWLING	MS	Colchester Harriers AC						498	498	498
Chris RYAN	MS	Colchester Harriers AC			497				497	497
Jake HAYWARD	MS	Stowmarket Striders RC					497		497	497
Sam CLAYTON	MS	Colchester & Tendring AC						497	497	497
Jake GARRATT	MS	RAF Athletics				496			496	496
James PARR	MS	Ipswich Jaffa RC		495					495	495
George MANN	MS						495		495	495
Haydn WADE	MS	Felixstowe RRC						495	495	495
Scott WILLIAMS	MS	Saint Edmund Pacers				494			494	494
Steven WHERRETT	MS	Witham RC						493	493	493
Dominic HAZELL-EVANS	MS				492				492	492
Michael JENNINGS	MS		491						491	491
Oliver DAYKIN	MS	Newmarket Joggers				491			491	491
Mark WOODLEY	MS							491	491	491
Robert SMAILES	MS	Saint Edmund Pacers				490			490	490
Sam BORRER	MS	Saxmundham Sports Running & Fitness Club		489					489	489
Sam PILGRIM	MS	Braintree & District AC						489	489	489
Brendon MAYERS	MS					488			488	488
Francis FOX	MS		487						487	487
Harry FITZGERALD	MS					486			486	486
Will BLACKBURN	MS							486	486	486
William DUNN	MS		485						485	485
Josh SCARLETT	MS	Saint Edmund Pacers				485			485	485
Thomas HEMSLEY	MS	Newmarket Joggers						485	485	485
Dean SEMPLE	MS	Colchester Harriers AC						484	484	484
Joe CARDY	MS						483		483	483
Steve BEASLEY	MS	March AC			482				482	482
David JOHNSON	MS	Framlingham Flyers					482		482	482
Jonny HOCKEN	MS							482	482	482
Simon WARD	MS					480			480	480
Lloyd HEARD	MS							480	480	480
Andrew REYNOLDS	MS			479					479	479
Aaron DEW	MS						479		479	479

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Freddie TURNER	MS	Framlingham Flyers						479	479	479
Peter FISK	MS			478					478	478
Josh CLARKE-DAVIS	MS	Saint Edmund Pacers				478			478	478
Jordan ROW	MS						478		478	478
Christopher EDWARDS	MS	Colchester Harriers AC						477	477	477
Taylor FISHER	MS							476	476	476
Oscar HUNT	MS						475		475	475
Ryan HORNE	MS					474			474	474
Lucas BRITTAIN	MS						474		474	474
Lewis BRYANT	MS	Thetford AC				473			473	473
Matthew FRIEND	MS							473	473	473
Tom SPENCE	MS						472		472	472
Martin FOX	MS		471						471	471
John VINECOMBE	MS			471					471	471
Michael BURRIS	MS	Thetford AC				471			471	471
Peter JARDINE	MS							471	471	471
Nathan SIMS	MS	Haverhill Running Club				470			470	470
Will AUSTIN	MS						470		470	470
William ROBERTS	MS							470	470	470
Euan CHILDS	MS		469						469	469
Finn CHILDS	MS		468						468	468
Robert TREBILCOCK	MS	Woodbridge Shufflers RC		467					467	467
Craig SLOCOMBE	MS	Great Bentley Running Club						467	467	467
Josh WARRINGTON	MS		466						466	466
William RIDGARD	MS	Saxmundham Sports Running & Fitness Club		465					465	465
Andrew LANHAM	MS	Great Bentley Running Club						465	465	465
Ryan CHAPMAN	MS	Saxmundham Sports Running & Fitness Club	464						464	464
Christopher THOMSON	MS	Framlingham Flyers			464				464	464
Harry YOUNG	MS	Harwich Runners						464	464	464
Ben JACKSON	MS	Felixstowe RRC	463						463	463
Gareth LANE	MS			463					463	463
Ian CUTHBERT	MS	Witham RC						462	462	462
Samuel ADAMS	MS		461						461	461
Charlie STONE	MS	Thetford AC				461			461	461
Christian HANMAN	MS		459						459	459
Joe WINTER	MS	Haverhill Running Club				459			459	459
Gavin HORREX	MS	Ipswich Phoenix Running Club		458					458	458
Graeme MALYON	MS					458			458	458
Nicholas UNDRILL	MS							458	458	458
Tom NAUGHTON	MS				457				457	457
Ben MARSH	MS					457			457	457
Carl GRINHAM	MS							457	457	457
Alex SMITH	MS	Felixstowe RRC	456						456	456
Max HARROLD	MS		454						454	454
Tom KEMP	MS				454				454	454
Jacob WRIGHT	MS		453						453	453
Charlie SWEET	MS					453			453	453
Thomas HUNNISETT	MS	Saxmundham Sports Running & Fitness Club		452					452	452
Richard EVERETT	MS				452				452	452
Alexander PARNELL	MS							452	452	452
Daniel RIVERA	MS		451						451	451
Alex WILSON	MS			451					451	451
Harry NOBLE	MS							451	451	451
Stefan HOGAN-STEELE	MS	Great Bentley Running Club						450	450	450
Edward ELLIS	MS		449						449	449
Daniel SPALL	MS			449					449	449

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Robert RIGBY	MS					449			449	449
Freddie RIDLEY-HUGHES	MS					448			448	448
Jack TOWNSEND	MS							448	448	448
Ryan OSMAN	MS	Saint Edmund Pacers				446			446	446
Alex KNIGHT	MS	Kesgrave Kruisers	445						445	445
Toby QUILTER	MS			445					445	445
Ryan HART	MS	Saint Edmund Pacers				445			445	445
James CALVER	MS		444						444	444
Jake HAMMOND	MS			444					444	444
Nathanael HUEN	MS	Saint Edmund Pacers				444			444	444
Dean PEPPER	MS	Great Bentley Running Club						444	444	444
Jamie SLEET	MS		443						443	443
Martin HOLTHAM-PAYNE	MS	Tiptree Road Runners						443	443	443
Lee CALVER	MS	Felixstowe RRC	442						442	442
Oliver LAMBRECHS	MS	Trail Running Association		441					441	441
Hayden FORDER	MS					441			441	441
Owen LANCASTER	MS							441	441	441
Zack WEAVER	MS					440			440	440
Edward GOODALL	MS							440	440	440
Thomas PRYKE	MS					439			439	439
Ross BLACKABY	MS					438			438	438
Will DURRANCE	MS		437						437	437
Jordan WINCH	MS							437	437	437
William TERRY	MS	Stowmarket Striders RC				436			436	436
Dan HARDING	MS							436	436	436
Alex WALNE	MS		435						435	435
Lewis DIVINCENZO	MS		434						434	434
Kai HARDY	MS							434	434	434
Bryan CHURCHARD	MS	Saint Edmund Pacers				433			433	433
Skye MILLER	MS			432					432	432
Josh DUNICAN	MS							431	431	431

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Archie BULLINGHAM	MU20	Framlingham Flyers		500	500		500	499	1999	1999
Hayden PHILLIPS	MU20	Kesgrave Kruisers	499	498	498	500		496	2491	1995
Tom ATTWELL	MU20	Stowmarket Striders RC	496	491	491	497	498	494	2967	1985
Luca KADING	MU20	Stowmarket Striders RC	497	493	495	498		491	2474	1983
Logan MACLEAN	MU20		494	488	490		497	488	2457	1969
Ben PLEASANCE	MU20		490	485	485			484	1944	1944
Zachary GODFREY	MU20				496	499		493	1488	1488
Freddy NICHOLLS	MU20	Framlingham Flyers		489	494			489	1472	1472
Drew HUNTING	MU20			486		492		486	1464	1464
Connor MARTIN	MU20	Kesgrave Kruisers				487	491	485	1463	1463
Ethan WADE	MU20	Ipswich Jaffa RC	500					497	997	997
Barney WILKINS	MU20	Ipswich Harriers		496				495	991	991
Ben HOWARD	MU20	Colchester & Tendring AC					499	492	991	991
Jed LAWRENCE	MU20	Ipswich Jaffa RC	495		493				988	988
Luke STAFFORD	MU20	Kesgrave Kruisers	493			493			986	986
Elliot HOBSON	MU20	Ipswich Jaffa RC		490		496			986	986
Thomas RICHARDSON	MU20	Harwich Runners			488	490			978	978
Charlie UPTON	MU20				489			487	976	976
Brandon BARBER	MU20	Ipswich Harriers						500	500	500
Stanley PEACHER	MU20	Framlingham Flyers		499					499	499
William HOLLANDS	MU20	Saint Edmund Pacers			499				499	499
Luke GAVIN	MU20	Ipswich Harriers	498						498	498
Matthew PECK	MU20	Ipswich Jaffa RC						498	498	498
Isaac FROST	MU20			497					497	497
Samuel WEEKS	MU20				497				497	497
Lewis SELFE	MU20	Stowmarket Striders RC					496		496	496
Edward BORRETT	MU20			495					495	495
Harry MINNETTE	MU20	Haverhill Running Club				495			495	495
George SMITH	MU20	Framlingham Flyers		494					494	494
Alfie BURRIS	MU20					494			494	494
Codie CALVER	MU20		492						492	492
Max SHELDRAKE	MU20	Framlingham Flyers		492					492	492
Sam CLEMENTS	MU20	Shaftesbury Barnet Harriers			492				492	492
Reece CREASEY	MU20		491						491	491
Tommy KIRK	MU20	Framlingham Flyers						490	490	490
Joseph MARTIN	MU20	Kesgrave Kruisers	489						489	489
Joshua ALLUM	MU20	Framlingham Flyers		487					487	487
Samuel PIPER	MU20				486				486	486

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kevin LONG	MV40	Hadleigh Hares AC	499	498	494	497	500	499	2987	1996
Stuart PRICE	MV40	Hadleigh Hares AC		499	497	498		500	1994	1994
Gary TAYLOR	MV40	Felixstowe RRC	497	497	495	496			1985	1985
Alex DE-MOORE	MV40	Saint Edmund Pacers		492	490	493	498	496	2469	1979
Ashley SMY	MV40	Felixstowe RRC	493	494	491	494	495	492	2959	1976
Aili MACLEAN	MV40	Hadleigh Hares AC	484	490	492		496	495	2457	1973
Rob ARMSTRONG	MV40	Lonely Goat RC	488	487	488	492	494	489	2938	1963
Tom PENROSE	MV40	Saint Edmund Pacers	489		489	491		493	1962	1962
Dale FOWLER	MV40		487	486		490		490	1953	1953
Paul ASTLE	MV40	Saint Edmund Pacers		477	485		489	485	1936	1936
Mark ASHWOOD	MV40	Haverhill Running Club	482	476	483	485		484	2410	1934
Matt MAKIN	MV40	Felixstowe RRC	474		479	479	481		1913	1913
Helder CAMPOS	MV40		475	467		481		478	1901	1901
Keelan SMITH	MV40	Saxmundham Sports Running & Fitness Club	470	462		477		477	1886	1886
Paul SMITH	MV40	Great Bentley Running Club	469	463	477			475	1884	1884
Ian BLUETT	MV40				487	489	488		1464	1464
Neil DENNIS	MV40	Stowmarket Striders RC		475			483	481	1439	1439
Colin EVERITT-BARDEN	MV40	Stowmarket Striders RC	480	471				483	1434	1434
James WATSON	MV40	Hadleigh Hares AC	477	470	481				1428	1428
Peter WOODS	MV40	Felixstowe RRC		466	480	478			1424	1424
Sam DINES	MV40		473	465	478				1416	1416
Chris KELLY	MV40	Vegan Runners UK			500	499			999	999
Matthew SLATER	MV40	Cambridge & Coleridge AC			498	500			998	998
Alex MCCARTHY	MV40		498		496				994	994
Jamie FITTOCK	MV40	Saint Edmund Pacers				495	499		994	994
Neil SMITH	MV40	Framlingham Flyers	494	491					985	985
Chris SMITH	MV40		490					488	978	978
Jack DOWSING	MV40					488	490		978	978
Joel BAPE	MV40	Saint Edmund Pacers				486	491		977	977
David DINNAGE	MV40	Framlingham Flyers	486	484					970	970
Darren WALKER	MV40	Colchester Harriers AC	485	483					968	968
Robert WARNE	MV40			479				486	965	965
Tristan GLADWELL	MV40						484	480	964	964
David YOUNG	MV40		478			482			960	960
Nick FALIVENO	MV40			472			485		957	957
Michael SHELDRAKE	MV40			468			480		948	948
David ALDERTON	MV40			464			482		946	946
Jp BROUGHTON	MV40	Sudbury Joggers	471	461					932	932
Robert KEMP	MV40	Felixstowe RRC	467	460					927	927
Jack WILKINSON	MV40	Ipswich Jaffa RC	500						500	500
Daniel BORRETT	MV40			500					500	500
Paul FENN	MV40	Kesgrave Cruisers			499				499	499
Jason EVANS	MV40	Ipswich Jaffa RC						498	498	498
Joe BROWN	MV40	Kesgrave Cruisers					497		497	497
Tom AMES	MV40	Stowmarket Striders RC						497	497	497
Ricky O'NEILL	MV40	Ipswich Jaffa RC	496						496	496
Ben CHURCHMAN	MV40	Diss and District AC		496					496	496
Ross CHINERY	MV40		495						495	495
Ben CORDEN	MV40			495					495	495
Michael MACLEOD	MV40	Colchester Harriers AC						494	494	494
Paul DOCKERILL	MV40	Saint Edmund Pacers		493					493	493
Ian OLD	MV40	Ipswich Jaffa RC			493				493	493
Julian JOHNSON	MV40	Saint Edmund Pacers					493		493	493
James HORNE	MV40		492						492	492
Jason BEETON	MV40	Thetford AC					492		492	492
Peter SQUIRRELL	MV40	Ipswich Jaffa RC	491						491	491

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Stuart COLLETT	MV40	Tiptree Road Runners						491	491	491
Aaron BEAL	MV40			489					489	489
Daniel SCOTT	MV40			488					488	488
Michael FALCONE	MV40					487			487	487
Ben GLADWELL	MV40	Stowmarket Striders RC					487		487	487
Thomas NAYLOR	MV40							487	487	487
Neil GILLINGHAM	MV40	Ipswich Harriers			486				486	486
Richard SMITH	MV40						486		486	486
Connal GRIFFITHS	MV40	Ipswich Jaffa RC		485					485	485
Ross ARNOLD	MV40	Haverhill Running Club			484				484	484
Antony GREEN	MV40	Saint Edmund Pacers				484			484	484
Mike GREEN	MV40	Felixstowe RRC	483						483	483
Ryan BRUTY	MV40					483			483	483
Duncan SCOTT	MV40	Colchester Harriers AC		482					482	482
Adam ROBERTSON	MV40				482				482	482
Jamie SOLOMONS	MV40							482	482	482
Richard NEAL	MV40		481						481	481
Matt YEATTS	MV40	Framlingham Flyers		481					481	481
Danny JILLIONS	MV40			480					480	480
Damian TOWNS	MV40					480			480	480
Shane BROWNLIE	MV40		479						479	479
Ian SILVERTON	MV40							479	479	479
Chris BELL	MV40			478					478	478
Andy BARTLETT	MV40	Kesgrave Kruisers	476						476	476
Matthew LOCKYER	MV40				476				476	476
David WENYON	MV40	Woodbridge Shufflers RC						476	476	476
James BELL	MV40			474					474	474
Johan BLACK	MV40			473					473	473
David VINCE	MV40		472						472	472
Ollie CURTIS	MV40	Saxmundham Sports Running & Fitness Club		469					469	469
George HINDS	MV40		468						468	468
Mark ANDERSON	MV40	Helpston Harriers AC	466						466	466
Mark SADLER	MV40	Felixstowe RRC	465						465	465

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	500	500	500	500	500	499	2999	2000
Matthew HUNT	MV45		499	499		498	499	498	2493	1995
Jim LAST	MV45	Framlingham Flyers		498	498	497	498	497	2488	1991
Westley WALKER	MV45		496	496	495	489		495	2471	1982
Anthony WHITESIDE	MV45		495	493	492	495	496	492	2963	1979
Simon WILLIAMS	MV45	Framlingham Flyers	488	492			495	491	1966	1966
Rob KINGSTON	MV45	Framlingham Flyers	486	489	488	492	494		2449	1963
Roger KERR	MV45	Stowmarket Striders RC		487	486	487	493	488	2441	1955
Darren GREEN	MV45	Colchester & Tendring AC	482		482	485	492	486	2427	1945
Dominic BAREHAM	MV45	Felixstowe RRC	481	486	485			487	1939	1939
Craig WRIGHT	MV45	Ipswich Phoenix Running Club	479	485	481	486		484	2415	1936
Neil HUNTING	MV45		483	483		484		481	1931	1931
Allen COPEMAN	MV45		471	477	476	479	489	480	2872	1925
Keith ANDREWS	MV45	Kesgrave Kruisers	478	481	480	482			1921	1921
Joseph DUNNING	MV45	Ipswich Jaffa RC		482	479	483		473	1917	1917
Ross OVEL	MV45		472	478	475	480			1905	1905
Nathaniel BROUGHTON	MV45		468	473	472	475		476	2364	1896
Alastair READ	MV45	Felixstowe RRC	497	497	496				1490	1490
Ian WEIR	MV45	Colchester Harriers AC			490	494	497		1481	1481
Jason KING	MV45	Felixstowe RRC	491	494	494				1479	1479
Robert WALLACE	MV45	Saint Edmund Pacers	485			490		485	1460	1460
Daniel UPTON	MV45		473		491			479	1443	1443
Matthew BULLOCK	MV45		474	479		478			1431	1431
Martin MURRAY	MV45		470	474	473				1417	1417
Ben JEFFERY	MV45	Saint Edmund Pacers	493					493	986	986
Paul DOCKERILL	MV45	Saint Edmund Pacers	492		493				985	985
Ricky DEASY	MV45					491		489	980	980
Andrew CHATFIELD	MV45	Capel Cheetahs	490		489				979	979
Stephen NEUMANN	MV45		484		484				968	968
Kevin PYLE	MV45	Rushmere Community Runners	475	480					955	955
Steve KIRK	MV45				474	477			951	951
Richard PHILLIPS	MV45	Kesgrave Kruisers		475				475	950	950
Neil POLLARD	MV45	Newmarket Joggers						500	500	500
Wesley BENTON	MV45				499				499	499
David RAIMONDO	MV45	Cambridge & Coleridge AC				499			499	499
Jonathan MANN	MV45	Great Bentley Running Club	498						498	498
James WRIGHT	MV45	TRISudbury			497				497	497
Daniel JOHNS	MV45	Cambridge & Coleridge AC				496			496	496
James CORNISH	MV45	Kesgrave Kruisers						496	496	496
Gavin DAVIES	MV45	Ipswich Jaffa RC		495					495	495
Tom ALEXANDER	MV45	Woodbridge Shufflers RC	494						494	494
Samuel HAJDER	MV45	Witham RC						494	494	494
Alli MACLEAN	MV45	Hadleigh Hares AC				493			493	493
Michael BALLS	MV45	Bungay Black Dog RC		491					491	491
James COTTON	MV45						491		491	491
Adrian SLATTERY	MV45	Great Yarmouth Road Runners		490					490	490
Jamie BENNETT	MV45	Ipswich Jaffa RC					490		490	490
Gerry GLADDEN	MV45	Great Bentley Running Club						490	490	490
Carl CREASEY	MV45		489						489	489
Peter ROBINSON	MV45			488					488	488
Dominic BAREHAM	MV45	Felixstowe RRC				488			488	488
Charlie KEITCH	MV45	Great Bentley Running Club	487						487	487
David READ	MV45				487				487	487
Gavin KING	MV45			484					484	484
James CLEMENTS	MV45				483				483	483
David MARSH	MV45							483	483	483

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Glenn WILLIAMSON	MV45							482	482	482
Rob DYER	MV45	Great Bentley Running Club				481			481	481
Ash SADLER	MV45	Kesgrave Kruisers	480						480	480
Jason SMITH	MV45				478				478	478
Andrew SILVERTON	MV45							478	478	478
Ashley EVANS	MV45		477						477	477
John ADAMS	MV45	Ipswich Jaffa RC			477				477	477
Kieran CALLAGHAN	MV45	Colchester Harriers AC						477	477	477
Brett DEAKIN	MV45	Felixstowe RRC	476						476	476
Matthew EVELEIGH	MV45	Woodstock Harriers AC		476					476	476
Gavin RIDGEON	MV45					476			476	476
Wayne SMITH	MV45					474			474	474
James HYMAS	MV45	Haverhill Running Club						474	474	474
Simon HAMILTON	MV45	Kesgrave Kruisers		472					472	472
Daniel NEWMAN	MV45							472	472	472
Nicholas PINDER	MV45			471					471	471
Neil HOSKING	MV45				471				471	471
Lukas GROENEWALD	MV45							471	471	471
Dominic MIAOULIS	MV45	Felixstowe RRC	469						469	469
Mark SMITH	MV45		467						467	467
James ELLUL	MV45	Felixstowe RRC	466						466	466

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jon BATTRAM	MV50	Colchester Harriers AC			499	500	500	499	1998	1998
Kevin CARPENTER	MV50	Hadleigh Hares AC	499	500		497	498	497	2491	1994
Mark STRATTON	MV50	Saint Edmund Pacers	498	496	495	498	499	498	2984	1993
Simon STAFFORD	MV50	Kesgrave Kruisers	496	497	498	499		496	2486	1990
Christopher BOYT	MV50	Felixstowe RRC		495	494		496	493	1978	1978
Neil COULSON	MV50	Felixstowe RRC	495	492	493	487	492	490	2949	1972
Richard LEEDER	MV50	Stowmarket Striders RC	482	493	491	493	494	491	2944	1971
Steven OFFORD	MV50	Stowmarket Striders RC	492	491	487	490	493	485	2938	1966
Paul COOKE	MV50	Ipswich Jaffa RC	494		492	492		488	1966	1966
Robin HARPER	MV50	Felixstowe RRC	490	490	486	486	491	482	2925	1957
Mark WHITE	MV50	Haverhill Running Club	488	488		488		484	1948	1948
Richard DEFRIES	MV50	Newmarket Joggers			490	491	482	483	1946	1946
Allan CARD	MV50	Framlingham Flyers		489	484	485		481	1939	1939
Simon GOLDSMITH	MV50		480	482	482	482	485		2411	1931
Mark GLEEN	MV50	Kesgrave Kruisers	484	485	481	478			1928	1928
Mark EWEN	MV50	Colchester & Tendring AC	476	477	477	474	479		2383	1909
Paul STONE	MV50	Felixstowe RRC	477	471			486	469	1903	1903
Richard ATTWELL	MV50	Stowmarket Striders RC	474	467	473	475	478	468	2835	1900
Neil RICHARDSON	MV50	Harwich Runners	472	469	476	473			1890	1890
Kevin BITTER	MV50	Woodbridge Shufflers RC	470	474	470	476			1890	1890
Kieron PERRY	MV50	Ipswich Jaffa RC		465		471	484	467	1887	1887
Andy STRINGER	MV50	Colchester & Tendring AC	467	468	474	472		465	2346	1881
Matt DORAN	MV50	Harwich Runners	465	463	472	469			1869	1869
Brett MARTIN	MV50	Kesgrave Kruisers	463	459	471	463		464	2320	1861
Kyle ROPER	MV50		460	456	468			473	1857	1857
Stephen BULLEN	MV50	Great Bentley Running Club	497		497	495			1489	1489
Alan HART	MV50	Stowmarket Striders RC			496	494		495	1485	1485
Peter BANKS	MV50	Tiptree Road Runners	500			496		478	1474	1474
Tom GLADSTONE	MV50	Saint Edmund Pacers	493		488			489	1470	1470
Kevin LINSELL	MV50	Kesgrave Kruisers	486		483		488		1457	1457
Daniel SELFE	MV50	Stowmarket Striders RC				481	489	477	1447	1447
Martin JARVIS	MV50			478		479		475	1432	1432
Christian HADWEN	MV50	Felixstowe RRC	481	473		477			1431	1431
Stephen MOORE	MV50		466		475		487		1428	1428
Matthew RAWLINGS	MV50	Saint Edmund Pacers	469	470				472	1411	1411
Ben BOWEN	MV50				466	467		463	1396	1396
Roger TAYLOR	MV50		462	461	467				1390	1390
Michael MORLEY	MV50	Colchester & Tendring AC	459		465			462	1386	1386
Neil WILLIAMSON	MV50	Newmarket Joggers	457	458	464				1379	1379
Chris MOWER	MV50	Saint Edmund Pacers			500			500	1000	1000
Kevin MURPHY	MV50	Saint Edmund Pacers		498			497		995	995
Phil RUSTED	MV50	Diss and District AC		494			495		989	989
Matthew BROOM	MV50		491					487	978	978
Robert HARMAN	MV50				489	489			978	978
Philip EWING	MV50	Saxmundham Sports Running & Fitness Club		487			490		977	977
Laurence GOWERS	MV50	Braintree & District AC	479		485				964	964
Michael WILCOX	MV50					483		480	963	963
Peter BIRD	MV50	Saint Edmund Pacers	483					474	957	957
Stefan GREGSON	MV50	Kesgrave Kruisers		475	478				953	953
Guy HAYWARD	MV50	Framlingham Flyers	473	472					945	945
Ian ELDEN	MV50					466		471	937	937
Oliver SOUTHGATE	MV50	Ipswich Jaffa RC	468	466					934	934
Mark SILLS	MV50	Felixstowe RRC	464					466	930	930
Andrew CLAYTON	MV50	Saint Edmund Pacers		460		465			925	925
Ian KNIGHTS	MV50	Kesgrave Kruisers	456					461	917	917
Matthew BYARD	MV50	Kesgrave Kruisers	458	457					915	915

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Steve HALL	MV50	Framlingham Flyers		499					499	499
David DINES	MV50	Boxted Runners						494	494	494
Trevor BALLARD	MV50	Harwich Runners						492	492	492
Torben WOOD	MV50	Felixstowe RRC	489						489	489
Derek HOOD	MV50	Ipswich Jaffa RC	487						487	487
Mark GOODWIN	MV50	Felixstowe RRC		486					486	486
Jason DIGHTON	MV50	Ipswich Phoenix Running Club						486	486	486
Matt TRILL	MV50	Ipswich Jaffa RC	485						485	485
Stephen ROBERTS	MV50	Woodbridge Shufflers RC		484					484	484
Jan KADING	MV50	Stowmarket Striders RC				484			484	484
Peter GRAY	MV50	Framlingham Flyers	483						483	483
Mark ROSE	MV50	Ipswich Jaffa RC					483		483	483
Andrew CRAIG	MV50	Woodbridge Shufflers RC	481						481	481
Graham BRUMPTON	MV50	Ipswich Phoenix Running Club					481		481	481
Richard UTTERIDGE	MV50		480						480	480
Marcus BROWN	MV50	Rushmere Community Runners			480				480	480
Mark LEWIS	MV50					480			480	480
David BREWSTER	MV50						480		480	480
Matt JEFFREY	MV50		479						479	479
Clive DAVEY	MV50				479				479	479
Daryl SIMPSON	MV50	Ipswich Jaffa RC						479	479	479
Lewis GRANT	MV50		478						478	478
Mark HARRIS	MV50	Great Bentley Running Club					477		477	477
Jamie WRIGHT	MV50		476						476	476
Andrew STEAD	MV50							476	476	476
Jon BLOOR	MV50	Ipswich Jaffa RC	475						475	475
Paul GOLDRING	MV50	Ipswich Jaffa RC	471						471	471
Miles WEAVER	MV50					470			470	470
Andre EDWARDS	MV50	Kesgrave Kruisers						470	470	470
Dave WEEKS	MV50				469				469	469
Jason ABLETT	MV50					468			468	468
Kieron BALES	MV50	Saint Edmund Pacers	464						464	464
Tim PAGE	MV50	Saint Edmund Pacers				464			464	464
Nick KHAN	MV50	Framlingham Flyers	462						462	462
Christopher OZANNE	MV50		461						461	461
Justin OSTLER	MV50		455						455	455
Alberto HENRIQUES	MV50		455						455	455

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Mark ALLEN	MV55	Ipswich Jaffa RC			500	500	500	500	2000	2000
Piotr BULACZ	MV55	Sudbury Joggers			499	499	499	499	1996	1996
Steve BROOKE	MV55	Felixstowe RRC	500	499		498	498		1995	1995
Michael MCKINSTRY	MV55	Saint Edmund Pacers	495	497	498	497	497	498	2982	1990
Kerry BUCKLEY	MV55	Felixstowe RRC	493	495	495	494	496	496	2969	1982
Robert SOMMERVILLE	MV55	Stowmarket Striders RC	492	492	494	493	494	497	2962	1978
Paul MITCHELL	MV55	Haverhill Running Club	489	489	492	492	492	493	2947	1969
Steve RITSON	MV55	Stowmarket Striders RC		480	486	488	491	492	2437	1957
Andrew WARD	MV55	Saint Edmund Pacers	484	483	489	484	488	491	2919	1952
Richard NEWMAN	MV55	Harwich Runners	487	485	491	486			1949	1949
Ashton DYSON	MV55		479		488	490	489		1946	1946
Jamie RANDALL	MV55	Haverhill Running Club	480	482	480	491	490	480	2903	1943
Tim PARNELL	MV55	Kesgrave Cruisers	481	481	484		486	490	2422	1941
Martin COTTON	MV55	Great Bentley Running Club		476	481	477	484	483	2401	1925
Rod PRIME	MV55		470	477	479			486	1912	1912
Tom STEPHENS	MV55	Felixstowe RRC	488		490	485			1463	1463
Dave YOUNG	MV55		476	478				487	1441	1441
Lee CAULFIELD	MV55	Colchester Harriers AC	466		477			482	1425	1425
Darren BIRCH	MV55		468	474		475			1417	1417
Thomas STEWART	MV55	Woodbridge Shufflers RC	498	498					996	996
Tim HANMAN	MV55	Ipswich Jaffa RC			497	496			993	993
Mark FORD	MV55	Felixstowe RRC	496		496				992	992
Mark ANDREWS	MV55	Lonely Goat RC	491					495	986	986
Marc LAWRENCE	MV55	Ipswich Jaffa RC				487		488	975	975
Dave HOWGEGO	MV55	Woodbridge Shufflers RC	486	487					973	973
Jules BEAUMONT	MV55		485				487		972	972
Wayne MUMFORD	MV55		482			489			971	971
Piers MORGAN	MV55	Stowmarket Striders RC		484	485				969	969
Dave SOLOMON	MV55	Felixstowe RRC	478	488					966	966
Steven NEAL	MV55	Brandon Fern Hoppers			483	482			965	965
Nick WALKER	MV55	Stowmarket Striders RC				478	485		963	963
Ian GOODERHAM	MV55	Saint Edmund Pacers		472				481	953	953
Paul HEEKS	MV55	Stowmarket Striders RC				471	482		953	953
Simon Peter HOYLE	MV55	Kesgrave Cruisers	473			479			952	952
Graham WAUDBY	MV55	Rushmere Community Runners			478	473			951	951
David SMITH	MV55		477	470					947	947
Iain CATCHPOOL	MV55	Ipswich Jaffa RC	469	473					942	942
Tom HANCOCK	MV55	Harwich Runners		500					500	500
John THORPE	MV55	Ipswich Jaffa RC	499						499	499
Darren SHEPPARD	MV55	Framlingham Flyers	497						497	497
Robin BROOKES	MV55	Harwich Runners		496					496	496
Steve FOSTER	MV55	Haverhill Running Club				495			495	495
Roger STONE	MV55						495		495	495
Warren BIRCH	MV55	Ipswich Triathlon Club	494						494	494
William ALDRED	MV55	Framlingham Flyers		494					494	494
Michael UNDRILL	MV55							494	494	494
James BOOL	MV55	Great Yarmouth Road Runners		493					493	493
John REYNOLDS	MV55	Ipswich Jaffa RC			493				493	493
Andy FRYATT	MV55	Newmarket Joggers					493		493	493
Keith WILLIAMS	MV55	Ipswich Jaffa RC		491					491	491
Carl BERRIMAN	MV55	Rushmere Community Runners	490						490	490
Chris HAYSTEAD	MV55			490					490	490
Mark LYNCH	MV55	Witham RC						489	489	489
Andy LIFFEN	MV55				487				487	487
Kai GIBBON	MV55	Bungay Black Dog RC		486					486	486
Simon MILLER	MV55	Halstead RRC						485	485	485

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Chris DEACON	MV55							484	484	484
Simon CHRISTIE	MV55		483						483	483
Chris MEASURES	MV55	Thetford AC				483			483	483
Luis Fernando CEBALLOS POSADA	MV55						483		483	483
Robert THOMSON	MV55	Framlingham Flyers			482				482	482
Rob GOODCHILD	MV55					481			481	481
Carl BERGDAHL	MV55	Ipswich Jaffa RC				480			480	480
Kevin HAYWARD	MV55	Framlingham Flyers		479					479	479
Mark DAVEY	MV55	Ipswich Phoenix Running Club				476			476	476
Andrew SMITH	MV55	Thetford AC	475						475	475
Andy WALTER	MV55	Norfolk Gazelles AC		475					475	475
Tom ORFORD	MV55		474						474	474
Andrew TERRY	MV55					474			474	474
Chris DURRANT	MV55	Felixstowe RRC	472						472	472
David HICKS	MV55					472			472	472
Mervyn COOK	MV55		471						471	471
Sean DAVIDSON	MV55			471					471	471
Darin OSBORNE	MV55	Rushmere Community Runners	467						467	467
David CRANE	MV55	Kesgrave Kruisers	465						465	465

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Wilfred CAMPBELL	MV60	Ipswich Jaffa RC	500	500		500		499	1999	1999
Duane HOWARD	MV60	Kesgrave Cruisers	499	499	500	499		498	2495	1997
Jim MACKENZIE	MV60	Framlingham Flyers	498	498	499		500		1995	1995
Nigel SCHOFIELD	MV60	Saint Edmund Pacers	496	494	497			496	1983	1983
Todd LEWIS	MV60	Saint Edmund Pacers	495	492	494	498			1979	1979
Chris SERVANT	MV60	Ipswich Jaffa RC	492	487	491	493		488	2451	1964
Yusuf FIRAT	MV60	Saffron Striders RC	486	482	487	490	496		2441	1959
Neil WINTON	MV60	Felixstowe RRC	479	474	483	489	494	481	2900	1947
Robert WALKER	MV60	Felixstowe RRC	489	485	486			484	1944	1944
Billy RICHMOND	MV60	Ipswich Jaffa RC	480	483		487	493	474	2417	1943
Eric BROWN	MV60	Saxmundham Sports Running & Fitness Club		478	481		492	476	1927	1927
Brian MUNNS	MV60	Newmarket Joggers	478	472		483		475	1908	1908
Steve ADAMS	MV60	Felixstowe RRC	474	471	480			477	1902	1902
Ian DUGGAN	MV60	Felixstowe RRC	497	495	498				1490	1490
Colin ELLIS	MV60	Kesgrave Cruisers	494				499	492	1485	1485
Eamonn COVENEY	MV60	Saint Edmund Pacers		491	495	497			1483	1483
Adrian PEAKE	MV60	Ipswich Jaffa RC	493			491	495		1479	1479
Ian CUNNINGTON	MV60	Saint Edmund Pacers			493	495		489	1477	1477
Kevin COLEMAN	MV60	Stowmarket Striders RC	491	486	490				1467	1467
Tom HOBLYN	MV60	Saint Edmund Pacers	483		484		497		1464	1464
Stephen HATTEN	MV60	Saint Edmund Pacers	490	481	489				1460	1460
Phil DAVIES	MV60	Ipswich Jaffa RC	482	480	482				1444	1444
Liam ROBINSON	MV60	Fetch Everyone		473		484		478	1435	1435
Duncan CHAMBERLAIN	MV60		476	476				479	1431	1431
Paul COREY	MV60	Haverhill Running Club					498	494	992	992
Richard HIGGINS	MV60	Framlingham Flyers				496		490	986	986
Richard COWLEY	MV60	Hadleigh Hares AC		490		494			984	984
David CAHILL	MV60	Colchester & Tendring AC			492			491	983	983
Tom TAYLOR	MV60		485	493					978	978
Garry MACDONALD	MV60	Felixstowe RRC	488					485	973	973
Craig CHIDLOW	MV60	Ipswich Triathlon Club	487	484					971	971
Simon ASHTON	MV60	Lonely Goat RC		470		481			951	951
Robert BARKER	MV60	Felixstowe RRC	475					473	948	948
Colin RIDLEY	MV60	Colchester Harriers AC						500	500	500
Peter WEST	MV60	Colchester Harriers AC		497					497	497
Paulus HUGHES	MV60	Great Bentley Running Club						497	497	497
Glynn THOMAS	MV60	Ipswich Jaffa RC		496					496	496
Tim HIGGINS	MV60	Ipswich Jaffa RC			496				496	496
Alan CLARK	MV60	Benfleet RC						495	495	495
Simon SCOTT	MV60	Witham RC						493	493	493
John CASHEN	MV60					492			492	492
Nick CROSS	MV60	Bedford Harriers AC		489					489	489
Chris CHORLEY	MV60	Bungay Black Dog RC				488			488	488
Donald STEWART	MV60	Framlingham Flyers		488					488	488
James WOOD	MV60				488				488	488
Chris AXFORD	MV60	Jogging Made Easy						487	487	487
Simon LASKY	MV60					486			486	486
Adam HOCKEN	MV60	Witham RC						486	486	486
Rob DRURY	MV60	Haverhill Running Club			485				485	485
Peter LAMBILLION-JAMESON	MV60					485			485	485
Timothy LONG	MV60	Ipswich Jaffa RC	484						484	484
Philip BROWN	MV60	Saint Edmund Pacers						483	483	483
Robert TILLYARD	MV60					482			482	482
Ian BOWN	MV60	Boxted Runners						482	482	482
Joff HAYES	MV60	Capel Cheetahs	481						481	481
James MONTGOMERY	MV60	Witham RC						480	480	480

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Stephen DOWNES	MV60			479					479	479
Chris CLOW	MV60		477						477	477
Dean CATLING	MV60	Felixstowe RRC		477					477	477
Alan HILLYARD	MV60			475					475	475
Colin WALNE	MV60		473						473	473

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Richard HARVEY	MV65	Framlingham Flyers	500	500	500	500	500	500	3000	2000
Richard WOLD	MV65	Ipswich Phoenix Running Club	499	499	499		499	499	2495	1996
Alan JACKSON	MV65	Ipswich Jaffa RC		498	497	498	498		1991	1991
Tim RANSON	MV65	Vegan Runners UK	498	497	495	496	496	497	2979	1988
Robert MORGAN	MV65	Saint Edmund Pacers	496	493	494	497	497	495	2972	1985
John DUNNETT	MV65	Capel Cheetahs	495	495	493		495	493	2471	1978
Martin GARROD	MV65	Ipswich Phoenix Running Club			488	489	494	490	1961	1961
Andrew BUDD	MV65	Capel Cheetahs	497		496			496	1489	1489
Duncan CHENERY	MV65	Ipswich Jaffa RC	492	491		495			1478	1478
Chris GLADWELL	MV65	Stowmarket Striders RC	487	489				491	1467	1467
Paul BELAND	MV65				487	486	493		1466	1466
Wayne GRANT	MV65		485	486		487			1458	1458
Phil HUDSON	MV65	Ware Joggers	482	484				488	1454	1454
Gary LOWE	MV65	Saxmundham Sports Running & Fitness Club	494	496					990	990
Andrew CROSS	MV65	Hadleigh Hares AC		494	492				986	986
Chris BAREHAM	MV65	Haverhill Running Club			489	494			983	983
Stephen HICKS	MV65	Ipswich Harriers	493	488					981	981
Stephen PRETTY	MV65	Saint Edmund Pacers	490		491				981	981
David MOON	MV65		489					492	981	981
David FIELD	MV65	Stowmarket Striders RC			490	490			980	980
Steven REYNOLDS	MV65		483			485			968	968
Charles JONES	MV65	Newmarket Joggers				499			499	499
Tim EDMONDS	MV65	Ipswich Phoenix Running Club			498				498	498
Mark AUSTIN	MV65	Witham RC						498	498	498
Steve HUNT	MV65	Colchester Harriers AC						494	494	494
Peter SCAMBLER	MV65					493			493	493
John CHAMBERS	MV65			492					492	492
Gregory MILLS	MV65					492			492	492
Paul SCHWER	MV65	Felixstowe RRC	491						491	491
Grahame STARLING	MV65					491			491	491
Tom CLEMENTS	MV65	Framlingham Flyers		490					490	490
Tony ADOLPHUS	MV65	Ipswich Jaffa RC						489	489	489
Mon LEE	MV65	Ipswich Jaffa RC	488						488	488
David HUEN	MV65					488			488	488
Gary KINGSHOTT	MV65	Saxmundham Sports Running & Fitness Club		487					487	487
Shane LAWRENCE	MV65	Eastern Masters AC	486						486	486
Graham HAVERON	MV65			485					485	485
Martin GARROD	MV65	Ipswich Phoenix Running Club	484						484	484

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Cumulative Points by Age Group

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Neville CLARKE	MV70+	Newmarket Joggers	500	500		500	500	500	2500	2000
Philip HYMERS	MV70+	Saint Edmund Pacers	499	497		496		498	1990	1990
Jim WITHERS	MV70+	Newmarket Joggers	497	489	495	492	497	492	2962	1981
David TAYLOR	MV70+	Framlingham Flyers	498	493		493			1484	1484
Stephen MEAD	MV70+	Saint Edmund Pacers			500	499			999	999
Pete THOMPSON	MV70+	Norfolk Gazelles AC				498	499		997	997
David THORNTON	MV70+	Stowmarket Striders RC			497	497			994	994
Colin KNIGHT	MV70+	Saint Edmund Pacers			499			494	993	993
Roger BARCHAM	MV70+	Ipswich Jaffa RC		496	496				992	992
Tim NEWTON	MV70+	Ipswich Jaffa RC		494				496	990	990
Alan BURGIN	MV70+	Huntingdonshire AC				494		495	989	989
Chris AYLMER	MV70+	Newmarket Joggers				491	496		987	987
Paul FORSHAW	MV70+	Fetch Everyone				490	495		985	985
Mel CHITTOCK	MV70+		495	488					983	983
Jim STOCKER	MV70+	Huntingdonshire AC		499					499	499
David JOBLING	MV70+	Witham RC						499	499	499
Mike CORKER	MV70+	Framlingham Flyers		498					498	498
Gerry MCCARTHY	MV70+	Ipswich Phoenix Running Club			498				498	498
Michael MARRIOTT	MV70+						498		498	498
Jeff HIGGON	MV70+	Harwich Runners						497	497	497
David SUTHERLAND	MV70+	Framlingham Flyers	496						496	496
Mark SARGEANTSON	MV70+	Framlingham Flyers		495					495	495
David MARTIN	MV70+					495			495	495
Ross SILVERTON	MV70+	Witham RC						493	493	493
Richard COURT	MV70+			492					492	492
John Michael DIXON	MV70+			491					491	491
Anthony HUNT	MV70+	Saxmundham Sports Running & Fitness Club		490					490	490
Stephen SPENCER	MV70+	Brandon Fern Hoppers				489			489	489

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