

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
f										
Emma WHEELER	FS	Ipswich Phoenix Running Club	498	498	499	499			1994	1994
Maria RIERA TURRO	FS	Felixstowe RRC	492	493	495	494			1974	1974
Stacey MOCKFORD	FV40	Saint Edmund Pacers	495	492	492	486			1965	1965
Lydia KINDRED	FV40	Framlingham Flyers	481	480	485	487			1933	1933
Karen FARTHING	FV45	Haverhill Running Club	478	481	484	485			1928	1928
Lara CHILDS	FV40		474	478	483	481			1916	1916
Anita WARD	FV55	Saint Edmund Pacers	473	476	481	476			1906	1906
Rachel TERRY	FV55	Stowmarket Striders RC	469	474	482	477			1902	1902
Karen OFFORD	FV50	Stowmarket Striders RC	464	470	476	475			1885	1885
Olivia WILLIAMS	FS	Ipswich Jaffa RC	472	459	478	469			1878	1878
Claire FISHER	FS	Victoria Park Harriers and Tower Hamlets AC	486	429	486	470			1871	1871
Jenny MORGAN	FV70+	Saint Edmund Pacers	468	462	472	465			1867	1867
Mary NAREY	FV55	Stowmarket Striders RC	463	466	465	464			1858	1858
Katarzyna DABROWSKA	FV40	Capel Cheetahs	457	458	462	458			1835	1835
Nathalie HOOPER	FV55	Hadleigh Hares AC	456	449	463	435			1803	1803
Rosie OVEL	FS	Ipswich Phoenix Running Club	449	443	449	455			1796	1796
Rebecca COULSON-PARKER	FS	Kesgrave Cruisers	443	430	445	439			1757	1757
Ruth COWLIN	FV60	Sudbury Joggers	426	424	444	440			1734	1734
Jo GARRARD	FV55	Woodbridge Shufflers RC	427	421	439	433			1720	1720
Lydia SIMMONS	FV40	Saint Edmund Pacers	414	422	442	434			1712	1712
Janice MITCHELL	FV55	Haverhill Running Club	418	418	438	423			1697	1697
Amy KADING	FV40	Stowmarket Striders RC	411	412	432	413			1668	1668
Elsbeth KNOTT	FV70+	Harwich Runners	409	405	428	419			1661	1661
Kate HUTSON	FV45	Ipswich Jaffa RC	415	409	421	411			1656	1656
Louise RIDDLESTON	FV45		395	397	420	409			1621	1621
Bobbie SAUERZAPF	FV65	Bungay Black Dog RC	396	388	418	407			1609	1609
Jan HOLMES	FV60	Newmarket Joggers	381	386	410	410			1587	1587
Joanne BOUTTELL	FV60	Newmarket Joggers	372	384	408	395			1559	1559
Rachel MORLEY	FV55	Colchester & Tendring AC	356	374	406	393			1529	1529
Charlotte WICKENS	FS		497	497	498				1492	1492
Emma ATTWOOD	FS	Stowmarket Striders RC	496	496	497				1489	1489
Sonia DUNNETT	FV60	Capel Cheetahs	342	361	402	382			1487	1487
Amanda MORTIMER	FV45	Ipswich Jaffa RC	493	491	494				1478	1478
Holly TAYLOR	FS	Felixstowe RRC	490	489	489				1468	1468
Juliet GARNHAM	FV50	Stowmarket Striders RC	487	483		482			1452	1452
Kate HEEKS	FS	Stowmarket Striders RC	484	488		479			1451	1451
Zara HANMAN	FS		482	487		473			1442	1442
Heather FISHER	FS	Saxmundham Sports Running & Fitness Club	475	482		480			1437	1437
Val JENNINGS	FV60	Ipswich Jaffa RC	476	477		478			1431	1431
Natasha SMITH	FS	Ipswich Jaffa RC	479	473	479				1431	1431
Donna HOWARD	FV45	Colchester & Tendring AC	466		470	471			1407	1407
Debbie CATLING	FV55	Felixstowe RRC		468	467	462			1397	1397
Lynsey WARREN	FV40		453	463		468			1384	1384
Michelle HEWITT	FS	Framlingham Flyers		445	460	466			1371	1371
Chloe HEEKS	FS	Stowmarket Striders RC	452		461	454			1367	1367
Keeley SWORDS	FV40	Colchester & Tendring AC	445		458	457			1360	1360
Anna SLATER	FV45	Saint Edmund Pacers		441	475	441			1357	1357
Sophie BELL	FS	Ipswich Phoenix Running Club		440	454	444			1338	1338
Claire BROWN	FV60	Saint Edmund Pacers	447	447		438			1332	1332
Jodie SHARP	FS	Stowmarket Striders RC	442		452	429			1323	1323
Sandra MAYHEW	FV60	Stowmarket Striders RC	428	427	448				1303	1303
Laura BROWN	FV40	Stowmarket Striders RC	424	420		430			1274	1274
Sarah GOLDING	FV60	Saint Edmund Pacers	413	415	431				1259	1259
Evie ROPER	FU20		412	407	437				1256	1256
Kaye STONE	FV45	Felixstowe RRC	402	411	422				1235	1235

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Amanda PRIOR	FV55	Capel Cheetahs	397	404	419				1220	1220
Anna SMITH	FV50		388		412	406			1206	1206
Karen FLOWER	FV55	Saxmundham Sports Running & Fitness Club	391	399		401			1191	1191
Lisa BOND	FV55	Ipswich Phoenix Running Club	389	396		398			1183	1183
Florence RICHMOND	FS		398	380		404			1182	1182
Vivienne TAYLOR	FV70+	Framlingham Flyers	361	372		391			1124	1124
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness Club	351	366		390			1107	1107
Katie KING	FS	Saint Edmund Pacers	500	500					1000	1000
Aiya HOWE	FS	Boxted Runners	499		500				999	999
Natasha MICHAEL	FS	Saint Edmund Pacers		495		498			993	993
Carol CARTER	FV55	Newmarket Joggers			496	497			993	993
Jenny STEEDMAN	FV40	Saint Edmund Pacers	494			493			987	987
Kirstie GLADWELL	FV40	Framlingham Flyers		490		495			985	985
Holly WEIR	FV45	Colchester Harriers AC			487	496			983	983
Darcy BOWEN	FU20	Ipswich Jaffa RC			491	492			983	983
Isabel HOLLANDS	FS	Saint Edmund Pacers			490	490			980	980
Vashiti MACDONALD-CLINK	FV45	Cambridge & Coleridge AC			488	489			977	977
Vicky SHELDON	FV45	Tiptree Road Runners	488			484			972	972
Ellie CUMNER	FV45	Colchester Harriers AC	483	484					967	967
Jessica READ	FU20		480	486					966	966
Helen ARIYO	FV45	Kesgrave Cruisers	470		473				943	943
Haley PRITCHARD-SUTTLE	FV60	Saint Edmund Pacers	467		474				941	941
Terri GREEN	FV45	Ipswich Jaffa RC		464	468				932	932
Steph WILDING	FS		471	460					931	931
Hien HOANG	FV40	Great Bentley Running Club			469	461			930	930
Bethany JOHNSON	FS		458	469					927	927
Tabitha KNEE	FS	Saxmundham Sports Running & Fitness Club		455	471				926	926
Sophie LEEDER	FS	Saint Edmund Pacers		457	464				921	921
Nicola ROBINSON	FV45	Framlingham Flyers		467		449			916	916
Hannah LAST	FS		477		430				907	907
Sophie DOE	FV40	Kesgrave Cruisers	454	453					907	907
Suzi CATCHPOOL	FV55	Ipswich Jaffa RC	448	456					904	904
Wendy KELLETT	FV55	Ipswich Jaffa RC	444		455				899	899
Helen YELLOP	FV55	Capel Cheetahs			447	445			892	892
Louise CRACKNELL	FV40	Felixstowe RRC	440	444					884	884
Jenny HURLEY	FV40	Felixstowe RRC	433		450				883	883
Alex SMITH	FV50	Stowmarket Striders RC		436	443				879	879
Jenny SHEAHAN	FV60	Eastern Masters AC	434	438					872	872
Imogen HONEY	FS	Stowmarket Striders RC	439		427				866	866
Holly WHITE	FS		432	433					865	865
Belinda GODBOLD	FV65	Hadleigh Hares AC	430		434				864	864
Josephine SHEFFIELD	FV60	Braintree & District AC			441	422			863	863
Claire WELLS	FV50	Braintree & District AC			435	421			856	856
Helen WASS	FV60	Newmarket Joggers	407		433				840	840
Caroline SPENDLOVE	FV55	Saxmundham Sports Running & Fitness Club	419	419					838	838
Eloise BIRD	FV55	Saint Edmund Pacers			417	415			832	832
Hannah PRIOR	FS	Capel Cheetahs		403	426				829	829
Claire STEELE	FV50	Lonely Goat RC			424	399			823	823
Jane MOON	FV65	Felixstowe RRC			414	405			819	819
Joanne SARGENT	FV50	Hadleigh Hares AC	401			403			804	804
Sarah DAVIES	FV60	Framlingham Flyers	393	402					795	795
Michelle RANSON	FV45	Vegan Runners UK			401	386			787	787
Helen DAVIES	FV55	Framlingham Flyers	387	385					772	772
Eleanor CHAMBERLAIN	FS		376	387					763	763
Heather SMITH	FV55	Rushmere Community Runners	369	393					762	762
Kirsty LAMB	FS		371	389					760	760

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sue PEARSON	FV65	Saxmundham Sports Running & Fitness Club	343			381			724	724
Heather MILLS	FS	Rushmere Community Runners	350	369					719	719
Jackie COLLINS	FV60	Felixstowe RRC	348	368					716	716
Agnieszka ANDRZEJAK	FV45	Stowmarket Striders RC	349	365					714	714
Joanna COLLEY	FS	Cambridge & Coleridge AC				500			500	500
Lara FRANKLIN	FS	Saint Edmund Pacers		499					499	499
Cassandra BADGER	FS	Ipswich Harriers		494					494	494
Jenni ASKEW-MARTIN	FV40	Kesgrave Cruisers			493				493	493
Anna KEEBLE	FS	Ipswich Jaffa RC	491						491	491
Sian KINGSTON	FV45	Framlingham Flyers				491			491	491
Isobel VICKERY	FS	Royal Navy Athletics Club	489						489	489
Chloe ROUT	FS					488			488	488
Samantha LINASSI	FV50	Felixstowe RRC	485						485	485
Kitty MITHEN	FS	Woodbridge Shufflers RC		485					485	485
Heather SMITH	FV40	Norfolk Gazelles AC				483			483	483
Vicky DE SOUZA	FV45	Kesgrave Cruisers			480				480	480
Sophia LE SAUVAGE	FV45			479					479	479
Deb CHING	FV50	Capel Cheetahs			477				477	477
Megan SMITH	FS	Framlingham Flyers		475					475	475
Helen HILARIO	FV50	Newmarket Joggers				474			474	474
Emma KEEN	FS	Trail Running Association		472					472	472
Sandy THOROGOOD	FV60					472			472	472
Joanne COX	FV50	Bungay Black Dog RC		471					471	471
Antonia RIDLEY-HUGHES	FS					467			467	467
Lisa CLARKE	FS	Ipswich Jaffa RC			466				466	466
Sharon BARNETT	FV50	Maidstone Harriers	465						465	465
Donna TAYLOR	FV40			465					465	465
Sian ABBOTT	FS	Ipswich Jaffa RC				463			463	463
Evie GOWERS	FU20	Colchester Harriers AC	462						462	462
Victoria ORFORD	FV50	Framlingham Flyers	461						461	461
Gemma THURSTON-WRIGHT	FS	Framlingham Flyers		461					461	461
Misty SMITH	FV40	Ipswich Jaffa RC	460						460	460
Magdalena KOMOROWSKA	FV45	Great Bentley Running Club				460			460	460
Alice MEADOWS	FS	Felixstowe RRC	459						459	459
Fiona CUNNINGTON	FV65	Saint Edmund Pacers			459				459	459
Laura MARKHAM	FV40					459			459	459
Anna Migliorini LYON	FV60	Great Bentley Running Club			457				457	457
Karen DEASY	FV45					456			456	456
Helen EVANS	FV50	Ipswich Jaffa RC			456				456	456
Kyra WILSON	FV40	Framlingham Flyers	455						455	455
K WILSON	FV40	Framlingham Flyers		454					454	454
Mary-Ann TULI	FV55	Haverhill Running Club			453				453	453
Lisa CLARKE	FS	Ipswich Jaffa RC				453			453	453
Lexi SCALA	FS	Woodbridge Shufflers RC		452					452	452
Maureen MCCARTHY	FV60	Saint Edmund Pacers				452			452	452
Sandra ROBERTS	FV65	Ipswich Jaffa RC	451						451	451
Michelle HUMPHREY	FS			451					451	451
Mary ASHCROFT	FV60	Stowmarket Striders RC			451				451	451
Ruth GOODCHILD	FV45					451			451	451
Catherine HUGHES	FV45		450						450	450
Gemma MOSS	FV50	Ipswich Jaffa RC		450					450	450
Sarah Jane BENNETT	FV40	Ipswich Jaffa RC				450			450	450
Amanda SMITH	FV50	Woodbridge Shufflers RC		448					448	448
Sue LOCKHART	FV65	Ipswich Jaffa RC				448			448	448
Emma GOODMAN	FS					447			447	447
Gemma SMY	FV45	Trail Running Association	446						446	446

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sally BRYSON	FV50			446					446	446
Chloe ADAMSON	FS				446				446	446
Laura GREENMAN	FV40	Ipswich Jaffa RC				446			446	446
Amelie TAYLOR	FU20					443			443	443
Kelsey BORRER	FS	Saxmundham Sports Running & Fitness Club		442					442	442
Clare TAYLOR	FV45					442			442	442
Ashleigh MILLS	FS	Ipswich Jaffa RC	441						441	441
Anna SMITH	FV45				440				440	440
Mae WASHINGTON	FS	Stowmarket Striders RC		439					439	439
Kayleigh TURPIN	FV40	Felixstowe RRC	438						438	438
Rachel ANDVIG	FS	Kesgrave Cruisers	437						437	437
Olivia HART	FS			437					437	437
Natasha MACGREGOR	FS					437			437	437
Amelia BANFIELD	FU20	Kesgrave Cruisers	436						436	436
Sarah FALIVENO	FV40					436			436	436
Carly THORNTON	FV45				436				436	436
Rosanna HOLDEN	FV40	Colchester & Tendring AC	435						435	435
Milly ENGLISH	FU20	Framlingham Flyers		435					435	435
Amanda JANES	FV45			434					434	434
Lucy ENGLISH	FV40	Framlingham Flyers		432					432	432
Rebecca BHALLA	FV40					432			432	432
Nikki VINCE	FV50	Hadleigh Hares AC	431						431	431
Clare MOODIE	FV50	Framlingham Flyers		431					431	431
Claire BLANCHFORD	FV45					431			431	431
Kirsty MARSH	FV40	Felixstowe RRC	429						429	429
Karen LINE	FV55				429				429	429
Gaye ROBERTS	FV60			428					428	428
Irene NUZZO	FV45					428			428	428
Mary AKIN-GEORGE	FV50					427			427	427
Joanne HARPER	FV40	Felixstowe RRC		426					426	426
Carla PEREIRA	FV40	Saint Edmund Pacers				426			426	426
Helen ANDVIG	FV65	Kesgrave Cruisers	425						425	425
Kathryn GALBRAITH	FV60			425					425	425
Deborah HART	FV55				425				425	425
Amy SMITHEEN	FS					425			425	425
Freya WILCOX	FU20	Ipswich Jaffa RC				424			424	424
Carrie KEMP	FV45	Felixstowe RRC	423						423	423
Donna HARRIS	FV45	Great Bentley Running Club		423					423	423
Cydney NUNN	FS				423				423	423
Amy DINES	FV45		422						422	422
Kate MELLOR HINE	FS		421						421	421
Katie MEADOWS	FS	Felixstowe RRC	420						420	420
Donna TALBOT	FV45	Saint Edmund Pacers				420			420	420
Fiona HUNT	FV50	Kesgrave Cruisers				418			418	418
Samantha CLOUD	FV55		417						417	417
Emma LEDGERWOOD	FS			417					417	417
Ruby HUNT	FS					417			417	417
Clare RICHARDSON	FV50	Harwich Runners				416			416	416
Rebecca HEWSON	FV65	Felixstowe RRC	416						416	416
Sue CROSS	FV60	Bedford Harriers AC		416					416	416
Liz PAXTON	FV70+	Haverhill Running Club			416				416	416
Cherilyn LANE	FV50				415				415	415
Lacey KING	FS			414					414	414
Becky BURRIS	FV45	Thetford AC				414			414	414
Carla EWEN	FV45	Colchester & Tendring AC		413					413	413
Lara ROBINSON	FS				413				413	413

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Deb HART	FV55					412			412	412
Janet ASKEW	FV65	Kesgrave Cruisers			411				411	411
Charlotte SALTER	FS		410						410	410
Holly GOODING	FS	Harwich Runners		410					410	410
Pippa SARGENT	FV40	Stowmarket Striders RC			409				409	409
Olivia BEER	FS	Stowmarket Striders RC	408						408	408
Joanna BREAKELL	FV40			408					408	408
Eleanor WATSON	FS					408			408	408
Rebecca GUY	FS				407				407	407
Haley DUFFY	FV45	Ipswich Jaffa RC	406						406	406
Christina JENNINGS	FS			406					406	406
Jennifer EVANS	FV45	Woodbridge Shufflers RC	405						405	405
Vicky FREEMAN	FS				405				405	405
Gill MELLOR	FV55	Felixstowe RRC	404						404	404
Amy RABAIOTTI	FV45				404				404	404
Kirsty ABERDEIN	FV50		403						403	403
Julie FAIRWEATHER	FV40	Girls That Jeff			403				403	403
Sophie BRIGGS	FS	Norfolk Gazelles AC				402			402	402
Gus YOUNG	FS	Saxmundham Sports Running & Fitness Club		401					401	401
Adele FIELD	FV60	Felixstowe RRC	400						400	400
Natalie BROWN	FV50	Waveney Valley AC		400					400	400
Anneli OSTLER	FV40	Felixstowe RRC			400				400	400
Juliet TILLYARD	FV60					400			400	400
Melanie GAVIN	FV40		399						399	399
Julia BILOTTA	FV65	Hadleigh Hares AC			399				399	399
Lyndsey FARMAN	FV40			398					398	398
Molly LEWIS	FS				398				398	398
Daisy REED	FS				397				397	397
Denise ROBINSON	FV65	Stowmarket Striders RC				397			397	397
Pia CARSON-MOORE	FS				396				396	396
Sarah KINSTON	FV50	Newmarket Joggers				396			396	396
Fran ABRAMS	FV60	Saxmundham Sports Running & Fitness Club		395					395	395
Sally GARNHAM	FV65	Felixstowe RRC	394						394	394
Fiona GOLDSMITH	FV50			394					394	394
Jackie HENLEY	FV55	Newmarket Joggers				394			394	394
Lottie ELLIS	FU20		392						392	392
Alison COOPER	FV65	Waveney Valley AC		392					392	392
Jane HUNTER	FV65	Stowmarket Striders RC				392			392	392
Manon KINCHIN	FS	Saxmundham Sports Running & Fitness Club		391					391	391
Faye METCALFE	FS		390						390	390
Hannah DORAN	FV50			390					390	390
Samantha GROSE	FV55					389			389	389
Helen STACY	FV60					388			388	388
Courtney TURNER	FS					387			387	387
Amelia BONES	FS		386						386	386
Alice METZLER	FV40		385						385	385
Rita RUE	FV65					385			385	385
Julia ASHLEY	FV50	Kesgrave Cruisers	384						384	384
Caroline MCINTOSH	FV70+	Newmarket Joggers				384			384	384
Danielle D'ARCY	FS		383						383	383
Caroline COX-HARTIGAN	FU20	Bungay Black Dog RC		383					383	383
Judith SMITH	FV70+					383			383	383
Laura LAWRENCE	FV40	Felixstowe RRC	382						382	382
Susan TAYLOR	FV60			382					382	382
Hollie SUTHERLAND	FV40	Felixstowe RRC		381					381	381
Jacqueline ALLPORT	FV55	Felixstowe RRC	380						380	380

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Heather RUFF	FV60		379						379	379
Angela SELFE	FV50	Stowmarket Striders RC		379					379	379
Michelle WALNE	FV60	Felixstowe RRC	378						378	378
Lucy ALEXANDER	FV40	Saxmundham Sports Running & Fitness Club		378					378	378
Lucy JONES	FV45	Felixstowe RRC	377						377	377
Lyssa JENKINS	FS	Stowmarket Striders RC		377					377	377
Trina BICKERS	FV65	Saxmundham Sports Running & Fitness Club		376					376	376
Debbie HART	FV55		375						375	375
Dawn CHAMNESS	FV55			375					375	375
Dawn BINGE	FV55	Felixstowe RRC	374						374	374
Claire ROWBOTHAM	FV45	Felixstowe RRC	373						373	373
Amanda CHILDS	FV55			373					373	373
Catrina PEARSON	FS	Woodbridge Shufflers RC		371					371	371
Cara BARKER	FV45		370						370	370
Sophie RYMILL	FS			370					370	370
Natalie GOWERS	FV45	Running Colchester	368						368	368
Rachael WILLIAMS	FV50	Felixstowe RRC	367						367	367
Lindsay CHURCHMAN	FV40	Diss and District AC		367					367	367
Sue RUSSELL	FV45	Capel Cheetahs	366						366	366
Sophie KIRK	FU20		365						365	365
Sharon HAYFIELD	FV50	Rushmere Community Runners	364						364	364
Lauren BACON	FS			364					364	364
Klaudia KOWALSKA	FS		363						363	363
Jo BIRCH	FV50	Lonely Goat RC		363					363	363
Adriana HOUCHELL	FS	Ipswich Jaffa RC	362						362	362
Stacie LONG	FS	Vegan Runners UK		362					362	362
Stacey ROWE	FS		360						360	360
Terri GIRLING	FV40			360					360	360
Emily MAGUIRE	FS		359						359	359
Sheree HAVERON	FV65			359					359	359
Ann KIRTON	FV55	Thetford AC	358						358	358
Avril COURT	FV70+			358					358	358
Teresa BARNETT	FV50	Capel Cheetahs	357						357	357
Abby FLEMING	FS	Felixstowe RRC	355						355	355
Melody HOWARD	FS		354						354	354
Hilary COOK	FV65	Felixstowe RRC	353						353	353
Sarah HARMON	FV50	Felixstowe RRC	352						352	352
Sharon TAYLOR	FV55		347						347	347
Debbie SMITH	FV55	Thetford AC	346						346	346
Sharon HALPIN	FV60		345						345	345
Maricris GUERRERO	FS		344						344	344
Claire JAY	FV60		341						341	341
Rhiannon WARD	FS	Felixstowe RRC	340						340	340
Sandy PAGE	FV45	Kesgrave Cruisers	339						339	339
Helen FINDLEY	FV45	Kesgrave Cruisers	338						338	338
Becky ELLUL	FV40	Felixstowe RRC	337						337	337
Anna TOMASZCZUK	FV50		336						336	336
Emma LEANING	FS		335						335	335
Karen SHARKEY	FV40		334						334	334
Sue HARGADON	FV70+	Woodbridge Shufflers RC	333						333	333

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
m										
Owen REES	MS	Ipswich Phoenix Running Club	500	500	500	500			2000	2000
James WILSON	MS	Saxmundham Sports Running & Fitness Club	499	498	498	498			1993	1993
Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	497	495	492	496			1980	1980
Aidan ELMORE	MS	Saint Edmund Pacers	494	492	484	489			1959	1959
Hayden PHILLIPS	MU20	Kesgrave Cruisers	487	485	477	483			1932	1932
Kevin LONG	MV40	Hadleigh Hares AC	488	481	473	481			1923	1923
Gary TAYLOR	MV40	Felixstowe RRC	482	475	475	473			1905	1905
Tom COWLEY	MS	Hadleigh Hares AC	463	473	471	469			1876	1876
Simon STAFFORD	MV50	Kesgrave Cruisers	460	461	463	467			1851	1851
Mark STRATTON	MV50	Saint Edmund Pacers	462	455	453	465			1835	1835
Duncan NG	MS	Stowmarket Striders RC	453	457	456	466			1832	1832
Oliver SCHOFIELD	MS	Saint Edmund Pacers	456	467	460	443			1826	1826
Duane HOWARD	MV60	Kesgrave Cruisers	455	448	452	456			1811	1811
Anthony WHITESIDE	MV45		452	440	445	460			1797	1797
Westley WALKER	MV45		464	462	462	399			1787	1787
Jonathon HOLYHEAD	MS		454	451	451	422			1778	1778
Thomas BEECROFT	MS	Framlingham Flyers	441	431	442	454			1768	1768
Michael MCKINSTRY	MV55	Saint Edmund Pacers	435	442	437	451			1765	1765
Richard HARVEY	MV65	Framlingham Flyers	427	438	439	449			1753	1753
Luca KADING	MU20	Stowmarket Striders RC	432	426	443	434			1735	1735
Ashley SMY	MV40	Felixstowe RRC	434	430	430	437			1731	1731
Neil COULSON	MV50	Felixstowe RRC	449	416	448	410			1723	1723
Tom ATTWELL	MU20	Stowmarket Striders RC	431	422	406	433			1692	1692
Steven OFFORD	MV50	Stowmarket Striders RC	422	409	415	423			1669	1669
Richard LEEDER	MV50	Stowmarket Striders RC	380	425	432	432			1669	1669
Rob KINGSTON	MV45	Framlingham Flyers	409	398	411	439			1657	1657
Robin HARPER	MV50	Felixstowe RRC	411	405	412	403			1631	1631
Kerry BUCKLEY	MV55	Felixstowe RRC	412	399	405	411			1627	1627
Rob ARMSTRONG	MV40	Lonely Goat RC	398	391	400	416			1605	1605
Todd LEWIS	MV60	Saint Edmund Pacers	404	388	392	412			1596	1596
Robert SOMMERVILLE	MV55	Stowmarket Striders RC	401	387	398	401			1587	1587
Paul CONNICK	MS	Framlingham Flyers	389	407	408	367			1571	1571
Paul MITCHELL	MV55	Haverhill Running Club	378	370	376	385			1509	1509
Simon GOLDSMITH	MV50		369	356	380	390			1495	1495
Mark GLEEN	MV50	Kesgrave Cruisers	383	363	370	370			1486	1486
Ed SEELEY	MS	Ipswich Harriers	496	496	493				1485	1485
Craig WRIGHT	MV45	Ipswich Phoenix Running Club	366	361	373	379			1479	1479
Ryan DAVIDSON	MS	Felixstowe RRC	495		490	493			1478	1478
Tim RANSON	MV65	Vegan Runners UK	381	353	375	363			1472	1472
Chris GREEN	MS	Felixstowe RRC		487	488	488			1463	1463
Stuart PRICE	MV40	Hadleigh Hares AC		486	482	487			1455	1455
Matthew HUNT	MV45		484	484		486			1454	1454
Jim LAST	MV45	Framlingham Flyers		482	476	485			1443	1443
John JOUSIFFE	MS		477	483	474				1434	1434
Alex ARCHER	MS	Ipswich Jaffa RC		474	472	478			1424	1424
Richard NEWMAN	MV55	Harwich Runners	362	333	367	356			1418	1418
Joshua MILLS	MS		465	472	470				1407	1407
Kevin CARPENTER	MV50	Hadleigh Hares AC	469	471		464			1404	1404
Alastair READ	MV45	Felixstowe RRC	473	465	465				1403	1403
Steve BROOKE	MV55	Felixstowe RRC	476	470		452			1398	1398
Wilfred CAMPBELL	MV60	Ipswich Jaffa RC	457	466		472			1395	1395
Oliver WATSON	MS		459	464	467				1390	1390
Mark ASHWOOD	MV40	Haverhill Running Club	342	336	348	362			1388	1388
Chris SERVANT	MV60	Ipswich Jaffa RC	347	313	351	372			1383	1383
Robert MORGAN	MV65	Saint Edmund Pacers	348	309	356	369			1382	1382

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Stephen BULLEN	MV50	Great Bentley Running Club	461		457	459			1377	1377
Mark EWEN	MV50	Colchester & Tendring AC	338	332	358	346			1374	1374
Andrew WARD	MV55	Saint Edmund Pacers	339	317	359	350			1365	1365
Keith ANDREWS	MV45	Kesgrave Cruisers	334	320	365	343			1362	1362
Christopher FULLER	MS	Saxmundham Sports Running & Fitness Club	448	450		461			1359	1359
Jason KING	MV45	Felixstowe RRC	438	445	450				1333	1333
Jamie RANDALL	MV55	Haverhill Running Club	321	314	330	366			1331	1331
Jim MACKENZIE	MV60	Framlingham Flyers	450	443	438				1331	1331
George WRIGHT	MS	Stowmarket Striders RC	443	433		438			1314	1314
Paul COOKE	MV50	Ipswich Jaffa RC	440		444	430			1314	1314
Richard ATTWELL	MV50	Stowmarket Striders RC	331	297	332	347			1307	1307
Wayne MANN	MS	Ipswich Jaffa RC	425		431	448			1304	1304
Neil RICHARDSON	MV50	Harwich Runners	323	303	342	335			1303	1303
Kevin BITTER	MV50	Woodbridge Shufflers RC	316	319	308	349			1292	1292
Alex DE-MOORE	MV40	Saint Edmund Pacers		417	422	436			1275	1275
Richard WOLD	MV65	Ipswich Phoenix Running Club	420	418	435				1273	1273
Andy STRINGER	MV50	Colchester & Tendring AC	297	301	339	332			1269	1269
Yusuf FIRAT	MV60	Saffron Striders RC	301	286	336	345			1268	1268
Paul WAIN	MS	Ipswich Jaffa RC	472	331	459				1262	1262
Ian DUGGAN	MV60	Felixstowe RRC	417	408	427				1252	1252
Tom PENROSE	MV40	Saint Edmund Pacers	410		416	415			1241	1241
George ALLEN	MS	Saint Edmund Pacers	384	432	417				1233	1233
Connor DIPLOCK	MS	Saxmundham Sports Running & Fitness Club	400		407	424			1231	1231
Nigel SCHOFIELD	MV60	Saint Edmund Pacers	407	404	404				1215	1215
Ross OVEL	MV45		296	276	321	319			1212	1212
Aili MACLEAN	MV40	Hadleigh Hares AC	360	411	440				1211	1211
Allen COPEMAN	MV45		295	275	324	317			1211	1211
Matt DORAN	MV50	Harwich Runners	287	271	320	322			1200	1200
Jack NOON	MS			380	401	418			1199	1199
Dale FOWLER	MV40		396	390		404			1190	1190
Mark WHITE	MV50	Haverhill Running Club	393	382		413			1188	1188
Allan CARD	MV50	Framlingham Flyers		392	393	398			1183	1183
Eamonn COVENEY	MV60	Saint Edmund Pacers		383	397	402			1182	1182
Alan JACKSON	MV65	Ipswich Jaffa RC		378	389	400			1167	1167
Roger KERR	MV45	Stowmarket Striders RC		381	387	394			1162	1162
Stuart MATHIESON	MS	Sudbury Joggers	285	255	326	295			1161	1161
Peter CLEAVES	MS	Stowmarket Striders RC	368		384	388			1140	1140
Dominic BAREHAM	MV45	Felixstowe RRC	375	375	386				1136	1136
Craig STARLING	MS		385	369		381			1135	1135
Darren GREEN	MV45	Colchester & Tendring AC	376		377	376			1129	1129
Brett MARTIN	MV50	Kesgrave Cruisers	273	250	312	277			1112	1112
Neil WINTON	MV60	Felixstowe RRC	259	233	309	307			1108	1108
Neil HUNTING	MV45		379	351		375			1105	1105
Logan MACLEAN	MU20		363	344	395				1102	1102
Nathaniel BROUGHTON	MV45		254	254	294	291			1093	1093
Tom STEPHENS	MV55	Felixstowe RRC	371		366	352			1089	1089
Neville CLARKE	MV70+	Newmarket Joggers	356	350		380			1086	1086
Owen WOOLLARD	MS		406	259	418				1083	1083
Adam PLUMMER	MS	Rushmere Community Runners		342	371	359			1072	1072
Christian HADWEN	MV50	Felixstowe RRC	372	316		368			1056	1056
Joseph DUNNING	MV45	Ipswich Jaffa RC		337	363	353			1053	1053
Bradley WHEELER	MS	Ipswich Phoenix Running Club	351	340	361				1052	1052
Ashton DYSON	MV55		319		354	364			1037	1037
John DUNNETT	MV65	Capel Cheetahs	344	323	355				1022	1022
Steve RITSON	MV55	Stowmarket Striders RC		308	352	360			1020	1020
Archie BULLINGHAM	MU20	Framlingham Flyers		497	499				996	996

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
James WOODLEY	MS	Hadleigh Hares AC			497	497			994	994
Tim PARNELL	MV55	Kesgrave Cruisers	326	310	349				985	985
Jim WITHERS	MV70+	Newmarket Joggers	225	212	280	265			982	982
Chris KELLY	MV40	Vegan Runners UK			491	491			982	982
Thomas SMITH	MS	Saint Edmund Pacers	491	488					979	979
Louis CHANCELLOR	MS		493		486				979	979
Matthew SLATER	MV40	Cambridge & Coleridge AC			485	494			979	979
Freddie EVANS	MS	Saxmundham Sports Running & Fitness Club		489	483				972	972
Tobie STOLLERY	MS		489		479				968	968
Kevin COLEMAN	MV60	Stowmarket Striders RC	322	300	343				965	965
Alex MCCARTHY	MV40		485		478				963	963
Owen BROOM	MS	Ipswich Jaffa RC	478			480			958	958
Stuart WARD	MS	Felixstowe RRC	475	477					952	952
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness Club	458	229		263			950	950
Peter BANKS	MV50	Tiptree Road Runners	483			463			946	946
Mark ALLEN	MV55	Ipswich Jaffa RC			468	477			945	945
Robert WALKER	MV60	Felixstowe RRC	310	298	333				941	941
Jon BATTRAM	MV50	Colchester Harriers AC			466	474			940	940
Stephen HATTEN	MV60	Saint Edmund Pacers	312	284	340				936	936
Geraint WHITE	MS	Saint Edmund Pacers		460		470			930	930
Thomas STEWART	MV55	Woodbridge Shufflers RC	466	463					929	929
Joe WHITLEY	MS	Ipswich Jaffa RC	467	453					920	920
Martin COTTON	MV55	Great Bentley Running Club		272	331	309			912	912
Piotr BULACZ	MV55	Sudbury Joggers			454	458			912	912
James WATSON	MV40	Hadleigh Hares AC	289	294	327				910	910
Duncan CHENERY	MV65	Ipswich Jaffa RC	302	281		326			909	909
Scott SHERMAN	MS		275		318	310			903	903
Christopher BOYT	MV50	Felixstowe RRC		452	449				901	901
Alfie SEAMONS	MS	Saxmundham Sports Running & Fitness Club		446		453			899	899
Alan HART	MV50	Stowmarket Striders RC			455	442			897	897
Matthew BULLOCK	MV45		303	277		312			892	892
Paul DOCKERILL	MV45	Saint Edmund Pacers	444		447				891	891
Ian WEIR	MV45	Colchester Harriers AC			436	450			886	886
Matt MAKIN	MV40	Felixstowe RRC	268		313	304			885	885
Zachary GODFREY	MU20				446	435			881	881
Rod PRIME	MV55		274	282	322				878	878
Tim HANMAN	MV55	Ipswich Jaffa RC			433	444			877	877
Kieren HART	MS		437	436					873	873
Oliver QUINTON	MS		421	449					870	870
Helder CAMPOS	MV40		279	270		321			870	870
Charles OHSTEN	MS	Stowmarket Striders RC	451	415					866	866
Andrew CHATFIELD	MV45	Capel Cheetahs	436		429				865	865
Mark FORD	MV55	Felixstowe RRC	439		426				865	865
Peter WOODS	MV40	Felixstowe RRC		263	314	280			857	857
Richard DEFRIES	MV50	Newmarket Joggers			428	429			857	857
Neil SMITH	MV40	Framlingham Flyers	442	413					855	855
Simon WILLIAMS	MV45	Framlingham Flyers	429	423					852	852
Tom GLADSTONE	MV50	Saint Edmund Pacers	428		419				847	847
Phil DAVIES	MV60	Ipswich Jaffa RC	280	262	304				846	846
Josh CARR	MS	Saint Edmund Pacers			420	426			846	846
Robert HARMAN	MV50				421	420			841	841
Jed LAWRENCE	MU20	Ipswich Jaffa RC	416		424				840	840
Jordan BEAUMONT	MS				413	427			840	840
Billy RICHMOND	MV60	Ipswich Jaffa RC	261	292		285			838	838
Elliot HOBSON	MU20	Ipswich Jaffa RC		406		431			837	837
Matthew BISHOP	MS	Saint Edmund Pacers			410	425			835	835

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Philip HYMERS	MV70+	Saint Edmund Pacers	278	258		294			830	830
Freddy NICHOLLS	MU20	Framlingham Flyers		403	425				828	828
Roger TAYLOR	MV50		270	257	299				826	826
Martin MURRAY	MV45		269	256	298				823	823
Darren BIRCH	MV55		267	264		288			819	819
Matthew LAST	MS	Framlingham Flyers		402		414			816	816
Robert WALLACE	MV45	Saint Edmund Pacers	402			407			809	809
Sam DINES	MV40		266	247	295				808	808
Craig SMITH	MS			228	287	276			791	791
Sam HARDWICK	MS	Stowmarket Striders RC	251	242	297				790	790
Kyle ROPER	MV50		253	236	300				789	789
Stephen NEUMANN	MV45		399		383				782	782
Kevin LINSELL	MV50	Kesgrave Cruisers	390		391				781	781
Reece GOODERHAM	MS	Saint Edmund Pacers		358		421			779	779
Ian BLUETT	MV40				382	396			778	778
Laurence GOWERS	MV50	Braintree & District AC	364		409				773	773
Neil WILLIAMSON	MV50	Newmarket Joggers	242	244	286				772	772
Daniel STOCKS	MS	Saint Edmund Pacers		371		391			762	762
Ian CUNNINGTON	MV60	Saint Edmund Pacers			372	387			759	759
Ben PLEASANCE	MU20		241	235	282				758	758
James MORRELL	MS	Haverhill Running Club			390	365			755	755
David DINNAGE	MV40	Framlingham Flyers	377	377					754	754
Richard COWLEY	MV60	Hadleigh Hares AC		368		386			754	754
David TAYLOR	MV70+	Framlingham Flyers	249	232		271			752	752
Stephen MEAD	MV70+	Saint Edmund Pacers			374	374			748	748
Paul SMITH	MV40	Great Bentley Running Club	233	231	283				747	747
Darren WALKER	MV40	Colchester Harriers AC	373	373					746	746
Andrew BUDD	MV65	Capel Cheetahs	367		378				745	745
Brian MUNNS	MV60	Newmarket Joggers	247	224		262			733	733
Steve ADAMS	MV60	Felixstowe RRC	229	214	284				727	727
Keelan SMITH	MV40	Saxmundham Sports Running & Fitness Club	235	226		264			725	725
Wayne GRANT	MV65		227	219		261			707	707
Dave HOWGEGO	MV55	Woodbridge Shufflers RC	361	346					707	707
Martin JARVIS	MV50			334		371			705	705
Paul ASTLE	MV40	Saint Edmund Pacers		341	364				705	705
Michael HAMMOND	MS		353	349					702	702
Adrian PEAKE	MV60	Ipswich Jaffa RC	350			348			698	698
Tom TAYLOR	MV60		299	397					696	696
Wayne MUMFORD	MV55		332			361			693	693
Stuart HUNT	MS	Colchester Harriers AC	345			342			687	687
Steven NEAL	MV55	Brandon Fern Hoppers			345	341			686	686
Stefan GREGSON	MV50	Kesgrave Cruisers		322	360				682	682
Gary INGRAM	MS	Ipswich Jaffa RC	341			333			674	674
Gary LOWE	MV65	Saxmundham Sports Running & Fitness Club	343	330					673	673
Dave SOLOMON	MV55	Felixstowe RRC	308	365					673	673
Luke STAFFORD	MU20	Kesgrave Cruisers	349			320			669	669
Piers MORGAN	MV55	Stowmarket Striders RC		318	350				668	668
Andrew CROSS	MV65	Hadleigh Hares AC		311	344				655	655
Paul STONE	MV50	Felixstowe RRC	340	312					652	652
Jamie PAYNE	MS			321		330			651	651
Ryan WATERS	MS		357		292				649	649
Guy HAYWARD	MV50	Framlingham Flyers	327	315					642	642
Stephen MOORE	MV50		294		341				635	635
Colin EVERITT-BARDEN	MV40	Stowmarket Striders RC	324	302					626	626
David YOUNG	MV40		298			323			621	621
Matthew RAWLINGS	MV50	Saint Edmund Pacers	314	306					620	620

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Chris BAREHAM	MV65	Haverhill Running Club			310	306			616	616
Steve KIRK	MV45				315	301			616	616
Connor MARTIN	MU20	Kesgrave Cruisers			319	292			611	611
Kieron PERRY	MV50	Ipswich Jaffa RC		283		327			610	610
Stephen PRETTY	MV65	Saint Edmund Pacers	282		325				607	607
Tom HOBLYN	MV60	Saint Edmund Pacers	283		323				606	606
Kevin PYLE	MV45	Rushmere Community Runners	317	288					605	605
Drew HUNTING	MU20			289		314			603	603
Oliver SOUTHGATE	MV50	Ipswich Jaffa RC	311	291					602	602
David THORNTON	MV70+	Stowmarket Striders RC			306	296			602	602
Simon Peter HOYLE	MV55	Kesgrave Cruisers	288			313			601	601
Craig CHIDLOW	MV60	Ipswich Triathlon Club	306	295					601	601
Thomas RICHARDSON	MU20	Harwich Runners			347	252			599	599
Ben BOWEN	MV50				296	303			599	599
Dave YOUNG	MV55		305	290					595	595
David FIELD	MV65	Stowmarket Striders RC			311	284			595	595
Stephen HICKS	MV65	Ipswich Harriers	313	267					580	580
Martin GARROD	MV65	Ipswich Phoenix Running Club			301	270			571	571
Roger BARCHAM	MV70+	Ipswich Jaffa RC		251	305				556	556
Lee CAULFIELD	MV55	Colchester Harriers AC	243		303				546	546
James GIRLING	MS		292	253					545	545
Paul BELAND	MV65				279	260			539	539
Michael MORLEY	MV50	Colchester & Tendring AC	250		288				538	538
Andrew CLAYTON	MV50	Saint Edmund Pacers		252		283			535	535
Eric BROWN	MV60	Saxmundham Sports Running & Fitness Club		245	289				534	534
Danny RANSON	MS	Boxted Runners			278	255			533	533
David SMITH	MV55		307	221					528	528
Chris GLADWELL	MV65	Stowmarket Striders RC	256	268					524	524
Regan PEACOCK	MS		263	260					523	523
Iain CATCHPOOL	MV55	Ipswich Jaffa RC	271	249					520	520
Liam ROBINSON	MV60	Fetch Everyone		230		272			502	502
Thomas RUSSELL	MS	Felixstowe RRC	231			268			499	499
Ross MCGILL	MS	Woodbridge Shufflers RC		499					499	499
Michael GILBERT	MS	Cambridge & Coleridge AC				499			499	499
Sultan TUSA	MS	Ipswich Jaffa RC	498						498	498
Chris RYAN	MS	Colchester Harriers AC			496				496	496
Max HEMSON	MS	Colchester Harriers AC			495				495	495
Jake GARRATT	MS	RAF Athletics				495			495	495
Stanley PEACHER	MU20	Framlingham Flyers		494					494	494
William HOLLANDS	MU20	Saint Edmund Pacers			494				494	494
Daniel BORRETT	MV40			493					493	493
Ethan WADE	MU20	Ipswich Jaffa RC	492						492	492
David RAIMONDO	MV45	Cambridge & Coleridge AC				492			492	492
James PARR	MS	Ipswich Jaffa RC		491					491	491
Jack WILKINSON	MV40	Ipswich Jaffa RC	490						490	490
Josh HARVEY	MS	Framlingham Flyers		490					490	490
Scott WILLIAMS	MS	Saint Edmund Pacers				490			490	490
Paul FENN	MV40	Kesgrave Cruisers			489				489	489
Dominic HAZELL-EVANS	MS				487				487	487
Luke GAVIN	MU20	Ipswich Harriers	486						486	486
Duncan CHAMBERLAIN	MV60		244	241					485	485
Oliver DAYKIN	MS	Newmarket Joggers				484			484	484
Matthew BYARD	MV50	Kesgrave Cruisers	245	237					482	482
Robert SMAILES	MS	Saint Edmund Pacers				482			482	482
Ricky O'NEILL	MV40	Ipswich Jaffa RC	481						481	481
Chris MOWER	MV50	Saint Edmund Pacers			481				481	481

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jonathan MANN	MV45	Great Bentley Running Club	480						480	480
Sam BORRER	MS	Saxmundham Sports Running & Fitness Club		480					480	480
Wesley BENTON	MV45				480				480	480
Michael JENNINGS	MS		479						479	479
Isaac FROST	MU20			479					479	479
Brendon MAYERS	MS					479			479	479
Steven REYNOLDS	MV65		222			256			478	478
Barney WILKINS	MU20	Ipswich Harriers		478					478	478
Tom HANCOCK	MV55	Harwich Runners		476					476	476
Harry FITZGERALD	MS					476			476	476
Daniel JOHNS	MV45	Cambridge & Coleridge AC				475			475	475
Francis FOX	MS		474						474	474
Ross CHINERY	MV40		471						471	471
Josh SCARLETT	MS	Saint Edmund Pacers				471			471	471
William DUNN	MS		470						470	470
Steve HALL	MV50	Framlingham Flyers		469					469	469
James WRIGHT	MV45	TRISudbury			469				469	469
Kevin MURPHY	MV50	Saint Edmund Pacers		468					468	468
John THORPE	MV55	Ipswich Jaffa RC	468						468	468
Joshua MILLS	MS					468			468	468
Simon ASHTON	MV60	Lonely Goat RC		210		254			464	464
Samuel WEEKS	MU20				464				464	464
Simon WARD	MS					462			462	462
Steve BEASLEY	MS	March AC			461				461	461
Jake LANE	MS			459					459	459
Gavin DAVIES	MV45	Ipswich Jaffa RC		458					458	458
Ian OLD	MV40	Ipswich Jaffa RC			458				458	458
Josh CLARKE-DAVIS	MS	Saint Edmund Pacers				457			457	457
Andrew REYNOLDS	MS			456					456	456
Jp BROUGHTON	MV40	Sudbury Joggers	240	215					455	455
Jamie FITTOCK	MV40	Saint Edmund Pacers				455			455	455
Peter FISK	MS			454					454	454
Tom ALEXANDER	MV45	Woodbridge Shufflers RC	447						447	447
Edward BORRETT	MU20			447					447	447
Alli MACLEAN	MV45	Hadleigh Hares AC				447			447	447
Darren SHEPPARD	MV55	Framlingham Flyers	446						446	446
Ryan HORNE	MS					446			446	446
Ben JEFFERY	MV45	Saint Edmund Pacers	445						445	445
Lewis BRYANT	MS	Thetford AC				445			445	445
Ben CHURCHMAN	MV40	Diss and District AC		444					444	444
Phil RUSTED	MV50	Diss and District AC		441					441	441
Dan UPTON	MV45	Trail Running Association			441				441	441
Michael BURRIS	MS	Thetford AC				441			441	441
Nathan SIMS	MS	Haverhill Running Club				440			440	440
Peter WEST	MV60	Colchester Harriers AC		439					439	439
George SMITH	MU20	Framlingham Flyers		437					437	437
Robert KEMP	MV40	Felixstowe RRC	224	211					435	435
John VINECOMBE	MS			435					435	435
Ben CORDEN	MV40			434					434	434
Chris GWATKIN	MS	Stowmarket Striders RC			434				434	434
James HORNE	MV40		433						433	433
Carl CREASEY	MV45		430						430	430
Phil HUDSON	MV65	Ware Joggers	221	208					429	429
Robert TREBILCOCK	MS	Woodbridge Shufflers RC		429					429	429
Glynn THOMAS	MV60	Ipswich Jaffa RC		428					428	428
Steve FOSTER	MV55	Haverhill Running Club				428			428	428

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Peter HILL	MS			427					427	427
Martin FOX	MS		426						426	426
Mel CHITTOCK	MV70+		218	207					425	425
Euan CHILDS	MS		424						424	424
Max SHELDRAKE	MU20	Framlingham Flyers		424					424	424
Finn CHILDS	MS		423						423	423
Kester WEBB	MS				423				423	423
Paul DOCKERILL	MV40	Saint Edmund Pacers		421					421	421
William RIDGARD	MS	Saxmundham Sports Running & Fitness Club		420					420	420
Warren BIRCH	MV55	Ipswich Triathlon Club	419						419	419
Robin BROOKES	MV55	Harwich Runners		419					419	419
Ricky DEASY	MV45					419			419	419
Peter SQUIRRELL	MV40	Ipswich Jaffa RC	418						418	418
Charlie STONE	MS	Thetford AC				417			417	417
Charlie KEITCH	MV45	Great Bentley Running Club	415						415	415
Matt BROOM	MV50		414						414	414
Michael BALLS	MV45	Bungay Black Dog RC		414					414	414
Sam CLEMENTS	MU20	Shaftesbury Barnet Harriers			414				414	414
Chris SMITH	MV40		413						413	413
Gareth LANE	MS			412					412	412
Adrian SLATTERY	MV45	Great Yarmouth Road Runners		410					410	410
Joe WINTER	MS	Haverhill Running Club				409			409	409
Josh WARRINGTON	MS		408						408	408
Charles JONES	MV65	Newmarket Joggers				408			408	408
Graeme MALYON	MS					406			406	406
Ryan CHAPMAN	MS	Saxmundham Sports Running & Fitness Club	405						405	405
Harry MINNETTE	MU20	Haverhill Running Club				405			405	405
Ben JACKSON	MS	Felixstowe RRC	403						403	403
Jeanpierre AKAKPO	MS				403				403	403
Tim HIGGINS	MV60	Ipswich Jaffa RC			402				402	402
Connor DIPLOCK	MS	Saxmundham Sports Running & Fitness Club		401					401	401
Tom DARLING	MS			400					400	400
Christopher THOMSON	MS	Framlingham Flyers				399			399	399
Torben WOOD	MV50	Felixstowe RRC	397						397	397
Ben MARSH	MS					397			397	397
Aaron BEAL	MV40			396					396	396
John REYNOLDS	MV55	Ipswich Jaffa RC			396				396	396
Colin ELLIS	MV60	Kesgrave Cruisers	395						395	395
Daniel SCOTT	MV40			395					395	395
Dominic BAREHAM	MV45	Felixstowe RRC				395			395	395
Mark ANDREWS	MV55	Lonely Goat RC	394						394	394
William ALDRED	MV55	Framlingham Flyers		394					394	394
Tim EDMONDS	MV65	Ipswich Phoenix Running Club			394				394	394
Peter ROBINSON	MV45			393					393	393
Jan KADING	MV50	Stowmarket Striders RC				393			393	393
Derek HOOD	MV50	Ipswich Jaffa RC	392						392	392
Michael WILCOX	MV50					392			392	392
Samuel ADAMS	MS		391						391	391
Richard HIGGINS	MV60	Framlingham Flyers				389			389	389
James BOOL	MV55	Great Yarmouth Road Runners		389					389	389
Christian HANMAN	MS		388						388	388
David READ	MV45				388				388	388
Matt TRILL	MV50	Ipswich Jaffa RC	387						387	387
Carl BERRIMAN	MV55	Rushmere Community Runners	386						386	386
Keith WILLIAMS	MV55	Ipswich Jaffa RC		386					386	386
Gavin HORREX	MS	Ipswich Phoenix Running Club		385					385	385

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Charlie UPTON	MU20				385				385	385
Connal GRIFFITHS	MV40	Ipswich Jaffa RC		384					384	384
Daniel SELFE	MV50	Stowmarket Striders RC				384			384	384
Mark LEWIS	MV50					383			383	383
Peter BIRD	MV50	Saint Edmund Pacers	382						382	382
Jack DOWSING	MV40					382			382	382
James CLEMENTS	MV45				381				381	381
Philip EWING	MV50			379					379	379
Neil GILLINGHAM	MV40	Ipswich Harriers			379				379	379
Charlie SWEET	MS					378			378	378
Michael FALCONE	MV40					377			377	377
Mark GOODWIN	MV50	Felixstowe RRC		376					376	376
Ash SADLER	MV45	Kesgrave Cruisers	374						374	374
Chris HAYSTEAD	MV55			374					374	374
Joel BAPE	MV40					373			373	373
Duncan SCOTT	MV40	Colchester Harriers AC		372					372	372
Alex SMITH	MS	Felixstowe RRC	370						370	370
David CAHILL	MV60	Colchester & Tendring AC				369			369	369
Marcus BROWN	MV50	Rushmere Community Runners			368				368	368
Matt YEATTS	MV40	Framlingham Flyers		367					367	367
Danny JILLIONS	MV40			366					366	366
Max HARROLD	MS		365						365	365
Robert WARNE	MV40			364					364	364
Stephen ROBERTS	MV50	Woodbridge Shufflers RC		362					362	362
Clive DAVEY	MV50				362				362	362
Luke CATCHPOLE	MS			360					360	360
Jacob WRIGHT	MS		359						359	359
Peter GRAY	MV50	Framlingham Flyers		359					359	359
Jules BEAUMONT	MV55		358						358	358
John CASHEN	MV60					358			358	358
Thomas HUNNISETT	MS	Saxmundham Sports Running & Fitness Club		357					357	357
Ross ARNOLD	MV40	Haverhill Running Club			357				357	357
Marc LAWRENCE	MV55	Ipswich Jaffa RC				357			357	357
Daniel RIVERA	MS		355						355	355
Alex WILSON	MS			355					355	355
Robert RIGBY	MS					355			355	355
Lewis GRANT	MV50		354						354	354
Gavin KING	MV45			354					354	354
Antony GREEN	MV40	Saint Edmund Pacers				354			354	354
Andy LIFFEN	MV55				353				353	353
Edward ELLIS	MS		352						352	352
Andrew CRAIG	MV50	Woodbridge Shufflers RC		352					352	352
Freddie RIDLEY-HUGHES	MS					351			351	351
Daniel SPALL	MS			348					348	348
Chris BELL	MV40			347					347	347
Mike GREEN	MV40	Felixstowe RRC	346						346	346
Adam ROBERTSON	MV40				346				346	346
Richard UTTERIDGE	MV50			345					345	345
Chris MEASURES	MV55	Thetford AC				344			344	344
Nick CROSS	MV60	Bedford Harriers AC		343					343	343
Ryan OSMAN	MS	Saint Edmund Pacers				340			340	340
Kai GIBBON	MV55	Bungay Black Dog RC		339					339	339
Pete THOMPSON	MV70+	Norfolk Gazelles AC				339			339	339
Matt JEFFREY	MV50			338					338	338
James WOOD	MV60				338				338	338
Ryan HART	MS	Saint Edmund Pacers				338			338	338

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Simon CHRISTIE	MV55		337						337	337
Robert THOMSON	MV55	Framlingham Flyers			337				337	337
Rob DYER	MV45	Great Bentley Running Club				337			337	337
Jon BLOOR	MV50	Ipswich Jaffa RC	336						336	336
Alfie BURRIS	MU20					336			336	336
Alex KNIGHT	MS	Kesgrave Cruisers	335						335	335
Neil DENNIS	MV40	Stowmarket Striders RC		335					335	335
Jason SMITH	MV45				335				335	335
John ADAMS	MV45	Ipswich Jaffa RC			334				334	334
Nathanael HUEN	MS	Saint Edmund Pacers				334			334	334
James CALVER	MS		333						333	333
Rob GOODCHILD	MV55					331			331	331
Jamie SLEET	MS		330						330	330
Lee CALVER	MS	Felixstowe RRC	329						329	329
Toby QUILTER	MS			329					329	329
Rob DRURY	MV60	Haverhill Running Club			329				329	329
Hayden FORDER	MS					329			329	329
Richard NEAL	MV40		328						328	328
James BELL	MV40			328					328	328
Colin KNIGHT	MV70+	Saint Edmund Pacers			328				328	328
Ryan BRUTY	MV40					328			328	328
Donald STEWART	MV60	Framlingham Flyers		327					327	327
Jamie WRIGHT	MV50			326					326	326
Ashley EVANS	MV45		325						325	325
Jake HAMMOND	MS			325					325	325
Zack WEAVER	MS					325			325	325
Johan BLACK	MV40			324					324	324
Miles WEAVER	MV50					324			324	324
Brett DEAKIN	MV45	Felixstowe RRC	320						320	320
Paul GOLDRING	MV50	Ipswich Jaffa RC	318						318	318
Carl BERGDAHL	MV55	Ipswich Jaffa RC				318			318	318
Gerry MCCARTHY	MV70+	Ipswich Phoenix Running Club			317				317	317
Graham WAUDBY	MV55	Rushmere Community Runners			316				316	316
Thomas PRYKE	MS					316			316	316
Shane BROWNLIE	MV40		315						315	315
Ross BLACKABY	MS					315			315	315
Nick WALKER	MV55	Stowmarket Striders RC				311			311	311
Garry MACDONALD	MV60	Felixstowe RRC	309						309	309
Damian TOWNS	MV40					308			308	308
Nick FALIVENO	MV40			307					307	307
Dave WEEKS	MV50				307				307	307
Jim STOCKER	MV70+	Huntingdonshire AC		305					305	305
Jason ABLETT	MV50					305			305	305
Andrew SMITH	MV55	Thetford AC	304						304	304
Charles LAYZELL	MS	Ipswich Phoenix Running Club		304					304	304
Tom NAUGHTON	MS				302				302	302
Mark DAVEY	MV55	Ipswich Phoenix Running Club				302			302	302
Daniel UPTON	MV45		300						300	300
Gavin RIDGEON	MV45					300			300	300
Ian ELDEN	MV50					299			299	299
Joshua ALLUM	MU20	Framlingham Flyers		299					299	299
William TERRY	MS	Stowmarket Striders RC				298			298	298
Chris CHORLEY	MV60	Bungay Black Dog RC				297			297	297
John CHAMBERS	MV65			296					296	296
Tom ORFORD	MV55		293						293	293
Kevin HAYWARD	MV55	Framlingham Flyers		293					293	293

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Neil HOSKING	MV45				293				293	293
Peter SCAMBLER	MV65					293			293	293
Paul SCHWER	MV65	Felixstowe RRC	291						291	291
Tom KEMP	MS				291				291	291
Timothy LONG	MV60	Ipswich Jaffa RC	290						290	290
Samuel PIPER	MU20				290				290	290
David MARTIN	MV70+					290			290	290
Gregory MILLS	MV65					289			289	289
Oliver LAMBRECHS	MS	Trail Running Association		287					287	287
Grahame STARLING	MV65					287			287	287
Chris DURRANT	MV55	Felixstowe RRC	286						286	286
Andrew TERRY	MV55					286			286	286
George LANKESTER	MS			285					285	285
Richard EVERETT	MS				285				285	285
Andy BARTLETT	MV40	Kesgrave Kruisers	284						284	284
Alan BURGIN	MV70+	Huntingdonshire AC				282			282	282
Mervyn COOK	MV55		281						281	281
Matthew LOCKYER	MV40				281				281	281
Graham John WAUDBY	MV55	Rushmere Community Runners				281			281	281
Kieron BALES	MV50	Saint Edmund Pacers		280					280	280
Ollly CURTIS	MV40	Saxmundham Sports Running & Fitness Club		279					279	279
Tim PAGE	MV50	Saint Edmund Pacers				279			279	279
Tom CLEMENTS	MV65	Framlingham Flyers		278					278	278
Wayne SMITH	MV45					278			278	278
Mark SILLS	MV50	Felixstowe RRC	277						277	277
Taylor EDWARDS	MS				277				277	277
David MOON	MV65		276						276	276
Bryan CHURCHARD	MS	Saint Edmund Pacers				275			275	275
Matthew EVELEIGH	MV45	Woodstock Harriers AC		274					274	274
Simon LASKY	MV60					274			274	274
Michael SHELDRAKE	MV40			273					273	273
Peter LAMBILLION-JAMESON	MV60					273			273	273
Codie CALVER	MU20		272						272	272
Mike CORKER	MV70+	Framlingham Flyers		269					269	269
David HUEN	MV65					269			269	269
David HICKS	MV55					267			267	267
Nick KHAN	MV50	Framlingham Flyers		266					266	266
Joel ANDREWS	MS	Rotherham Harriers and AC				266			266	266
Joff HAYES	MV60	Capel Cheetahs	265						265	265
Andy WALTER	MV55	Norfolk Gazelles AC		265					265	265
Mon LEE	MV65	Ipswich Jaffa RC	264						264	264
Will DURRANCE	MS		262						262	262
Rick PHILLIPS	MV45	Kesgrave Kruisers		261					261	261
Dominic MIAOULIS	MV45	Felixstowe RRC	260						260	260
Paul HEEKS	MV55	Stowmarket Striders RC				259			259	259
Christopher OZANNE	MV50		258						258	258
Chris AYLMER	MV70+	Newmarket Joggers				258			258	258
Reece CREASEY	MU20		257						257	257
Robert TILLYARD	MV60					257			257	257
David VINCE	MV40		255						255	255
Paul FORSHAW	MV70+	Fetch Everyone				253			253	253
Darin OSBORNE	MV55	Rushmere Community Runners	252						252	252
Stephen SPENCER	MV70+	Brandon Fern Hoppers				251			251	251
Alex WALNE	MS		248						248	248
Mark SARGEANTSON	MV70+	Framlingham Flyers		248					248	248
Chris CLOW	MV60		246						246	246

# Friday 5 Championship File 2026

## Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Stephen DOWNES	MV60			246					246	246
Dean CATLING	MV60	Felixstowe RRC		243					243	243
Alan HILLYARD	MV60			240					240	240
Ian KNIGHTS	MV50	Kesgrave Cruisers	239						239	239
Tim NEWTON	MV70+	Ipswich Jaffa RC		239					239	239
Mark SMITH	MV45		238						238	238
Simon HAMILTON	MV45	Kesgrave Cruisers		238					238	238
Joseph MARTIN	MU20	Kesgrave Cruisers	237						237	237
Robert BARKER	MV60	Felixstowe RRC	236						236	236
Lewis DIVINCENZO	MS		234						234	234
David ALDERTON	MV40			234					234	234
Shane LAWRENCE	MV65	Eastern Masters AC	232						232	232
George HINDS	MV40		230						230	230
Colin WALNE	MV60		228						228	228
Gary KINGSHOTT	MV65	Saxmundham Sports Running & Fitness Club		227					227	227
Martin GARROD	MV65	Ipswich Phoenix Running Club	226						226	226
Ian GOODERHAM	MV55	Saint Edmund Pacers		225					225	225
Mark ANDERSON	MV40	Helpston Harriers AC	223						223	223
Nicholas PINDER	MV45			223					223	223
Sean DAVIDSON	MV55			222					222	222
David SUTHERLAND	MV70+	Framlingham Flyers	220						220	220
Skye MILLER	MS			220					220	220
Justin OSTLER	MV50		219						219	219
Graham HAVERON	MV65			218					218	218
Mark SADLER	MV40	Felixstowe RRC	217						217	217
Richard COURT	MV70+			217					217	217
James ELLUL	MV45	Felixstowe RRC	216						216	216
John Michael DIXON	MV70+			216					216	216
David CRANE	MV55	Kesgrave Cruisers	215						215	215
Anthony HUNT	MV70+	Saxmundham Sports Running & Fitness Club		213					213	213
Alberto HENRIQUES	MV50			209					209	209

Number of records: 919