

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	500	486	2980	1996
Charlotte WICKENS	FS		497	497	498			497	1989	1989
Emma ATTWOOD	FS	Stowmarket Striders RC	496	496	497			498	1987	1987
Kirstie GLADWELL	FV40	Framlingham Flyers		490		495	497	494	1976	1976
Maria RIERA TURRO	FS	Felixstowe RRC	492	493	495	494		491	2465	1974
Amanda MORTIMER	FV45	Ipswich Jaffa RC	493	491	494			495	1973	1973
Stacey MOCKFORD	FV40	Saint Edmund Pacers	495	492	492	486		489	2454	1968
Carol CARTER	FV55	Newmarket Joggers			496	497	479	496	1968	1968
Lydia KINDRED	FV40	Framlingham Flyers	480	480	485	487	494	493	2919	1959
Holly TAYLOR	FS	Felixstowe RRC	490	489	489			488	1956	1956
Juliet GARNHAM	FV50	Stowmarket Striders RC	486	483		482		484	1935	1935
Lara CHILDS	FV40		472	478	483	481	490	479	2883	1933
Kate HEEKS	FS	Stowmarket Striders RC	483	488		479	483		1933	1933
Karen FARTHING	FV45	Haverhill Running Club	477	481	484	485			1927	1927
Anita WARD	FV55	Saint Edmund Pacers	471	476	481	476	493	472	2869	1926
Karen OFFORD	FV50	Stowmarket Striders RC	462	470	476	475	492	480	2855	1923
Heather FISHER	FS	Saxmundham Sports Running & Fitness Club	474	482		480	486		1922	1922
Claire FISHER	FS	Victoria Park Harriers and Tower Hamlets AC	485	429	486	470		476	2346	1917
Natasha SMITH	FS	Ipswich Jaffa RC	478	473	479		475		1905	1905
Olivia WILLIAMS	FS	Ipswich Jaffa RC	470	459	478	469	481	475	2832	1904
Rachel TERRY	FV55	Stowmarket Striders RC	467	474	482	477			1900	1900
Val JENNINGS	FV60	Ipswich Jaffa RC	475	477		478		470	1900	1900
Michelle HEWITT	FS	Framlingham Flyers		445	460	466	485	463	2319	1874
Mary NAREY	FV55	Stowmarket Striders RC	461	466	465	464	478	464	2798	1873
Debbie CATLING	FV55	Felixstowe RRC		468	467	462		473	1870	1870
Jenny MORGAN	FV70+	Saint Edmund Pacers	466	462	472	465			1865	1865
Katarzyna DABROWSKA	FV40	Capel Cheetahs	455	458	462	458	480	455	2768	1858
Keeley SWORDS	FV40	Colchester & Tendring AC	443		458	457	482		1840	1840
Nathalie HOOPER	FV55	Hadleigh Hares AC	454	449	463	435	466	453	2720	1836
Anna SLATER	FV45	Saint Edmund Pacers		441	475	441	470		1827	1827
Chloe HEEKS	FS	Stowmarket Striders RC	450		461	454		460	1825	1825
Rosie OVEL	FS	Ipswich Phoenix Running Club	447	443	449	455	468		2262	1819
Claire BROWN	FV60	Saint Edmund Pacers	445	447		438		459	1789	1789
Alex SMITH	FV50	Stowmarket Striders RC		436	443		458	451	1788	1788
Holly WHITE	FS		430	433			467	436	1766	1766
Jodie SHARP	FS	Stowmarket Striders RC	440		452	429		441	1762	1762
Rebecca COULSON-PARKER	FS	Kesgrave Cruisers	441	430	445	439			1755	1755
Janice MITCHELL	FV55	Haverhill Running Club	416	418	438	423	464	429	2588	1754
Ruth COWLIN	FV60	Sudbury Joggers	424	424	444	440		445	2177	1753
Lydia SIMMONS	FV40	Saint Edmund Pacers	412	422	442	434		431	2141	1729
Jo GARRARD	FV55	Woodbridge Shufflers RC	425	421	439	433			1718	1718
Eloise BIRD	FV55	Saint Edmund Pacers			417	415	462	422	1716	1716
Laura BROWN	FV40	Stowmarket Striders RC	422	420		430		439	1711	1711
Kate HUTSON	FV45	Ipswich Jaffa RC	413	409	421	411	452	424	2530	1710
Debbie HART	FV55		372		425	412	453	420	2082	1710
Kaye STONE	FV45	Felixstowe RRC	400	411	422		454	416	2103	1703
Sarah GOLDING	FV60	Saint Edmund Pacers	411	415	431			426	1683	1683
Amy KADING	FV40	Stowmarket Striders RC	409	412	432	413		425	2091	1682
Bobbie SAUERZAPF	FV65	Bungay Black Dog RC	394	388	418	407	463		2070	1682
Elsbeth KNOTT	FV70+	Harwich Runners	407	405	428	419			1659	1659
Louise RIDDLESTON	FV45		393	397	420	409		411	2030	1637
Jan HOLMES	FV60	Newmarket Joggers	379	386	410	410		410	1995	1616
Anna SMITH	FV50		386		412	406		404	1608	1608
Florence RICHMOND	FS		396	380		404		406	1586	1586
Joanne BOUTTELL	FV60	Newmarket Joggers	369	384	408	395		394	1950	1581

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Lisa BOND	FV55	Ipswich Phoenix Running Club	387	396		398		393	1574	1574
Tina CHURCH	FV50	Saxmundham Sports Running & Fitness Club	348	366		390	448		1552	1552
Sonia DUNNETT	FV60	Capel Cheetahs	338	361	402	382		386	1869	1531
Rachel MORLEY	FV55	Colchester & Tendring AC	353	374	406	393			1526	1526
Katie KING	FS	Saint Edmund Pacers	500	500				500	1500	1500
Aiya HOWE	FS		499		500			499	1498	1498
Holly WEIR	FV45	Colchester Harriers AC			487	496	498		1481	1481
Jenny STEEDMAN	FV40	Saint Edmund Pacers	494			493		490	1477	1477
Darcy BOWEN	FU20	Ipswich Jaffa RC			491	492		487	1470	1470
Samantha LINASSI	FV50	Felixstowe RRC	484				488	485	1457	1457
Vicky SHELDON	FV45	Tiptree Road Runners	488			484		477	1449	1449
Zara HANMAN	FS		481	487		473			1441	1441
Donna HOWARD	FV45	Colchester & Tendring AC	464		470	471			1405	1405
Steph WILDING	FS		469	460				469	1398	1398
Sharon BARNETT	FV50	Felixstowe RRC	463				477	457	1397	1397
Misty SMITH	FV40	Ipswich Jaffa RC	458				476	461	1395	1395
Hannah LAST	FS		476		430			478	1384	1384
Lynsey WARREN	FV40		451	463		468			1382	1382
Helen YELLOP	FV55	Capel Cheetahs			447	445		450	1342	1342
Wendy KELLETT	FV55	Ipswich Jaffa RC	442		455			442	1339	1339
Sophie BELL	FS	Ipswich Phoenix Running Club		440	454	444			1338	1338
Donna HARRIS	FV45	Great Bentley Running Club		423			465	432	1320	1320
Jenny SHEAHAN	FV60	Eastern Masters AC	432	438				443	1313	1313
Sandra MAYHEW	FV60	Stowmarket Striders RC	426	427	448				1301	1301
Belinda GODBOLD	FV65	Hadleigh Hares AC	428		434			435	1297	1297
Evie ROPER	FU20		410	407	437				1254	1254
Claire STEELE	FV50	Lonely Goat RC			424	399		412	1235	1235
Michelle RANSON	FV45	Vegan Runners UK			401	386	447		1234	1234
Jane MOON	FV65	Felixstowe RRC			414	405		414	1233	1233
Amanda PRIOR	FV55	Capel Cheetahs	395	404	419				1218	1218
Sarah DAVIES	FV60	Framlingham Flyers	391	402				423	1216	1216
Joanne SARGENT	FV50	Hadleigh Hares AC	399			403		401	1203	1203
Karen FLOWER	FV55	Saxmundham Sports Running & Fitness Club	389	399		401			1189	1189
Eleanor CHAMBERLAIN	FS		374	387				408	1169	1169
Vivienne TAYLOR	FV70+	Framlingham Flyers	358	372		391			1121	1121
Natasha MICHAEL	FS	Saint Edmund Pacers		495		498			993	993
Jenni ASKEW-MARTIN	FV40	Kesgrave Kruisers			493		495		988	988
Isabel HOLLANDS	FS	Saint Edmund Pacers			490	490			980	980
Vashti MACDONALD-CLINK	FV45	Cambridge & Coleridge AC			488	489			977	977
Sandy PAGE	FV45	Kesgrave Kruisers	487				489		976	976
Heather SMITH	FV40	Norfolk Gazelles AC				483	491		974	974
Ellie CUMNER	FV45	Colchester Harriers AC	482	484					966	966
Jessica READ	FU20		479	486					965	965
Sandy THOROGOOD	FV60					472	487		959	959
Megan SMITH	FS	Framlingham Flyers		475				482	957	957
Helen ARIYO	FV45	Kesgrave Kruisers	468		473				941	941
Helen FINDLEY	FV45	Kesgrave Kruisers	473					468	941	941
Haley PRITCHARD-SUTTLE	FV60	Saint Edmund Pacers	465		474				939	939
Terri GREEN	FV45	Ipswich Jaffa RC		464	468				932	932
Hien HOANG	FV40	Great Bentley Running Club			469	461			930	930
Tabitha KNEE	FS	Saxmundham Sports Running & Fitness Club		455	471				926	926
Bethany JOHNSON	FS		456	469					925	925
Sophie LEEDER	FS	Saint Edmund Pacers		457	464				921	921
Nicola ROBINSON	FV45	Framlingham Flyers		467		449			916	916
Sandra ROBERTS	FV65	Ipswich Jaffa RC	449					465	914	914
Sue LOCKHART	FV65	Ipswich Jaffa RC				448		462	910	910

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Karen DEASY	FV45					456		452	908	908
Kyra WILSON	FV40	Framlingham Flyers	453	454					907	907
Sophie DOE	FV40	Kesgrave Kruisers	452	453					905	905
Suzi CATCHPOOL	FV55	Ipswich Jaffa RC	446	456					902	902
Rebecca BHALLA	FV40					432	469		901	901
Fiona HUNT	FV50	Kesgrave Kruisers				418	473		891	891
Ruby HUNT	FS					417	472		889	889
Holly ATTWELL	FU20	Stowmarket Striders RC					461	427	888	888
Louise CRACKNELL	FV40	Felixstowe RRC	438	444					882	882
Rosanna HOLDEN	FV40	Colchester & Tendring AC	433					449	882	882
Freya WILCOX	FU20	Ipswich Jaffa RC				424		458	882	882
Jenny HURLEY	FV40	Felixstowe RRC	431		450				881	881
Carla EWEN	FV45	Colchester & Tendring AC		413			459		872	872
Charlotte SALTER	FS		408				456		864	864
Imogen HONEY	FS	Stowmarket Striders RC	437		427				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	405		433				838	838
Caroline SPENDLOVE	FV55	Saxmundham Sports Running & Fitness Club	417	419					836	836
Holly GOODING	FS	Harwich Runners		410				421	831	831
Hannah PRIOR	FS	Capel Cheetahs		403	426				829	829
Judith SMITH	FV70+					383	446		829	829
Haley DUFFY	FV45	Ipswich Jaffa RC	404					415	819	819
Pippa SARGENT	FV40	Stowmarket Striders RC			409			403	812	812
Emily MAGUIRE	FS		356				449		805	805
Rebecca GUY	FS				407			398	805	805
Janet ASKEW	FV65	Kesgrave Kruisers			411			390	801	801
Denise ROBINSON	FV65	Stowmarket Striders RC				397		396	793	793
Julia ASHLEY	FV50	Kesgrave Kruisers	382					407	789	789
Jane HUNTER	FV65	Stowmarket Striders RC				392		392	784	784
Angela SELFE	FV50	Stowmarket Striders RC		379				402	781	781
Sharon HAYFIELD	FV50	Rushmere Community Runners	361					419	780	780
Helen DAVIES	FV55	Framlingham Flyers	385	385					770	770
Dawn BINGE	FV55	Felixstowe RRC	371					397	768	768
Heather SMITH	FV55	Rushmere Community Runners	366	393					759	759
Kirsty LAMB	FS		368	389					757	757
Natalie GOWERS	FV45	Running Colchester	365					391	756	756
Sue PEARSON	FV65	Saxmundham Sports Running & Fitness Club	339			381			720	720
Heather MILLS	FS	Rushmere Community Runners	347	369					716	716
Jackie COLLINS	FV60	Felixstowe RRC	344	368					712	712
Agnieszka ANDRZEJAK	FV45	Stowmarket Striders RC	346	365					711	711
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						496		496	496
Cassandra BADGER	FS	Ipswich Harriers		494					494	494
Hannah POLLARD	FV45	Newmarket Joggers						492	492	492
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
Kitty MITHEN	FS	Woodbridge Shufflers RC		485					485	485
Louise WILKINS	FV40	Stowmarket Striders RC					484		484	484
Kelly SMITH	FV50	Boxted Runners						483	483	483
Amy EYO	FS	Witham RC						481	481	481
Vicky DE SOUZA	FV45	Kesgrave Kruisers			480				480	480

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Sophia LE SAUVAGE	FV45			479					479	479
Deb CHING	FV50	Capel Cheetahs			477				477	477
Helen HILARIO	FV50	Newmarket Joggers				474			474	474
Emily SPENCE	FS	Ipswich Triathlon Club					474		474	474
Nivalda DINES	FV50	Boxted Runners						474	474	474
Emma KEEN	FS	Trail Running Association		472					472	472
Joanne COX	FV50	Bungay Black Dog RC		471					471	471
Marion BENNETT	FV45	Ipswich Jaffa RC					471		471	471
Alexia CARMEDY	FU20	Ipswich Harriers						471	471	471
Antonia RIDLEY-HUGHES	FS					467			467	467
Claudia KEITCH	FV40	Great Bentley Running Club						467	467	467
Lisa CLARKE	FS	Ipswich Jaffa RC			466				466	466
Antje COX	FS							466	466	466
Donna TAYLOR	FV40			465					465	465
Sian ABBOTT	FS	Ipswich Jaffa RC				463			463	463
Gemma THURSTON-WRIGHT	FS	Framlingham Flyers		461					461	461
Evie GOWERS	FU20	Colchester Harriers AC	460						460	460
Magdalena KOMOROWSKA	FV45	Great Bentley Running Club				460			460	460
Francine DASSEVILLE	FV50	Newmarket Joggers					460		460	460
Victoria ORFORD	FV50	Framlingham Flyers	459						459	459
Fiona CUNNINGTON	FV65	Saint Edmund Pacers			459				459	459
Laura MARKHAM	FV40					459			459	459
Alice MEADOWS	FS	Felixstowe RRC	457						457	457
Anna Migliorini LYON	FV60	Great Bentley Running Club			457				457	457
Hayley PETERS	FS	Stowmarket Striders RC					457		457	457
Helen EVANS	FV50	Ipswich Jaffa RC			456				456	456
Olivia PRIME	FS							456	456	456
Emily LOCKWOOD	FS						455		455	455
Amelia SOUTHALL	FS							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
Michelle HUMPHREY	FS			451					451	451
Mary ASHCROFT	FV60	Stowmarket Striders RC			451				451	451
Ruth GOODCHILD	FV45					451			451	451
Meggan TILE	FS	Saxmundham Sports Running & Fitness Club					451		451	451
Gemma MOSS	FV50	Ipswich Jaffa RC		450					450	450
Sarah Jane BENNETT	FV40	Ipswich Jaffa RC				450			450	450
Louise HODDER	FS	Rushmere Community Runners					450		450	450
Catherine HUGHES	FV45		448						448	448
Amanda SMITH	FV50	Woodbridge Shufflers RC		448					448	448
Sue BARROWCLOUGH	FV60	Jogging Made Easy						448	448	448
Emma GOODMAN	FS					447			447	447
Marie PAVELEY	FV50	Capel Cheetahs						447	447	447
Sally BRYSON	FV50			446					446	446
Chloe ADAMSON	FS				446				446	446
Laura GREENMAN	FV40	Ipswich Jaffa RC				446			446	446
Kate WILLS	FV50	Boxted Runners						446	446	446
Gemma SMY	FV45	Trail Running Association		444					444	444
Tanya HEMMINGS	FV45	Jogging Made Easy						444	444	444
Amelie TAYLOR	FU20					443			443	443
Kelsey BORRER	FS	Saxmundham Sports Running & Fitness Club		442					442	442
Clare TAYLOR	FV45					442			442	442
Anna SMITH	FV45				440				440	440
Ayushi KHATRI	FS							440	440	440

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Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ashleigh MILLS	FS	Ipswich Jaffa RC	439						439	439
Mae WASHINGTON	FS	Stowmarket Striders RC		439					439	439
Angela UNDERWOOD	FS	Newmarket Joggers						438	438	438
Olivia HART	FS			437					437	437
Natasha MACGREGOR	FS					437			437	437
Ann PIERCY	FV70+	Harwich Runners						437	437	437
Kayleigh TURPIN	FV40	Felixstowe RRC	436						436	436
Sarah FALIVENO	FV40					436			436	436
Carly THORNTON	FV45				436				436	436
Rachel ANDVIG	FS	Kesgrave Kruisers	435						435	435
Milly ENGLISH	FU20	Framlingham Flyers		435					435	435
Amelia BANFIELD	FU20	Kesgrave Kruisers	434						434	434
Amanda JANES	FV45			434					434	434
Sarah-Jane BENNETT	FV45	Great Bentley Running Club						434	434	434
Hannah ROUT	FV45							433	433	433
Lucy ENGLISH	FV40	Framlingham Flyers		432					432	432
Clare MOODIE	FV50	Framlingham Flyers		431					431	431
Claire BLANCHFORD	FV45					431			431	431
Jess GOULD	FS	Great Bentley Running Club						430	430	430
Nikki VINCE	FV50	Hadleigh Hares AC	429						429	429
Karen LINE	FV55				429				429	429
Gaye ROBERTS	FV60			428					428	428
Irene NUZZO	FV45					428			428	428
Hannah GRINHAM	FS							428	428	428
Kirsty MARSH	FV40	Felixstowe RRC	427						427	427
Mary AKIN-GEORGE	FV50					427			427	427
Joanne HARPER	FV40	Felixstowe RRC		426					426	426
Carla PEREIRA	FV40	Saint Edmund Pacers				426			426	426
Kathryn GALBRAITH	FV60			425					425	425
Amy SMITHEN	FS					425			425	425
Helen ANDVIG	FV65	Kesgrave Kruisers	423						423	423
Cydney NUNN	FS				423				423	423
Carrie KEMP	FV45	Felixstowe RRC	421						421	421
Amy DINES	FV45		420						420	420
Donna TALBOT	FV45	Saint Edmund Pacers				420			420	420
Kate MELLOR HINE	FS		419						419	419
Katie MEADOWS	FS	Felixstowe RRC	418						418	418
Leoni HARVEY	FV40							418	418	418
Emma LEDGERWOOD	FS			417					417	417
Sophie SMITH	FV40							417	417	417
Clare RICHARDSON	FV50	Harwich Runners				416			416	416
Sue CROSS	FV60	Bedford Harriers AC		416					416	416
Liz PAXTON	FV70+	Haverhill Running Club			416				416	416
Samantha CLOUD	FV55		415						415	415
Cherilyn LANE	FV50				415				415	415
Rebecca HEWSON	FV65	Felixstowe RRC	414						414	414
Lacey KING	FS			414					414	414
Becky BURRIS	FV45	Thetford AC				414			414	414
Sofia G6 BROWN	FV40	Haverhill Running Club						413	413	413
Lara ROBINSON	FS				413				413	413
Karen CHAMBERLAIN	FS							409	409	409
Joanna BREAKELL	FV40			408					408	408
Eleanor WATSON	FS					408			408	408
Olivia BEER	FS	Stowmarket Striders RC	406						406	406
Christina JENNINGS	FS			406					406	406
Vicky FREEMAN	FS				405				405	405

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Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Julie HOCKEN	FV60	Jogging Made Easy						405	405	405
Amy RABAIOTTI	FV45				404				404	404
Jennifer EVANS	FV45	Woodbridge Shufflers RC	403						403	403
Julie FAIRWEATHER	FV40	Girls That Jeff			403				403	403
Gill MELLOR	FV55	Felixstowe RRC	402						402	402
Sophie BRIGGS	FS	Norfolk Gazelles AC				402			402	402
Kirsty ABERDEIN	FV50		401						401	401
Gus YOUNG	FS	Saxmundham Sports Running & Fitness Club		401					401	401
Natalie BROWN	FV50	Waveney Valley AC		400					400	400
Anneli OSTLER	FV40	Felixstowe RRC			400				400	400
Juliet TILLYARD	FV60					400			400	400
Karen SHELLEY	FV60	Stowmarket Striders RC					400		400	400
Tracey NOBBS	FV55	Stowmarket Striders RC						399	399	399
Julia BILOTTA	FV65	Hadleigh Hares AC			399				399	399
Adele FIELD	FV60	Felixstowe RRC	398						398	398
Lyndsey FARMAN	FV40			398					398	398
Molly LEWIS	FS				398				398	398
Melanie GAVIN	FV40		397						397	397
Daisy REED	FS				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
Jo HIGGON	FV65	Harwich Runners					395		395	395
Fiona GOLDSMITH	FV50			394					394	394
Jackie HENLEY	FV55	Newmarket Joggers				394			394	394
Sally GARNHAM	FV65	Felixstowe RRC	392						392	392
Alison COOPER	FV65	Waveney Valley AC		392					392	392
Manon KINCHIN	FS	Saxmundham Sports Running & Fitness Club		391					391	391
Lottie ELLIS	FU20		390						390	390
Hannah DORAN	FV50			390					390	390
Samantha GROSE	FV55					389			389	389
Tracy JECKELLS	FV60	Felixstowe RRC					389		389	389
Faye METCALFE	FS		388						388	388
Helen STACY	FV60					388			388	388
Bee HARRIS	FV45	Great Bentley Running Club					388		388	388
Courtney TURNER	FS					387			387	387
Kayleigh SMITH	FS						387		387	387
Rita RUE	FV65					385			385	385
Miranda RAYNER	FV55	Harwich Runners					385		385	385
Amelia BONES	FS		384						384	384
Caroline MCINTOSH	FV70+	Newmarket Joggers				384			384	384
Kerri BARRELL	FS						384		384	384
Alice METZLER	FV40		383						383	383
Caroline COX-HARTIGAN	FU20	Bungay Black Dog RC		383					383	383
Emma BYRNE	FV45	Felixstowe RRC					383		383	383
Susan TAYLOR	FV60			382					382	382
Gina DIMASCIO	FV65						382		382	382
Danielle D'ARCY	FS		381						381	381
Hollie SUTHERLAND	FV40	Felixstowe RRC		381					381	381
Catherine MATHIESON	FV40						381		381	381
Laura LAWRENCE	FV40	Felixstowe RRC	380						380	380
Jacqueline ALLPORT	FV55	Felixstowe RRC	378						378	378
Lucy ALEXANDER	FV40	Saxmundham Sports Running & Fitness Club		378					378	378
Heather RUFF	FV60		377						377	377
Lyssa JENKINS	FS	Stowmarket Striders RC		377					377	377
Michelle WALNE	FV60	Felixstowe RRC	376						376	376

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Trina BICKERS	FV65	Saxmundham Sports Running & Fitness Club		376					376	376
Lucy JONES	FV45	Felixstowe RRC	375						375	375
Dawn CHAMNESS	FV55			375					375	375
Emma LEANING	FS		373						373	373
Amanda CHILDS	FV55			373					373	373
Catriona PEARSON	FS	Woodbridge Shufflers RC		371					371	371
Claire ROWBOTHAM	FV45	Felixstowe RRC	370						370	370
Sophie RYMILL	FS			370					370	370
Cara BARKER	FV45		367						367	367
Lindsay CHURCHMAN	FV40	Diss and District AC		367					367	367
Rachael WILLIAMS	FV50	Felixstowe RRC	364						364	364
Lauren BACON	FS			364					364	364
Sue RUSSELL	FV45	Capel Cheetahs	363						363	363
Jo BIRCH	FV50	Lonely Goat RC		363					363	363
Sophie KIRK	FU20		362						362	362
Stacie LONG	FS	Vegan Runners UK		362					362	362
Klaudia KOWALSKA	FS		360						360	360
Terri GIRLING	FV40			360					360	360
Adriana HOUCHELL	FS	Ipswich Jaffa RC	359						359	359
Sheree HAVERON	FV65			359					359	359
Avril COURT	FV70+			358					358	358
Stacey ROWE	FS		357						357	357
Ann KIRTON	FV55	Thetford AC	355						355	355
Teresa BARNETT	FV50	Capel Cheetahs	354						354	354
Abby FLEMING	FS	Felixstowe RRC	352						352	352
Melody HOWARD	FS		351						351	351
Hilary COOK	FV65	Felixstowe RRC	350						350	350
Sarah HARMON	FV50	Felixstowe RRC	349						349	349
Sue HARGADON	FV70+	Woodbridge Shufflers RC	345						345	345
Sharon TAYLOR	FV55		343						343	343
Debbie SMITH	FV55	Thetford AC	342						342	342
Sharon HALPIN	FV60		341						341	341
Maricris GUERRERO	FS		340						340	340
Claire JAY	FV60		337						337	337
Rhiannon WARD	FS	Felixstowe RRC	336						336	336
Becky ELLUL	FV40	Felixstowe RRC	335						335	335
Anna TOMASZCZUK	FV50		334						334	334
Karen SHARKEY	FV40		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	500	499	2999	2000
James WILSON	MS	Saxmundham Sports Running & Fitness Club	499	498	498	498			1993	1993
Archie BULLINGHAM	MU20	Framlingham Flyers		497	499		499	494	1989	1989
Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	497	495	492	496	497	487	2964	1985
Ed SEELEY	MS	Ipswich Harriers	496	496	493		498		1983	1983
Aidan ELMORE	MS	Saint Edmund Pacers	494	492	484	489		485	2444	1960
Matthew HUNT	MV45		484	484		486	496	482	2432	1950
Kevin LONG	MV40	Hadleigh Hares AC	488	481	473	481	494	465	2882	1944
Jim LAST	MV45	Framlingham Flyers		482	476	485	495	481	2419	1943
Chris GREEN	MS	Felixstowe RRC		487	488	488		480	1943	1943
Hayden PHILLIPS	MU20	Kesgrave Cruisers	487	485	477	483		473	2405	1932
Stuart PRICE	MV40	Hadleigh Hares AC		486	482	487		476	1931	1931
Alex ARCHER	MS	Ipswich Jaffa RC		474	472	478	493		1917	1917
Gary TAYLOR	MV40	Felixstowe RRC	482	475	475	473			1905	1905
Mark ALLEN	MV55	Ipswich Jaffa RC			468	477	492	462	1899	1899
John JOUSIFFE	MS		477	483	474			457	1891	1891
Jon BATTRAM	MV50	Colchester Harriers AC			466	474	490	460	1890	1890
Kevin CARPENTER	MV50	Hadleigh Hares AC	469	471		464	485	451	2340	1889
Ryan DAVIDSON	MS	Felixstowe RRC	495		490	493		410	1888	1888
Steve BROOKE	MV55	Felixstowe RRC	476	470		452	486		1884	1884
Oliver WATSON	MS		459	464	467		489	459	2338	1879
Tom COWLEY	MS	Hadleigh Hares AC	463	473	471	469		464	2340	1877
Joshua MILLS	MS		465	472	470	468			1875	1875
Mark STRATTON	MV50	Saint Edmund Pacers	462	455	453	465	488	456	2779	1871
Simon STAFFORD	MV50	Kesgrave Cruisers	460	461	463	467		449	2300	1851
Wilfred CAMPBELL	MV60	Ipswich Jaffa RC	457	466		472		453	1848	1848
Piotr BULACZ	MV55	Sudbury Joggers			454	458	487	447	1846	1846
Christopher FULLER	MS	Saxmundham Sports Running & Fitness Club	448	450		461	480	417	2256	1839
Oliver SCHOFIELD	MS	Saint Edmund Pacers	456	467	460	443		452	2278	1835
Jonathon HOLYHEAD	MS		454	451	451	422	477	436	2691	1833
Westley WALKER	MV45		464	462	462	399		445	2232	1833
Duncan NG	MS	Stowmarket Striders RC	453	457	456	466			1832	1832
Anthony WHITESIDE	MV45		452	440	445	460	466	418	2681	1823
Duane HOWARD	MV60	Kesgrave Cruisers	455	448	452	456		434	2245	1811
Christopher BOYT	MV50	Felixstowe RRC		452	449		476	433	1810	1810
Michael MCKINSTRY	MV55	Saint Edmund Pacers	435	442	437	451	478	437	2680	1808
Thomas BEECROFT	MS	Framlingham Flyers	441	431	442	454	468		2236	1805
Jim MACKENZIE	MV60	Framlingham Flyers	450	443	438		474		1805	1805
Richard HARVEY	MV65	Framlingham Flyers	427	438	439	449	475	423	2651	1801
Wayne MANN	MS	Ipswich Jaffa RC	425		431	448	481	415	2200	1785
Neil COULSON	MV50	Felixstowe RRC	449	416	448	410	454	414	2591	1767
Tom ATTWELL	MU20	Stowmarket Striders RC	431	422	406	433	458	442	2592	1764
Ashley SMY	MV40	Felixstowe RRC	434	430	430	437	456	400	2587	1757
Alex DE-MOORE	MV40	Saint Edmund Pacers		417	422	436	470	425	2170	1753
Richard LEEDER	MV50	Stowmarket Striders RC	380	425	432	432	463	422	2554	1752
Richard WOLD	MV65	Ipswich Phoenix Running Club	420	418	435		473	408	2154	1746
Luca KADING	MU20	Stowmarket Striders RC	432	426	443	434		428	2163	1737
Aili MACLEAN	MV40	Hadleigh Hares AC	360	411	440		464	421	2096	1736
Paul COOKE	MV50	Ipswich Jaffa RC	440		444	430		411	1725	1725
Simon WILLIAMS	MV45	Framlingham Flyers	429	423			461	412	1725	1725
Steven OFFORD	MV50	Stowmarket Striders RC	422	409	415	423	459	403	2531	1719
Rob KINGSTON	MV45	Framlingham Flyers	409	398	411	439	450		2107	1709
Connor DIPLOCK	MS	Saxmundham Sports Running & Fitness Club	400	401	407	424	453	387	2472	1685
Kerry BUCKLEY	MV55	Felixstowe RRC	412	399	405	411	455	381	2463	1683
Robin HARPER	MV50	Felixstowe RRC	411	405	412	403	438	388	2457	1666

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Rob ARMSTRONG	MV40	Lonely Goat RC	398	391	400	416	449	391	2445	1663
George ALLEN	MS	Saint Edmund Pacers	384	432	417			427	1660	1660
Robert SOMMERVILLE	MV55	Stowmarket Striders RC	401	387	398	401	448	386	2421	1648
Tom PENROSE	MV40	Saint Edmund Pacers	410		416	415		402	1643	1643
Richard DEFRIES	MV50	Newmarket Joggers			428	429	396	389	1642	1642
Reece GOODERHAM	MS	Saint Edmund Pacers		358		421	457	395	1631	1631
Roger KERR	MV45	Stowmarket Striders RC		381	387	394	443	392	1997	1616
Alan JACKSON	MV65	Ipswich Jaffa RC		378	389	400	446		1613	1613
Nigel SCHOFIELD	MV60	Saint Edmund Pacers	407	404	404			397	1612	1612
Paul CONNICK	MS	Framlingham Flyers	389	407	408	367	392	394	2357	1601
Todd LEWIS	MV60	Saint Edmund Pacers	404	388	392	412			1596	1596
Dale FOWLER	MV40		396	390		404		393	1583	1583
Mark WHITE	MV50	Haverhill Running Club	393	382		413		390	1578	1578
Peter CLEAVES	MS	Stowmarket Striders RC	368		384	388	434		1574	1574
Paul MITCHELL	MV55	Haverhill Running Club	378	370	376	385	430	340	2279	1569
Darren GREEN	MV45	Colchester & Tendring AC	376		377	376	432	380	1941	1565
Allan CARD	MV50	Framlingham Flyers		392	393	398		376	1559	1559
Simon GOLDSMITH	MV50		369	356	380	390	406		1901	1545
Logan MACLEAN	MU20		363	344	395		408	374	1884	1540
Tim RANSON	MV65	Vegan Runners UK	381	353	375	363	418	349	2239	1537
Neville CLARKE	MV70+	Newmarket Joggers	356	350		380	436	351	1873	1523
Dominic BAREHAM	MV45	Felixstowe RRC	375	375	386			383	1519	1519
Robert MORGAN	MV65	Saint Edmund Pacers	348	309	356	369	429	344	2155	1502
James WOODLEY	MS	Hadleigh Hares AC			497	497		495	1489	1489
Mark GLEEN	MV50	Kesgrave Cruisers	383	363	370	370			1486	1486
Craig WRIGHT	MV45	Ipswich Phoenix Running Club	366	361	373	379		358	1837	1479
Paul ASTLE	MV40	Saint Edmund Pacers		341	364		415	357	1477	1477
Steve RITSON	MV55	Stowmarket Striders RC		308	352	360	424	336	1780	1472
Andrew WARD	MV55	Saint Edmund Pacers	339	317	359	350	412	333	2110	1460
Ashton DYSON	MV55		319		354	364	413		1450	1450
Neil HUNTING	MV45		379	351		375		341	1446	1446
Tobie STOLLERY	MS		489		479			471	1439	1439
John DUNNETT	MV65	Capel Cheetahs	344	323	355		402	334	1758	1435
Jamie RANDALL	MV55	Haverhill Running Club	321	314	330	366	416	257	2004	1433
Owen BROOM	MS	Ipswich Jaffa RC	478			480		469	1427	1427
Chris SERVANT	MV60	Ipswich Jaffa RC	347	313	351	372		352	1735	1422
Mark EWEN	MV50	Colchester & Tendring AC	338	332	358	346	378		1752	1420
Richard NEWMAN	MV55	Harwich Runners	362	333	367	356			1418	1418
Tim PARNELL	MV55	Kesgrave Cruisers	326	310	349		400	328	1713	1403
Alastair READ	MV45	Felixstowe RRC	473	465	465				1403	1403
Mark ASHWOOD	MV40	Haverhill Running Club	342	336	348	362		347	1735	1399
Bradley WHEELER	MS	Ipswich Phoenix Running Club	351	340	361			338	1390	1390
Richard ATTWELL	MV50	Stowmarket Striders RC	331	297	332	347	376	317	2000	1386
Paul STONE	MV50	Felixstowe RRC	340	312			409	321	1382	1382
Yusuf FIRAT	MV60	Saffron Striders RC	301	286	336	345	395		1663	1377
Stephen BULLEN	MV50	Great Bentley Running Club	461		457	459			1377	1377
Jake LANE	MS			459			465	441	1365	1365
Keith ANDREWS	MV45	Kesgrave Cruisers	334	320	365	343			1362	1362
Ian WEIR	MV45	Colchester Harriers AC			436	450	469		1355	1355
Kyle CHURCH	MS	Saxmundham Sports Running & Fitness Club	458	229		263	370	260	1580	1351
Alan HART	MV50	Stowmarket Striders RC			455	442		444	1341	1341
Allen COPEMAN	MV45		295	275	324	317	398	301	1910	1340
Jason KING	MV45	Felixstowe RRC	438	445	450				1333	1333
Kieron PERRY	MV50	Ipswich Jaffa RC		283		327	405	314	1329	1329
Joseph DUNNING	MV45	Ipswich Jaffa RC		337	363	353		272	1325	1325
Peter BANKS	MV50	Tiptree Road Runners	483			463		369	1315	1315

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
George WRIGHT	MS	Stowmarket Striders RC	443	433		438			1314	1314
Zachary GODFREY	MU20				446	435		432	1313	1313
Martin COTTON	MV55	Great Bentley Running Club		272	331	309	382	288	1582	1310
Charles OHSTEN	MS	Stowmarket Striders RC	451	415			442		1308	1308
Josh CARR	MS	Saint Edmund Pacers			420	426	462		1308	1308
Neil RICHARDSON	MV50	Harwich Runners	323	303	342	335			1303	1303
Neil WINTON	MV60	Felixstowe RRC	259	233	309	307	388	289	1785	1293
Kevin BITTER	MV50	Woodbridge Shufflers RC	316	319	308	349			1292	1292
Andy STRINGER	MV50	Colchester & Tendring AC	297	301	339	332		307	1576	1279
Matt MAKIN	MV40	Felixstowe RRC	268		313	304	381		1266	1266
Paul WAIN	MS	Ipswich Jaffa RC	472	331	459				1262	1262
Tom GLADSTONE	MV50	Saint Edmund Pacers	428		419			413	1260	1260
Robert WALKER	MV60	Felixstowe RRC	310	298	333			315	1256	1256
Ian DUGGAN	MV60	Felixstowe RRC	417	408	427				1252	1252
Freddy NICHOLLS	MU20	Framlingham Flyers		403	425			416	1244	1244
Billy RICHMOND	MV60	Ipswich Jaffa RC	261	292		285	384	252	1474	1222
Martin GARROD	MV65	Ipswich Phoenix Running Club			301	270	372	274	1217	1217
Ross OVEL	MV45		296	276	321	319			1212	1212
Stuart MATHIESON	MS	Sudbury Joggers	285	255	326	295		300	1461	1206
Kevin LINSELL	MV50	Kesgrave Kruisers	390		391		420		1201	1201
Matt DORAN	MV50	Harwich Runners	287	271	320	322			1200	1200
Jack NOON	MS			380	401	418			1199	1199
Daniel STOCKS	MS	Saint Edmund Pacers		371		391	435		1197	1197
Colin ELLIS	MV60	Kesgrave Kruisers	395				433	365	1193	1193
Ian BLUETT	MV40				382	396	414		1192	1192
Rod PRIME	MV55		274	282	322			311	1189	1189
Robert WALLACE	MV45	Saint Edmund Pacers	402			407		379	1188	1188
Eamonn COVENEY	MV60	Saint Edmund Pacers		383	397	402			1182	1182
Daniel SELFE	MV50	Stowmarket Striders RC				384	431	366	1181	1181
Jim WITHERS	MV70+	Newmarket Joggers	225	212	280	265	371	250	1603	1166
Eric BROWN	MV60	Saxmundham Sports Running & Fitness Club		245	289		373	258	1165	1165
Helder CAMPOS	MV40		279	270		321		292	1162	1162
Brett MARTIN	MV50	Kesgrave Kruisers	273	250	312	277		291	1403	1153
Scott SHERMAN	MS		275		318	310		246	1149	1149
Craig STARLING	MS		385	369		381			1135	1135
Kyle ROPER	MV50		253	236	300			335	1124	1124
Nathaniel BROUGHTON	MV45		254	254	294	291		282	1375	1121
Philip HYMERS	MV70+	Saint Edmund Pacers	278	258		294		290	1120	1120
Ian CUNNINGTON	MV60	Saint Edmund Pacers			372	387		355	1114	1114
Adrian PEAKE	MV60	Ipswich Jaffa RC	350			348	393		1091	1091
Andrew BUDD	MV65	Capel Cheetahs	367		378			346	1091	1091
Tom STEPHENS	MV55	Felixstowe RRC	371		366	352			1089	1089
Owen WOOLLARD	MS		406	259	418				1083	1083
Adam PLUMMER	MS	Rushmere Community Runners		342	371	359			1072	1072
Sam HARDWICK	MS	Stowmarket Striders RC	251	242	297			278	1068	1068
Michael HAMMOND	MS		353	349				363	1065	1065
Craig SMITH	MS			228	287	276		270	1061	1061
Martin JARVIS	MV50			334		371		353	1058	1058
Christian HADWEN	MV50	Felixstowe RRC	372	316		368			1056	1056
Stephen MOORE	MV50		294		341		410		1045	1045
Daniel UPTON	MV45		300		441			296	1037	1037
Jamie PAYNE	MS			321		330	383		1034	1034
Neil DENNIS	MV40	Stowmarket Striders RC		335			391	306	1032	1032
Ben PLEASANCE	MU20		241	235	282			256	1014	1014
Tom HOBLYN	MV60	Saint Edmund Pacers	283		323		407		1013	1013
Stuart HUNT	MS	Colchester Harriers AC	345			342		320	1007	1007

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Paul SMITH	MV40	Great Bentley Running Club	233	231	283			247	994	994
Ryan WATERS	MS		357		292			343	992	992
Steve ADAMS	MV60	Felixstowe RRC	229	214	284			265	992	992
Sultan TUSA	MS	Ipswich Jaffa RC	498					492	990	990
Brian MUNNS	MV60	Newmarket Joggers	247	224		262		254	987	987
Keelan SMITH	MV40	Saxmundham Sports Running & Fitness Club	235	226		264		261	986	986
Max HEMSON	MS	Colchester Harriers AC			495			490	985	985
Chris KELLY	MV40	Vegan Runners UK			491	491			982	982
Louis CHANCELLOR	MS		493		486				979	979
Thomas SMITH	MS	Saint Edmund Pacers	491	488					979	979
Matthew SLATER	MV40	Cambridge & Coleridge AC			485	494			979	979
Josh HARVEY	MS	Framlingham Flyers		490				483	973	973
Freddie EVANS	MS	Saxmundham Sports Running & Fitness Club		489	483				972	972
Ethan WADE	MU20	Ipswich Jaffa RC	492					475	967	967
Kevin COLEMAN	MV60	Stowmarket Striders RC	322	300	343				965	965
Alex MCCARTHY	MV40		485		478				963	963
Colin EVERITT-BARDEN	MV40	Stowmarket Striders RC	324	302				337	963	963
Chris MOWER	MV50	Saint Edmund Pacers			481			474	955	955
Matthew RAWLINGS	MV50	Saint Edmund Pacers	314	306				332	952	952
Stuart WARD	MS	Felixstowe RRC	475	477					952	952
Kevin MURPHY	MV50	Saint Edmund Pacers		468			484		952	952
Barney WILKINS	MU20	Ipswich Harriers		478				467	945	945
Stephen HATTEN	MV60	Saint Edmund Pacers	312	284	340				936	936
Jamie FITTOCK	MV40	Saint Edmund Pacers				455	479		934	934
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
Dave YOUNG	MV55		305	290				318	913	913
Phil RUSTED	MV50	Diss and District AC		441			472		913	913
Ben HOWARD	MU20	Colchester & Tendring AC					483	430	913	913
James WATSON	MV40	Hadleigh Hares AC	289	294	327				910	910
Duncan CHENERY	MV65	Ipswich Jaffa RC	302	281		326			909	909
Drew HUNTING	MU20			289		314		303	906	906
Chris GWATKIN	MS	Stowmarket Striders RC			434		471		905	905
Connor MARTIN	MU20	Kesgrave Cruisers			319	292		294	905	905
Paul BELAND	MV65				279	260	366		905	905
Alfie SEAMONS	MS	Saxmundham Sports Running & Fitness Club		446		453			899	899
Matthew BULLOCK	MV45		303	277		312			892	892
Paul DOCKERILL	MV45	Saint Edmund Pacers	444		447				891	891
Peter HILL	MS			427			460		887	887
Ben BOWEN	MV50				296	303		286	885	885
Tim HANMAN	MV55	Ipswich Jaffa RC			433	444			877	877
Kester WEBB	MS				423		452		875	875
Ben JEFFERY	MV45	Saint Edmund Pacers	445					429	874	874
Kieren HART	MS		437	436					873	873
Oliver QUINTON	MS		421	449					870	870
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
Neil SMITH	MV40	Framlingham Flyers	442	413					855	855
Phil DAVIES	MV60	Ipswich Jaffa RC	280	262	304				846	846
Tom DARLING	MS			400			444		844	844
Robert HARMAN	MV50				421	420			841	841
Jed LAWRENCE	MU20	Ipswich Jaffa RC	416		424				840	840
Jordan BEAUMONT	MS				413	427			840	840
Elliot HOBSON	MU20	Ipswich Jaffa RC		406		431			837	837

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Matthew BISHOP	MS	Saint Edmund Pacers			410	425			835	835
Lee CAULFIELD	MV55	Colchester Harriers AC	243		303			285	831	831
Roger TAYLOR	MV50		270	257	299				826	826
Martin MURRAY	MV45		269	256	298				823	823
Matthew BROOM	MV50		414					409	823	823
Darren BIRCH	MV55		267	264		288			819	819
Philip EWING	MV50	Saxmundham Sports Running & Fitness Club		379			437		816	816
Matthew LAST	MS	Framlingham Flyers		402		414			816	816
Ricky DEASY	MV45					419		396	815	815
Sam DINES	MV40		266	247	295				808	808
Michael MORLEY	MV50	Colchester & Tendring AC	250		288			269	807	807
Paul COREY	MV60	Haverhill Running Club					426	378	804	804
Luke CATCHPOLE	MS			360				443	803	803
Jack DOWSING	MV40					382	421		803	803
Jeanpierre AKAKPO	MS				403			399	802	802
Chris GLADWELL	MV65	Stowmarket Striders RC	256	268				276	800	800
Joel BAPE	MV40	Saint Edmund Pacers				373	422		795	795
Chris SMITH	MV40		413					371	784	784
Stephen NEUMANN	MV45		399		383				782	782
Laurence GOWERS	MV50	Braintree & District AC	364		409				773	773
Neil WILLIAMSON	MV50	Newmarket Joggers	242	244	286				772	772
Liam ROBINSON	MV60	Fetch Everyone		230		272		268	770	770
Michael WILCOX	MV50					392		375	767	767
Mark ANDREWS	MV55	Lonely Goat RC	394					367	761	761
Jules BEAUMONT	MV55		358				401		759	759
Duncan CHAMBERLAIN	MV60		244	241				273	758	758
Charlie UPTON	MU20				385			373	758	758
Pete THOMPSON	MV70+	Norfolk Gazelles AC				339	417		756	756
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
Richard HIGGINS	MV60	Framlingham Flyers				389		361	750	750
Stephen MEAD	MV70+	Saint Edmund Pacers			374	374			748	748
Darren WALKER	MV40	Colchester Harriers AC	373	373					746	746
David CAHILL	MV60	Colchester & Tendring AC			369			362	731	731
Peter BIRD	MV50	Saint Edmund Pacers	382					345	727	727
Robert WARNE	MV40			364				359	723	723
Wayne GRANT	MV65		227	219		261			707	707
Dave HOWGEGO	MV55	Woodbridge Shufflers RC	361	346					707	707
Nick FALIVENO	MV40			307			397		704	704
Nick WALKER	MV55	Stowmarket Striders RC				311	390		701	701
Tristan GLADWELL	MV40						394	305	699	699
Tom TAYLOR	MV60		299	397					696	696
Wayne MUMFORD	MV55		332			361			693	693
Steven NEAL	MV55	Brandon Fern Hoppers			345	341			686	686
Marc LAWRENCE	MV55	Ipswich Jaffa RC				357		326	683	683
Stefan GREGSON	MV50	Kesgrave Cruisers		322	360				682	682
Phil HUDSON	MV65	Ware Joggers	221	208				248	677	677
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
Michael SHELDRAKE	MV40			273			375		648	648

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Taylor EDWARDS	MS				277		367		644	644
Guy HAYWARD	MV50	Framlingham Flyers	327	315					642	642
Charles LAYZELL	MS	Ipswich Phoenix Running Club		304				331	635	635
Joel ANDREWS	MS	Rotherham Harriers and AC				266	369		635	635
Ian ELDEN	MV50					299		330	629	629
Garry MACDONALD	MV60	Felixstowe RRC	309					316	625	625
Paul HEEKS	MV55	Stowmarket Striders RC				259	365		624	624
Chris AYLMER	MV70+	Newmarket Joggers				258	364		622	622
David YOUNG	MV40		298			323			621	621
David ALDERTON	MV40			234			386		620	620
Chris BAREHAM	MV65	Haverhill Running Club			310	306			616	616
Steve KIRK	MV45				315	301			616	616
Paul FORSHAW	MV70+	Fetch Everyone				253	363		616	616
Stephen PRETTY	MV65	Saint Edmund Pacers	282		325				607	607
Kevin PYLE	MV45	Rushmere Community Runners	317	288					605	605
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 Kruisers	288			313			601	601
Craig CHIDLOW	MV60	Ipswich Triathlon Club	306	295					601	601
Thomas RICHARDSON	MU20	Harwich Runners			347	252			599	599
Graham WAUDBY	MV55	Rushmere Community Runners			316	281			597	597
David FIELD	MV65	Stowmarket Striders RC			311	284			595	595
Colin KNIGHT	MV70+	Saint Edmund Pacers			328			264	592	592
Mark SILLS	MV50	Felixstowe RRC	277					312	589	589
George LANKESTER	MS			285				304	589	589
Stephen HICKS	MV65	Ipswich Harriers	313	267					580	580
David MOON	MV65		276					280	556	556
Roger BARCHAM	MV70+	Ipswich Jaffa RC		251	305				556	556
Alan BURGIN	MV70+	Huntingdonshire AC				282		271	553	553
James GIRLING	MS		292	253					545	545
Richard PHILLIPS	MV45	Kesgrave Kruisers		261				279	540	540
Andrew CLAYTON	MV50	Saint Edmund Pacers		252		283			535	535
Danny RANSON	MS	Boxted Runners			278	255			533	533
David SMITH	MV55		307	221					528	528
Regan PEACOCK	MS		263	260					523	523
Iain CATCHPOOL	MV55	Ipswich Jaffa RC	271	249					520	520
Tim NEWTON	MV70+	Ipswich Jaffa RC		239				281	520	520
Ian KNIGHTS	MV50	Kesgrave Kruisers	239					263	502	502
Brandon BARBER	MU20	Ipswich Harriers						500	500	500
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
Joseph PATTERSON	MS	Colchester Harriers AC						498	498	498
Kim BOWLING	MS	Colchester Harriers AC						497	497	497
Chris RYAN	MS	Colchester Harriers AC			496				496	496
Sam CLAYTON	MS	Colchester & Tendring AC						496	496	496
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
Haydn WADE	MS	Felixstowe RRC						493	493	493
David RAIMONDO	MV45	Cambridge & Coleridge AC				492			492	492
Ian GOODERHAM	MV55	Saint Edmund Pacers		225				266	491	491
James PARR	MS	Ipswich Jaffa RC		491					491	491
Jake HAYWARD	MS	Stowmarket Striders RC					491		491	491
Steven WHERRETT	MS	Witham RC						491	491	491

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Jack WILKINSON	MV40	Ipswich Jaffa RC	490						490	490
Scott WILLIAMS	MS	Saint Edmund Pacers				490			490	490
Paul FENN	MV40	Kesgrave Cruisers			489				489	489
Mark WOODLEY	MS							489	489	489
Neil POLLARD	MV45	Newmarket Joggers						488	488	488
Robert BARKER	MV60	Felixstowe RRC	236					251	487	487
Dominic HAZELL-EVANS	MS				487				487	487
Luke GAVIN	MU20	Ipswich Harriers	486						486	486
Matthew PECK	MU20	Ipswich Jaffa RC						486	486	486
Oliver DAYKIN	MS	Newmarket Joggers				484			484	484
Sam PILGRIM	MS	Braintree & District AC						484	484	484
Matthew BYARD	MV50	Kesgrave Cruisers	245	237					482	482
Robert SMAILES	MS	Saint Edmund Pacers				482			482	482
George MANN	MS						482		482	482
Ricky O'NEILL	MV40	Ipswich Jaffa RC	481						481	481
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
Will BLACKBURN	MS							479	479	479
Steven REYNOLDS	MV65		222			256			478	478
Thomas HEMSLEY	MS	Newmarket Joggers						478	478	478
Dean SEMPLE	MS	Colchester Harriers AC						477	477	477
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
Colin RIDLEY	MV60	Colchester Harriers AC						472	472	472
Ross CHINERY	MV40		471						471	471
Josh SCARLETT	MS	Saint Edmund Pacers				471			471	471
William DUNN	MS		470						470	470
Jonny HOCKEN	MS							470	470	470
Steve HALL	MV50	Framlingham Flyers		469					469	469
James WRIGHT	MV45	TRISudbury			469				469	469
John THORPE	MV55	Ipswich Jaffa RC	468						468	468
Lloyd HEARD	MS							468	468	468
Joe BROWN	MV40	Kesgrave Cruisers					467		467	467
Freddie TURNER	MS	Framlingham Flyers						466	466	466
Simon ASHTON	MV60	Lonely Goat RC		210		254			464	464
Samuel WEEKS	MU20				464				464	464
Christopher EDWARDS	MS	Colchester Harriers AC						463	463	463
Simon WARD	MS					462			462	462
Steve BEASLEY	MS	March AC			461				461	461
Taylor FISHER	MS							461	461	461
Gavin DAVIES	MV45	Ipswich Jaffa RC		458					458	458
Ian OLD	MV40	Ipswich Jaffa RC			458				458	458
Jason EVANS	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
Matthew FRIEND	MS							455	455	455
Peter FISK	MS			454					454	454
James CORNISH	MV45	Kesgrave Cruisers						454	454	454
Roger STONE	MV55						451		451	451

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Tom AMES	MV40	Stowmarket Striders RC						450	450	450
Peter JARDINE	MS							448	448	448
Tom ALEXANDER	MV45	Woodbridge Shufflers RC	447						447	447
Edward BORRETT	MU20			447					447	447
Aili MACLEAN	MV45	Hadleigh Hares AC				447			447	447
Joe CARDY	MS						447		447	447
Darren SHEPPARD	MV55	Framlingham Flyers	446						446	446
Ryan HORNE	MS					446			446	446
William ROBERTS	MS							446	446	446
Lewis BRYANT	MS	Thetford AC				445			445	445
David JOHNSON	MS	Framlingham Flyers					445		445	445
Ben CHURCHMAN	MV40	Diss and District AC		444					444	444
Michael BURRIS	MS	Thetford AC				441			441	441
Aaron DEW	MS						441		441	441
Nathan SIMS	MS	Haverhill Running Club				440			440	440
Jordan ROW	MS						440		440	440
Samuel HAJDER	MV45	Witham RC						440	440	440
Peter WEST	MV60	Colchester Harriers AC		439					439	439
Andy FRYATT	MV55	Newmarket Joggers					439		439	439
David DINES	MV50	Boxted Runners						439	439	439
Craig SLOCOMBE	MS	Great Bentley Running Club						438	438	438
George SMITH	MU20	Framlingham Flyers		437					437	437
Robert KEMP	MV40	Felixstowe RRC	224	211					435	435
John VINECOMBE	MS			435					435	435
Andrew LANHAM	MS	Great Bentley Running Club						435	435	435
Ben CORDEN	MV40			434					434	434
James HORNE	MV40		433						433	433
Harry YOUNG	MS	Harwich Runners						431	431	431
Carl CREASEY	MV45		430						430	430
Robert TREBILCOCK	MS	Woodbridge Shufflers RC		429					429	429
Glynn THOMAS	MV60	Ipswich Jaffa RC		428					428	428
Julian JOHNSON	MV40	Saint Edmund Pacers					428		428	428
Steve FOSTER	MV55	Haverhill Running Club				428			428	428
Oscar HUNT	MS						427		427	427
Martin FOX	MS		426						426	426
Trevor BALLARD	MV50	Harwich Runners						426	426	426
Mel CHITTOCK	MV70+		218	207					425	425
Jason BEETON	MV40	Thetford AC					425		425	425
Euan CHILDS	MS		424						424	424
Max SHELDRAKE	MU20	Framlingham Flyers		424					424	424
Tommy KIRK	MU20	Framlingham Flyers					424		424	424
Finn CHILDS	MS		423						423	423
James COTTON	MV45						423		423	423
Paul DOCKERILL	MV40	Saint Edmund Pacers		421					421	421
William RIDGARD	MS	Saxmundham Sports Running & Fitness Club		420					420	420
Ian CUTHBERT	MS	Witham RC						420	420	420
Warren BIRCH	MV55	Ipswich Triathlon Club	419						419	419
Robin BROOKES	MV55	Harwich Runners		419					419	419
Lucas BRITTAIN	MS						419		419	419
Michael MACLEOD	MV40	Colchester Harriers AC						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
Michael BALLS	MV45	Bungay Black Dog RC		414					414	414
Sam CLEMENTS	MU20	Shaftesbury Barnet Harriers			414				414	414
Gareth LANE	MS			412					412	412

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ben GLADWELL	MV40	Stowmarket Striders RC					411		411	411
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
Jason DIGHTON	MV50	Ipswich Phoenix Running Club						407	407	407
Graeme MALYON	MS					406			406	406
Paulus HUGHES	MV60	Great Bentley Running Club						406	406	406
Ryan CHAPMAN	MS	Saxmundham Sports Running & Fitness Club	405						405	405
Harry MINNETTE	MU20	Haverhill Running Club				405			405	405
Nicholas UNDRILL	MS							405	405	405
Richard SMITH	MV40						404		404	404
Gerry GLADDEN	MV45	Great Bentley Running Club						404	404	404
Ben JACKSON	MS	Felixstowe RRC	403						403	403
Mark ROSE	MV50	Ipswich Jaffa RC					403		403	403
Tim HIGGINS	MV60	Ipswich Jaffa RC			402				402	402
Carl GRINHAM	MS							401	401	401
Christopher THOMSON	MS	Framlingham Flyers			399				399	399
Jamie BENNETT	MV45	Ipswich Jaffa RC					399		399	399
Stuart COLLETT	MV40	Tiptree Road Runners						398	398	398
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
Daniel SCOTT	MV40			395					395	395
Dominic BAREHAM	MV45	Felixstowe RRC				395			395	395
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
Samuel ADAMS	MS		391						391	391
James BOOL	MV55	Great Yarmouth Road Runners		389					389	389
Tom SPENCE	MS						389		389	389
Christian HANMAN	MS		388						388	388
David READ	MV45				388				388	388
Matt TRILL	MV50	Ipswich Jaffa RC	387						387	387
Graham BRUMPTON	MV50	Ipswich Phoenix Running Club					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
David BREWSTER	MV50						385		385	385
Alan CLARK	MV60	Benfleet RC						385	385	385
Connal GRIFFITHS	MV40	Ipswich Jaffa RC		384					384	384
Mark AUSTIN	MV65	Witham RC						384	384	384
Mark LEWIS	MV50					383			383	383
Alexander PARNELL	MS							382	382	382
James CLEMENTS	MV45				381				381	381
Michael MARRIOTT	MV70+						380		380	380
Neil GILLINGHAM	MV40	Ipswich Harriers			379				379	379
Will AUSTIN	MS						379		379	379
Charlie SWEET	MS					378			378	378
Michael FALCONE	MV40					377			377	377
Lewis SELFE	MU20	Stowmarket Striders RC					377		377	377
Harry NOBLE	MS							377	377	377
Mark GOODWIN	MV50	Felixstowe RRC		376					376	376

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Ash SADLER	MV45	Kesgrave Kruisers	374						374	374
Chris HAYSTEAD	MV55			374					374	374
Luis Fernando CEBALLOS POSADA	MV55						374		374	374
Duncan SCOTT	MV40	Colchester Harriers AC		372					372	372
Stefan HOGAN-STEELE	MS	Great Bentley Running Club						372	372	372
Alex SMITH	MS	Felixstowe RRC	370						370	370
Daryl SIMPSON	MV50	Ipswich Jaffa RC						370	370	370
Marcus BROWN	MV50	Rushmere Community Runners			368				368	368
Mark HARRIS	MV50	Great Bentley Running Club					368		368	368
Simon SCOTT	MV60	Witham RC						368	368	368
Matt YEATTS	MV40	Framlingham Flyers		367					367	367
Danny JILLIONS	MV40			366					366	366
Max HARROLD	MS		365						365	365
Thomas NAYLOR	MV40							364	364	364
Stephen ROBERTS	MV50	Woodbridge Shufflers RC		362					362	362
Clive DAVEY	MV50				362				362	362
Michael UNDRILL	MV55							360	360	360
Jacob WRIGHT	MS		359						359	359
Peter GRAY	MV50	Framlingham Flyers		359					359	359
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
Jack TOWNSEND	MS							356	356	356
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
Andrew STEAD	MV50							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
David MARSH	MV45							350	350	350
Daniel SPALL	MS			348					348	348
Glenn WILLIAMSON	MV45							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
Chris AXFORD	MV60	Jogging Made Easy						342	342	342
Ryan OSMAN	MS	Saint Edmund Pacers				340			340	340
Kai GIBBON	MV55	Bungay Black Dog RC		339					339	339
Steve HUNT	MV65	Colchester Harriers 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
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 Kruisers	335						335	335

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
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
Jamie SOLOMONS	MV40							329	329	329
Richard NEAL	MV40		328						328	328
James BELL	MV40			328					328	328
Ryan BRUTY	MV40					328			328	328
Donald STEWART	MV60	Framlingham Flyers		327					327	327
Mark LYNCH	MV55	Witham RC						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
Andre EDWARDS	MV50	Kesgrave Cruisers						325	325	325
Johan BLACK	MV40			324					324	324
Miles WEAVER	MV50					324			324	324
Dean PEPPER	MS	Great Bentley Running Club						324	324	324
Adam HOCKEN	MV60	Witham RC						323	323	323
Martin HOLTHAM-PAYNE	MS	Tiptree Road Runners						322	322	322
Brett DEAKIN	MV45	Felixstowe RRC	320						320	320
David JOBLING	MV70+	Witham RC						319	319	319
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
Thomas PRYKE	MS					316			316	316
Shane BROWNLIE	MV40		315						315	315
Ross BLACKABY	MS					315			315	315
Philip BROWN	MV60	Saint Edmund Pacers						313	313	313
Simon MILLER	MV55	Halstead RRC						310	310	310
Owen LANCASTER	MS							309	309	309
Damian TOWNS	MV40					308			308	308
Edward GOODALL	MS							308	308	308
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
Tom NAUGHTON	MS				302				302	302
Mark DAVEY	MV55	Ipswich Phoenix Running Club				302			302	302
Ian SILVERTON	MV40							302	302	302
Gavin RIDGEON	MV45					300			300	300
Joshua ALLUM	MU20	Framlingham Flyers		299					299	299
Jordan WINCH	MS							299	299	299
William TERRY	MS	Stowmarket Striders RC				298			298	298
Ian BOWN	MV60	Boxted Runners						298	298	298
Chris CHORLEY	MV60	Bungay Black Dog RC				297			297	297
Dan HARDING	MS							297	297	297
John CHAMBERS	MV65			296					296	296
Andrew SILVERTON	MV45							295	295	295
Tom ORFORD	MV55		293						293	293

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Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Kevin HAYWARD	MV55	Framlingham Flyers		293					293	293
Neil HOSKING	MV45				293				293	293
Peter SCAMBLER	MV65					293			293	293
Chris DEACON	MV55							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
Kieran CALLAGHAN	MV45	Colchester Harriers AC						287	287	287
Chris DURRANT	MV55	Felixstowe RRC	286						286	286
Andrew TERRY	MV55					286			286	286
Richard EVERETT	MS				285				285	285
Andy BARTLETT	MV40	Kesgrave Kruisers	284						284	284
James MONTGOMERY	MV60	Witham RC						284	284	284
Jeff HIGGON	MV70+	Harwich Runners						283	283	283
Mervyn COOK	MV55		281						281	281
Matthew LOCKYER	MV40				281				281	281
Kieron BALES	MV50	Saint Edmund Pacers		280					280	280
Olly 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
Kai HARDY	MS							277	277	277
Bryan CHURCHARD	MS	Saint Edmund Pacers				275			275	275
James HYMAS	MV45	Haverhill Running Club						275	275	275
Matthew EVELEIGH	MV45	Woodstock Harriers AC		274					274	274
Simon LASKY	MV60					274			274	274
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
Tony ADOLPHUS	MV65	Ipswich Jaffa RC						267	267	267
Nick KHAN	MV50	Framlingham Flyers		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
Daniel NEWMAN	MV45							262	262	262
Dominic MIAOULIS	MV45	Felixstowe RRC	260						260	260
Josh DUNICAN	MS							259	259	259
Christopher OZANNE	MV50		258						258	258
Reece CREASEY	MU20		257						257	257
Robert TILLYARD	MV60					257			257	257
David VINCE	MV40		255						255	255
David WENYON	MV40	Woodbridge Shufflers RC						255	255	255
Ross SILVERTON	MV70+	Witham RC						253	253	253
Darin OSBORNE	MV55	Rushmere Community Runners	252						252	252
Stephen SPENCER	MV70+	Brandon Fern Hoppers				251			251	251
Lukas GROENEWALD	MV45							249	249	249
Alex WALNE	MS		248						248	248
Mark SARGEANTSON	MV70+	Framlingham Flyers		248					248	248

Friday 5 Championship File 2026

Cumulative Points by Gender

Name	Cat	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
Chris CLOW	MV60		246						246	246
Stephen DOWNES	MV60			246					246	246
Dean CATLING	MV60	Felixstowe RRC		243					243	243
Alan HILLYARD	MV60			240					240	240
Mark SMITH	MV45		238						238	238
Simon HAMILTON	MV45	Kesgrave Kruisers		238					238	238
Joseph MARTIN	MU20	Kesgrave Kruisers	237						237	237
Lewis DIVINCENZO	MS		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
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 Kruisers	215						215	215
Anthony HUNT	MV70+	Saxmundham Sports Running & Fitness Club		213					213	213
Alberto HENRIQUES	MV50		209						209	209

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