

The JM Finn Friday 5 Series 2023

Open Race Results

Pos	Name	Cat	Club	R1	R2	R3	R4	R5	R6	Best 4
1	Katie KING	FS	Saint Edmund Pacers	500	500	499	500		497	1999
2	Vashti MACDONALD-CLINK	FV40	Haverhill RC	495	498	490	496	497	482	1986
3	Wendy SMITH	FV50	Saint Edmund Pacers	493	496	492	495	499	488	1983
4	Sian KINGSTON	FV45	Framlingham Flyers	497		496		498	489	1980
5	Ellie CUMNER	FV40	Colchester Harriers AC	496	497	495	491			1979
6	Holly TAYLOR	FS	Felixstowe RRC	491		489	490	495	487	1965
7	Mary NAREY	FV55	Stowmarket Striders RC	484	490	486	487	490	477	1953
8	Jo HAYWARD	FV50	Stowmarket Striders RC	487	492	482	489		483	1951
9	Madeline LANSDOWN	FU20	Ipswich Jaffa RC	492	485	493	481			1951
10	Juliet GARNHAM	FV45	Stowmarket Striders RC		489	488	488		486	1951
11	Rebecca PITTMAN	FV60	Springfield Striders RC	485	493		478	487	479	1944
12	Helen FINDLEY	FV40	Kesgrave Kruisers	483	487	484	482		478	1936
13	Helen JERROLD	FV40	Kesgrave Kruisers	488		480		494	467	1929
14	Kate SCOTTER	FV40	Kesgrave Kruisers	478		479		489	473	1919
15	Olivia ELLIS	FS	Ipswich Jaffa RC	482		481		483	472	1918
16	Helen ARIYO	FV40	Kesgrave Kruisers	479	483			484	463	1909
17	Jenny MORGAN	FV65	Saint Edmund Pacers		484	474	468	478	462	1904
18	Kate SUDELL	FS	Felixstowe RRC	473	476	471	469	482	456	1902
19	Kate HEEKS	FS	Stowmarket Striders RC		488	467	472		474	1901
20	Mary Ann TULI	FV50	Haverhill RC	480	475	472	470		457	1897
21	Crystal MURRAY	FS	Hadleigh Hares AC		479		473	472	466	1890
22	Rachel TERRY	FV50	Stowmarket Striders RC	470		469	471	479	460	1889
23	Kayleigh TURPIN	FS	Felixstowe RRC	467	477	460	456	477	453	1881
24	Karen OFFORD	FV45	Stowmarket Striders RC	463	468	459	462	476	451	1869
25	Victoria ORFORD	FV50	Framlingham Flyers	462	470	457	467			1856
26	Ruth ACWORTH	FV60	Woodbridge Shufflers MC	469		463	461	461	450	1854
27	Sandra MAYHEW	FV55	Stowmarket Striders RC	472	473	461			446	1852
28	Sarah MAIDMENT	FV45	Framlingham Flyers		469	445	465	468	448	1850
29	Helen SKINNER	FV45	Ipswich Jaffa RC	454	463	458	455	469		1845
30	Kirsty WEAVERS	FV55	Saint Edmund Pacers			455	466	466	454	1841
31	Jane WALL	FV70+	Saint Edmund Pacers	455	467	449	453	458		1833
32	Kirstie GLADWELL	FS	Framlingham Flyers	464		454		462	452	1832
33	Eva PALMER	FU20	Unattached	458	464	450	458			1830
34	Nathalie HOOPER	FV55	Hadleigh Hares AC	446	456	453	452	465	439	1826
35	Michelle HEWITT	FS	Framlingham Flyers	460	461	446	459			1826
36	Sophie DOE	FV40	Kesgrave Kruisers		460	451		457	440	1808
37	Caroline DYER	FV40	Great Bentley RC	444	457	429	444	460	443	1805
38	Belinda GODBOLD	FV60	Hadleigh Hares AC	440	458	442	449	456	430	1805
39	Lydia SIMMONS	FS	Saint Edmund Pacers	442	459	438		450		1789
40	Sil CLAY	FV55	Haverhill RC	441	454	433	442	445	426	1782
41	Sophie BELL	FS	Ipswich Phoenix RC	438	451	428	443		416	1760
42	Rachel BARTLETT	FV50	The Saxons	437		431		454	434	1756
43	Emma WARREN	FS	Colchester Harriers AC			436	446	448	423	1753
44	Karen DEASY	FV40	Unattached		453		437	442	419	1751
45	Muriel LOVERING	FV45	Colchester Harriers AC	434	441	434	429	436	437	1748
46	Wendy KELLETT	FV50	Ipswich Jaffa RC	439		435		444	424	1742
47	Ruth COWLIN	FV55	Sudbury Joggers	432	455	432			422	1741
48	Christina PRETTY	FV60	Harwich Runners	422	432	416	427	427	413	1708
49	Faith LEWIS	FV45	Saint Edmund Pacers	425	424	407	421	429	393	1699
50	Chloe HEEKS	FU20	Stowmarket Striders RC		437	409	432	419	411	1699
51	Donna HARRIS	FV40	Great Bentley RC	400	433	415	424	417	415	1689
52	Joanna WHITE	FV55	The Saxons	415	435	417		421		1688
53	Jenny LYNCH	FV55	Felixstowe RRC	426	439	394		411	398	1674
54	Joanne SARGENT	FV50	Hadleigh Hares AC	402	427	411	420	415	403	1673
55	Fiona HOLLAND	FV65	London Heathside	408			425	413	420	1666
56	Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	420	431			410	392	1653
57	Laura COOK	FV40	Great Bentley RC	398	428	381	415	408	386	1649
58	Sharon WARLAND	FV55	Stowmarket Striders RC	371	426	396	417	402	381	1641

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59	Kelly WADE	FV40	Ipswich Jaffa RC	395	400	419	414	396	1629
60	Lucia HARDWICK	FV45	Kesgrave Kruisers		418	395	404	400	1617
61	Sarah CLARKE	FS	Unattached	379	417	373	406	404	1606
62	Bee HARRIS	FV40	Great Bentley RC		415	371	405	398	1591
63	Rebecca GOODERHAM	FS	Saint Edmund Pacers	405		387		412	1591
64	Chantal CULLINGTON-READ	FV50	Unattached		410	369	396	387	1562
65	Jan HOLMES	FV55	Newmarket Joggers	384		383	407	384	1558
66	Denise WRIGHT	FV60	Stowmarket Striders RC	374	419	385		375	1553
67	Maureen WRIGHT	FV70+	Ipswich Jaffa RC	349	411	359	395	386	1551
68	Adriana HOUCHELL	FS	Ipswich Jaffa RC	330	405		413	401	1549
69	Vivienne TAYLOR	FV70+	Framlingham Flyers	372		377	403	394	1546
70	Claire RUSH	FV45	Kesgrave Kruisers	334	407	345	391	385	1533
71	Joanne BOUTTELL	FV55	Newmarket Joggers	338	408	346	386	380	1521
72	Tina CHURCH	FV50	The Saxons	355		360	401	390	1506
73	Jane MATHIAS	FV45	Unattached	336	412			388	1487
74	Hannah POLLARD	FV40	Newmarket Joggers		486	491	493		1470
75	Amanda MORTIMER	FV40	Ipswich Jaffa RC			485		493	1459
76	Jackie HENLEY	FV55	Newmarket Joggers	339			387	382	1456
77	Jenny STEEDMAN	FS	Saint Edmund Pacers				475	492	1451
78	Sandy THOROGOOD	FV55	Unattached		491		483		1450
79	Katarzyna DABROWSKA	FS	Capel Cheetahs	476		473		480	1429
80	Val JENNINGS	FV55	Ipswich Jaffa RC			478	477		1425
81	Lily JERROLD	FU20	Ipswich Harriers			476		485	1420
82	Emily GOODERHAM	FS	Saint Edmund Pacers		481		474	455	1410
83	Sandra ROBERTS	FV60	Ipswich Jaffa RC	474				474	1403
84	Emma WARD	FS	Diss and District AC			464	463	475	1402
85	Rachel BODSWORTH	FV40	Hadleigh Hares AC	475		468			1392
86	Maria RIERA TURRO	FS	Felixstowe RRC	465			450	463	1378
87	Lucy SHEEHAN	FS	Felixstowe RRC	457	471	443			1371
88	Rosanna HOLDEN	FS	Colchester & Tendring AC			462		467	1371
89	Katie HOLMES	FS	Harwich Runners	466			451		1364
90	Jane HUTCHINSON	FV45	Woodbridge Shufflers RC	449		447		449	1345
91	Aimee HEEKS	FU20	Stowmarket Striders RC				447	459	1341
92	Veronica VERSINO	FS	Saint Edmund Pacers		442		433	440	1315
93	Jennifer WRIGHT	FV40	Ipswich Jaffa RC	429	448	426			1303
94	Amelia BANFIELD	FU20	Unattached	447			434		1293
95	Natasha SMITH	FS	Ipswich Jaffa RC		449	425			1282
96	Florence RICHMOND	FS	Unattached				423	435	1276
97	Laura AYLING	FS	Felixstowe RRC	419		418	426		1263
98	Kathryn GERRY	FV50	Woodbridge Shufflers RC	409	430			418	1257
99	Claire PHILLIPS	FV40	Kesgrave Kruisers	424		413			1243
100	Victoria SQUIRRELL	FV40	Ipswich Jaffa RC	418			418		1230
101	Rebecca ELLUL	FV40	Felixstowe RRC	414		403		409	1226
102	Jo WHELAN	FV60	Felixstowe RRC			388	411	407	1206
103	Selica LEE	FS	Unattached	346	452			397	1195
104	Jane MOON	FV60	Felixstowe RRC			402		396	1188
105	Natalie WALSH	FV40	Unattached		403		389	381	1173
106	Cathy BEARD	FV65	TRISudbury		420	389			1167
107	Emily LOCKWOOD	FS	Unattached			376	410		1158
108	Angela SELFE	FV45	Stowmarket Striders RC	382		393			1139
109	Anneli OSTLER	FV40	Felixstowe RRC			363		391	1114
110	Pearl FAY	FV60	Newmarket Joggers			342	385	379	1106
111	Doranne BREWSTER	FV40	Felixstowe RRC	347			398		1097
112	Karen BRACKENBURY	FV60	Unattached	350		357		383	1090
113	Nicola STEVENSON	FV60	Felixstowe RRC	332		406			1083
114	Maria BILNER	FV45	Ipswich Jaffa RC	331	406	344			1081
115	Lucy BRYANTON	FV50	Kesgrave Kruisers	335		355			1039
116	Claire JACOBS	FS	Hadleigh Hares AC			500			999
117	Holly WEIR	FV40	TRISudbury		499		499		998

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118	Rosie HORSFIELD	FS	Ipswich Jaffa RC		498		494	992
119	Lisa BRIGGS	FS	Great Bentley RC		495	494		989
120	Rachael PAGE	FV40	Ipswich Jaffa RC	490		492		982
121	Jasmine BILNER	FS	Ipswich Jaffa RC		487	494		981
122	Chloe CONNELL	FS	Unattached			480	491	971
123	Jenni ASKEW-MARTIN	FS	Kesgrave Kruisers		483		485	968
124	Annie RICHARDSON	FS	Saint Edmund Pacers	481		484		965
125	Charlotte JEFFERS	FS	Unattached		477		486	963
126	Molly MCCONAGHY	FS	Ipswich Harriers	486			471	957
127	Louise CRACKNELL	FS	Felixstowe RRC	477	478			955
128	Magdalena KOMOROWSKA	FV40	Great Bentley RC		480	470		950
129	Terri GREEN	FV40	Ipswich Jaffa RC				481	949
130	Annabel SHIROI-THOMAS	FS	Framlingham Flyers	471	474			945
131	Michelle BELL	FV45	Unattached		472	464		936
132	Sandy PAGE	FV45	Kesgrave Kruisers		475		458	933
133	Fran COLE	FS	Unattached			454	471	925
134	Claire BROWN	FV55	Saint Edmund Pacers	456	466			922
135	Ruth GOODCHILD	FV45	Unattached		465	457		922
136	Sally-Ann BOWEN	FV50	Sudbury Joggers			479	421	900
137	Cheryl TRUNDLE	FV65	Haverhill RC		445	439		884
138	Rachel BROOKE	FV50	Ipswich Jaffa RC	450			431	881
139	Marion BENNETT	FV40	Ipswich Jaffa RC				447	875
140	Chusa BAUTISTA FRUCTUOSO	FV45	Unattached		450		417	867
141	Sarah SEVERWRIGHT	FV40	Unattached	423			441	864
142	Annie ROGERS	FS	Unattached		440	424		864
143	Louise RAMSAY	FV50	Ipswich Jaffa RC			431	431	862
144	Denise SHEPPARD	FV45	Unattached		434		426	860
145	Jessica READ	FU20	Unattached	436	423			859
146	Charlotte CHAPMAN	FS	Unattached	430	427			857
147	Amanda SMITH	FV45	Woodbridge Shufflers RC		447		401	848
148	Donna TALBOT	FV40	Saint Edmund Pacers			422	423	845
149	Annabel BROWN	FS	Ipswich Jaffa RC		410		428	838
150	Alison EVANS	FV60	Harwich Runners	421			410	831
151	Hayley BERKEL	FV45	Kesgrave Kruisers	413	412			825
152	Jayne ATTWELL	FV45	Unattached			412	405	817
153	Grace JUDGE	FV55	Haverhill RC			422	391	813
154	Lisa GARRAND	FS	Newmarket Joggers			409	403	812
155	Kate HUTSON	FV40	Ipswich Jaffa RC	385	425			810
156	Donna HOWARD	FV40	Colchester & Tendring AC	406			404	810
157	Katie PEAKE	FS	Ipswich Jaffa RC			441	368	809
158	Hayley WILSON	FS	Haverhill RC	378	422			800
159	Jacqueline ALLPORT	FV55	Felixstowe RRC			402	395	797
160	Lucy BIRCH	FS	Unattached		416	378		794
161	Caroline GLEED	FV55	Unattached		402	388		790
162	Helen DUGGAN	FV55	Felixstowe RRC		401		389	790
163	Janette SMITH	FV50	Unattached	391	397			788
164	Simonne GRAELLS	FV45	Stowmarket Striders RC			408	378	786
165	Rachel STONE	FV45	Kesgrave Kruisers	407	375			782
166	Lois MICKLEBURGH	FV50	Kesgrave Kruisers	397	380			777
167	Pippa SARGENT	FV40	Stowmarket Striders RC	383	392			775
168	Cherilyn LANE	FV45	Unattached	360	414			774
169	Kirsty MARSH	FV40	Felixstowe RRC	370		397		767
170	Samantha WILSON	FV40	Unattached		413		344	757
171	Mandy GRAVES	FV60	Tiptree Road Runners				392	755
172	Yvonne POTTER	FV45	Stowmarket Striders RC			393	361	754
173	Claire RAINBOW	FV40	Unattached		404	349		753
174	Agnieszka ANDRZEJAK	FV40	Stowmarket Striders RC		409		343	752
175	Danielle ADAMS	FV40	Kesgrave Kruisers			382	369	751
176	Claire JAY	FV55	Unattached	326	401			727

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177	Catriona PEARSON	FS	Unattached		367	357	724
178	Claire BUTCHER	FV40	Felixstowe RRC	368		354	722
179	Tracey TAYLOR	FV50	Unattached	358	362		720
180	Sarah COX	FV50	Unattached	357	361		718
181	Lisa MAHONEY	FV50	Unattached	344	365		709
182	Carol DOWNS	FV55	Redway Runners	353	351		704
183	Annette HUGGINS	FV70+	Framlingham Flyers	348	354		702
184	Dawn BINGE	FV50	Unattached	343		355	698
185	Daniela ELSTONE	FV55	Felixstowe RRC		352	346	698
186	Michelle JARRETT	FV50	Unattached	340	353		693
187	Sharon HAYFIELD	FV50	Unattached	342	350		692
188	Heather SMITH	FV50	Unattached	341	347		688
189	Carla WIGGINS	FV40	Felixstowe RRC	333	348		681
190	Gaye FARRAR	FV70+	Framlingham Flyers	325	341		666
191	Gina DIMASCIO	FV65	Unattached	323		339	662
192	Sarah OSBORNE	FS	Newmarket Joggers			500	500
193	Lizzie WELLSTED	FU20	Colchester Harriers AC			500	500
194	Alice HEATHER - HAYES	FV45	Ipswich Harriers	499			499
195	Jayne CHAPPELS	FV45	Kesgrave Kruisers	498			498
196	Gem CARTER	FS	Saint Edmund Pacers		498		498
197	Roanna VICKERS	FS	Colchester Harriers AC			498	498
198	Alice HEATHER-HAYES	FV45	Ipswich Harriers		497		497
199	Anna LEES	FS	Springfield Striders RC		497		497
200	Cath JEFFERY	FV40	Saint Edmund Pacers			496	496
201	Lydia CALLAN	FS	Colchester Harriers AC			496	496
202	Katie AUSTIN	FV40	Ipswich Jaffa RC			495	495
203	Sam BAXTER	FV40	Felixstowe RRC	494			494
204	Nia REES	FS	Unattached		494		494
205	Justine SHEEKEY	FS	Colchester Harriers AC			493	493
206	Jennifer LOVELOCK	FS	Colchester Harriers AC			492	492
207	Georgia HUMPHREYS	FS	Ipswich Jaffa RC			491	491
208	Emily NASH	FS	Tunbridge Wells Harriers			490	490
209	Sarah STRADLING	FV45	Colchester Harriers AC	489			489
210	Charlotte BLISS	FS	Glossopdale Harriers			488	488
211	Natasha MICHAEL	FS	Saint Edmund Pacers		486		486
212	Alice GOODWIN	FS	Ipswich Jaffa RC		485		485
213	Lara POCOCK	FS	Saint Edmund Pacers	482			482
214	Mia PALMER	FS	Kesgrave Kruisers			480	480
215	Caroline TUCK	FV55	Dagenham 88 Runners		476		476
216	Emily WORBOYS	FS	Unattached			475	475
217	Katherine JOYSON	FV45	Ipswich Jaffa RC			473	473
218	Linda PETTIT	FV40	Unattached			470	470
219	Kelly PEPPER	FV40	Unattached			469	469
220	Bella LOCK	FV40	Kesgrave Kruisers	468			468
221	Emma SPARK	FS	Woodbridge Shufflers RC		466		466
222	Francesca ANDERSON	FS	Framlingham Flyers		465		465
223	Kelly SMITH	FV50	Unattached			465	465
224	Nicola VICKERS	FS	Datchet Dashers			464	464
225	Kelly HAYHOE	FV45	Unattached			464	464
226	Fiona CUNNINGTON	FV60	Saint Edmund Pacers		462		462
227	Sarah DAVISON	FV45	Great Bentley RC	461			461
228	Caroline HUNT	FS	Unattached			461	461
229	Julie BRANCH	FV50	Unattached		460		460
230	Molly BERGDAHL	FS	Ipswich Jaffa RC	459			459
231	Gemma MOSS	FV50	Ipswich Jaffa RC		456		456
232	Pauline FISHER	FV50	Kesgrave Kruisers	453			453
233	Gina HURRELL	FV55	Ryston Runners			453	453
234	Carrie KEMP	FV45	Felixstowe RRC	452			452
235	Katherine FITCH	FV50	Unattached		452		452

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236	Joanne HARRIS	FV40	Capel Cheetahs		452	452
237	Collette GREEN	FV40	Felixstowe RRC	451		451
238	Rachel DOUGAN	FV40	Unattached		451	451
239	Marion PARKER	FV60	Felixstowe RRC	448		448
240	Deborah STOCKER	FV50	Kesgrave Cruisers		448	448
241	Yvonne FREIHERR-FENTON	FV45	Unattached		448	448
242	Treena CARDER	FV50	Halstead RRC	446		446
243	Chloe STUTELEY	FS	Unattached		446	446
244	Sarah BANHAM	FS	Felixstowe RRC	445		445
245	Allie BENFORD	FS	Unattached		445	445
246	Susan LOCKHART	FV60	Ipswich Jaffa RC		445	445
247	Jenny BIRD	FV55	Saint Edmund Pacers	444		444
248	Joanne HARPER	FV40	Felixstowe RRC		444	444
249	Lisa CLARKE	FS	Ipswich Jaffa RC		444	444
250	Jenna SMITH	FS	Unattached	443		443
251	Maisy HUNTER	FU20	Unattached	443		443
252	Jemma MADDAMS	FV40	Unattached		443	443
253	Geraldine CLARKE	FV55	Framlingham Flyers		441	441
254	Louise WILKINS	FS	Stowmarket Striders RC		441	441
255	Christie PAGE	FV50	Unattached		440	440
256	Claire BLANCHFORD	FV40	Unattached		440	440
257	Rachel SOUTHGATE	FV40	Felixstowe RRC		439	439
258	Katrina RIGBY	FV40	Hadleigh Hares AC		439	439
259	Tracy CATTERMOLLE	FV40	Running Colchester	438		438
260	Claire STAMMERS	FV50	Beccles Triathlon Club		438	438
261	Vikki CHAMPION	FS	Unattached		438	438
262	Emily O'NEILL	FS	Unattached		438	438
263	Cat JACKSON	FS	Unattached		437	437
264	Su HEATH	FV50	Unattached		437	437
265	Natalie COOKE	FV45	Unattached	436		436
266	Alex HOBBS	FV40	Saint Edmund Pacers		436	436
267	Chloe WILSON	FS	Colchester & Tendring AC		436	436
268	Lorna WEBBER	FS	Capel Cheetahs	435		435
269	Jane PARKINGTON	FV50	Unattached		435	435
270	Claire BATTEY	FV40	Unattached		434	434
271	Alice MEADOWS	FS	Felixstowe RRC	433		433
272	Sharon BOLTON	FV45	Stowmarket Striders RC		433	433
273	Inga HAYDEN-COOPER	FV55	Great Bentley RC		433	433
274	Olivia GRANT	FS	Unattached		432	432
275	Valentina BURLEY	FV50	Harwich Runners		432	432
276	Sarah PENNOCK	FV40	Sudbury Joggers	431		431
277	Annabel CARPENTER	FS	Unattached		430	430
278	Laura FLETCHER	FV40	Newmarket Joggers		430	430
279	Somer BEXON	FS	Ipswich Phoenix RC		430	430
280	Bethany CHAPMAN	FS	Unattached	429		429
281	Laura HALL	FS	Unattached		429	429
282	Suzi CATCHPOOL	FV55	Ipswich Jaffa RC	428		428
283	Molly PHILLIPS	FU20	Unattached		428	428
284	Katie HART	FS	Unattached	427		427
285	Elizabeth ODEA	FS	Harwich Runners		427	427
286	Sally MADDAMS	FV45	Capel Cheetahs		425	425
287	Annalise TYE	FS	Witham RC		425	425
288	Angela DRURY	FV40	Newmarket Joggers		424	424
289	Sarah BLEWDEN	FS	Great Bentley RC	423		423
290	Diane EMSDEN	FV55	Unattached		422	422
291	Isabel COCKAYNE	FV50	Unattached	421		421
292	Jo CLARK	FV45	Unattached		421	421
293	Nicola ROBINSON	FV40	Unattached		420	420
294	Sarah SHOESMITH	FV50	Unattached		420	420

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295	Kyra WILSON	FV40	Framlingham Flyers		419	419
296	Laura MELVILLE	FS	Unattached	417		417
297	Dawn GIBSON	FV40	Felixstowe RRC	416		416
298	Jane HOLLAND	FV60	Unattached		416	416
299	Julia ASHLEY	FV45	Unattached		416	416
300	Charlotte GRAY	FU20	Unattached		414	414
301	Emma KERR	FV45	Unattached		414	414
302	Antoinette WILSON	FV60	Great Bentley RC			414 414
303	Klair SYMONDS	FV40	Unattached	412		412
304	Alison MYLES	FV50	Unattached	411		411
305	Melissa GOODRICH	FV40	Unattached	410		410
306	Michelle TITCOMBE - ROGERS	FV40	Boxted Runners			409 409
307	Liz COBBOLD	FV40	Unattached		408	408
308	Jessica COWIE	FV45	Colchester & Tendring AC			407 407
309	Sonia BATES	FS	Hadleigh Hares AC		406	406
310	Jasmine FAIRWEATHER	FS	Framlingham Flyers		405	405
311	Bethany BEDINGFIELD	FS	Capel Cheetahs			405 405
312	Jenny MERRY	FV40	Unattached	404		404
313	Clare WALKER	FV40	Unattached		404	404
314	Zoe WOODS	FS	Unattached	403		403
315	Alison VINCENT	FV55	Jogging Made Easy			402 402
316	Gill MELLOR	FV55	Unattached	401		401
317	Holly BUSH	FS	Unattached	400		400
318	Juliet TILLYARD	FV55	Unattached		400	400
319	Nicola WATSON	FV50	Woodbridge Shufflers RC			400 400
320	Karen SHELLEY	FV55	Stowmarket Striders RC	399		399
321	Sophie ADAMS	FV40	Newmarket Joggers		399	399
322	Alison COOPER	FV65	Waveney Valley AC		399	399
323	Angel CHERRETT	FV65	Framlingham Flyers		399	399
324	Norma SMITH	FV60	Great Bentley RC			399 399
325	Rachel SMITH	FS	Unattached		398	398
326	Celine ELSON	FV50	Witham RC			397 397
327	Courtney TAYLOR	FS	Unattached	396		396
328	Karen SKENE	FV55	Capel Cheetahs			395 395
329	Christine TAYLOR	FV55	Haverhill RC	394		394
330	Anna SMITH	FV45	Stowmarket Striders RC		394	394
331	Jodie PHILLIPS	FV40	Unattached	393		393
332	Jackie CUNINGHAME	FV65	Stowmarket Striders RC		393	393
333	Sue THOMAS	FV55	BLC on the Run	392		392
334	Sue HARGADON	FV65	Woodbridge Shufflers RC		392	392
335	Karen POTTER	FV50	Framlingham Flyers		391	391
336	Melanie GAVIN	FV40	Unattached	390		390
337	Lynn LYNN WHITTINGSTALL	FV45	Unattached		390	390
338	Rachel BRAND-SMITH	FS	Unattached		390	390
339	Sally GARNHAM	FV60	Felixstowe RRC	389		389
340	Rebecca JENNINGS	FV55	Unattached		389	389
341	Laura ROWLANDSON	FS	Unattached	388		388
342	Chelsea BEALE	FS	Ipswich Jaffa RC			388 388
343	Nicola WALKER	FV45	Unattached	387		387
344	Kirsty ABERDEIN	FV50	Unattached	386		386
345	Melanie BLAGDEN	FV50	The Saxons		386	386
346	Harriet AUGER	FS	Unattached			385 385
347	Anne PARKINSON	FV60	Framlingham Flyers		384	384
348	Tarynn MACLEOD	FS	Colchester Harriers AC			384 384
349	Emily WHITE	FS	Unattached			383 383
350	Sarah GOLDING	FV55	Saint Edmund Pacers			382 382
351	Margaret PATTERSON	FV45	Unattached	381		381
352	Denise MORTIMER	FV45	Unattached	380		380
353	Justine WISEMAN	FV50	Unattached		379	379

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354	Janet ASKEW	FV65	Unattached		379	379
355	Amy SHAVE	FS	Unattached		378	378
356	Ali RANDS	FS	Felixstowe RRC	377		377
357	Julie HOCKEN	FV55	Jogging Made Easy		377	377
358	Claire ROWBOTHAM	FV45	Unattached	376		376
359	Trish JARVIS	FV55	Jogging Made Easy		376	376
360	Cara BARKER	FV40	Unattached	375		375
361	Karen FLOWER	FV55	The Saxons		374	374
362	Hannah DORAN	FV45	Unattached		374	374
363	Beth PARRISH	FS	Unattached	373		373
364	Tavia BLACK	FS	Unattached		372	372
365	Tracey WILLOUGHBY	FS	Unattached		371	371
366	Natalie BROWN	FV45	Waveney Valley AC		370	370
367	Alison GREEN	FV55	Unattached		370	370
368	Rosie OVEL	FS	Fordy Runs RC	369		369
369	Gemma BERRY	FS	Unattached		368	368
370	Rachel MEADOWS	FS	Felixstowe RRC	367		367
371	Liz BEIGHTON	FV45	Ipswich Jaffa RC	366		366
372	Victoria RAYNER	FV40	Unattached		366	366
373	Angela DUNCAN	FV45	Running Colchester		366	366
374	Amanda PRIOR	FV55	Capel Cheetahs	365		365
375	Amber FOX-HAMMOND	FS	Running Colchester		365	365
376	Katherine AYKROYD	FS	Felixstowe RRC	364		364
377	Ana BARBOSA	FV45	Unattached		364	364
378	Harriet CHALLENGER	FS	Unattached	363		363
379	Angelica BLAKE	FS	Unattached	362		362
380	Jasmine SELFE	FU20	Stowmarket Striders RC		362	362
381	Mandy GODBOLD	FV55	Ipswich Harriers	361		361
382	Julie HASELWOOD	FV70+	Ipswich Jaffa RC	359		359
383	Jo HIGGON	FV60	Harwich Runners		359	359
384	Michelle MARTIN	FV45	Kesgrave Cruisers		358	358
385	Deb HART	FV50		356		356
386	Michelle KEEBLE	FV50	Framlingham Flyers		356	356
387	Lorraine HALES	FV50	Unattached		356	356
388	Marion PARKS	FV50	Felixstowe RRC	354		354
389	Kerri BARRELL	FS	Jogging Made Easy		353	353
390	Lucy DRIVER	FS	Felixstowe RRC	352		352
391	Sarah BOX	FS	Boxted Runners	351		351
392	Susan SMALE	FV45	Unattached	345		345
393	Kelly JARRETT	FV40	Unattached		343	343
394	Caroline STAFFORD	FV45	Unattached		342	342
395	Lizzie ANDREWS	FV45	Unattached		341	341
396	Miranda RAYNER	FV55	Harwich Runners		340	340
397	Amy FORSTER	FU20	Unattached		340	340
398	Sue SOWTON	FV50	Unattached		338	338
399	Ruth BAYNE	FV55	Unattached	337		337
400	Larissa BARKER	FS	Unattached		337	337
401	Simone SUTHERLAND	FV65	Framlingham Flyers	329		329
402	Hollie PARTRIDGE	FS	Unattached	328		328
403	Cheryl WAKERLEY	FV45	Unattached	327		327
404	Alison ARMES	FV45	Kesgrave Cruisers	324		324
405	Pauline MCGLYNN	FV65	Unattached	322		322
406	Wendie HALES	FV50	Unattached	321		321

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Pos	Name	Cat	Club	R1	R2	R3	R4	R5	R6	Best 4
1	Brandon BARBER	MU20	Ipswich Harriers	500	500	500	499	499		1999
2	Jake HAYWARD	MU20	Stowmarket Striders RC	498	499	499	498		489	1994
3*	James WILSON	MS	The Saxons	495		497	496	498	497	1988
3*	Owen REES	MS	Ipswich Phoenix RC	497	498		497	496	495	1988
4	Tony GAVIN	MV40	Felixstowe RRC	496		498	495	497		1986
5	Haydn WADE	MS	Felixstowe RRC	494	496		492	493		1975
6	Jim LAST	MV45	Framlingham Flyers	487	491	493	488	491	486	1963
7	Stuart PRICE	MS	Hadleigh Hares AC	492	494	494			480	1960
8	Aden BELL	MS	Hadleigh Hares AC	491		492	484	486		1953
9	Oliver SCHOFIELD	MS	Saint Edmund Pacers	488	490	491	483	475	463	1952
10	Gary TAYLOR	MS	Felixstowe RRC	490	488		489	484		1951
11	Mark ALLEN	MV55	Ipswich Jaffa RC	485		488	485	485	485	1943
12	Michael STROWGER	MS	Framlingham Flyers	486		489	479	481	483	1939
13	Chris GREEN	MS	Unattached	483	483	484	480	483	481	1933
14	Matthew AXTON	MV40	Saint Edmund Pacers		487		482	482	477	1928
15	Oliver WATSON	MS	Ipswich Jaffa RC		482	479	477	478	476	1916
16	Chris LEEK	MV45	Framlingham Flyers	479	475	473		479		1906
17	Paul WAIN	MS	Ipswich Jaffa RC	474	480		475		474	1903
18	Tom ALEXANDER	MV45	Woodbridge Shufflers RC	465	479	478	469	473	465	1899
19	Archie SHAW	MU20	Ipswich Harriers	478	471	475	471			1895
20	Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	462	474	477	468	469	462	1888
21	Peter WEST	MV55	Colchester Harriers AC	456	472	464	473		471	1880
22	Jack LUGO-HANKINS	MU20	Ipswich Harriers	471		480		476	452	1879
23	Neil SMITH	MV40	Framlingham Flyers	466	469	482	411	460	454	1877
24	Westley WALKER	MV45	Haverhill RC	464		470	467	472	331	1873
25	Ricky O'NEILL	MV40	Ipswich Jaffa RC	470	478			474	451	1873
26	Morgan MOORE	MS	Stowmarket Striders RC	463		474	474		461	1872
27	Piotr BULACZ	MV50	Sudbury Joggers	461	470	467	463	465	450	1865
28	Steve BROOKE	MV50	Felixstowe RRC	455	467	463	466	462	453	1858
29	Neal HARDWICK	MV40	Kesgrave Cruisers		462	465	464	466	449	1857
30	Ashley SMY	MV40	Ipswich Jaffa RC	453		468	465	461	460	1854
31	David PERCY	MV45	Haverhill RC	458	468	462	462		442	1850
32	Wilfred CAMPBELL	MV55	Ipswich Jaffa RC	451		469	472		458	1850
33	Tony HUBBARD	MV40	Ipswich Jaffa RC	450	464	461	459	463		1847
34	Adrian FROST	MV50	Saint Edmund Pacers	467	473	471			436	1847
35	Alastair READ	MV45	Felixstowe RRC	452	455	454	450	458		1819
36	Melvyn MAYCOCK	MV40	Ipswich Jaffa RC		451	459	456	452	444	1818
37	Jonathan MANN	MV40	Great Bentley RC	446	457	452	460			1815
38	Paul DOCKERILL	MV45	Saint Edmund Pacers		463		449	459	439	1810
39	George WRIGHT	MS	Stowmarket Striders RC	454	465	460			426	1805
40	Mark FORD	MV55	Felixstowe RRC	449		448	452	450		1799
41	Kyle CHURCH	MS	The Saxons	447		449	447	455	423	1798
42	Simon STAFFORD	MV50	Kesgrave Cruisers	444	456	443		441	433	1784
43	Todd LEWIS	MV60	Saint Edmund Pacers		440	447	442	449	430	1778
44	Howard BEASLEY	MV60	Saint Edmund Pacers	436	447		428	447	406	1758
45	Terry BACK	MV65	Ipswich Jaffa RC	438	434	441	435	442	417	1756
46	Mike MCKINSTRY	MV55	Saint Edmund Pacers		442		434	445	432	1753
47	Robin HARPER	MV45	Felixstowe RRC	428	443	433	438	433	413	1747
48	Ian DUGGAN	MV55	Felixstowe RRC	434		442	443		425	1744
49	Daniel SUMMERSGILL	MS	Ipswich Jaffa RC			437	437	428	415	1717
50	Tim HANMAN	MV50	Ipswich Jaffa RC	422	436	432			416	1706
51	Chris SERVANT	MV55	Ipswich Jaffa RC	409	423	429	420	429		1701
52	Kevin COLEMAN	MV55	Stowmarket Striders RC	389	416	428	425	426	420	1699
53	Martin JARVIS	MV45	Unattached		425	422	432	419	374	1698
54	Simon WILLIAMS	MV45	Framlingham Flyers		426		429	443	400	1698
55	John GREENER	MV50	Saint Edmund Pacers	417	428	425	423		405	1693
56	Christopher FULLER	MS	The Saxons	420	432	423		417	410	1692
57	Dale FOWLER	MV40	Ipswich Jaffa RC	437	301	421	424	296	390	1672

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58	Ash SADLER	MV45	Kesgrave Kruisers	419	430	431			388	1668
59	Richard WOLD	MV60	Felixstowe RRC	415	422	416	412	412	387	1665
60	Kerry BUCKLEY	MV50	Felixstowe RRC	414	421	411	413	414	384	1662
61	David HORNE	MS	Unattached		394		409	432	419	1654
62	Reece GOODERHAM	MS	Saint Edmund Pacers	402		415	433		401	1651
63	Mark NOVELS	MV55	Haverhill RC	411	414	408	414			1647
64	Neil CATLEY	MV40	Kesgrave Kruisers	371	419	407	416	404	361	1646
65	Dave BEIGHTON	MV45	Saint Edmund Pacers	373	408	406	404	413	389	1631
66	Robert WALLACE	MV45	Saint Edmund Pacers		384	410	410	416		1620
67	Alan OLIVER	MV55	Kesgrave Kruisers	406	411	418		379	339	1614
68	Alan JACKSON	MV60	Ipswich Jaffa RC		413	403	397	399	372	1612
69	Femi ARIYO	MV45	Kesgrave Kruisers	396		396	402	407	383	1601
70	Andrew LONG	MV50	Stowmarket Striders RC	410		412		406	370	1598
71	Keith LANSDOWN	MV55	Ipswich Jaffa RC	383	404	401	393	393	366	1591
72	Peter WARLAND	MV55	Stowmarket Striders RC	382	412	371	398	398	368	1590
73	Neville CLARKE	MV65	Newmarket Joggers		402	378	406	403		1589
74	Graham WIGLEY	MV65	Framlingham Flyers	378	399	392	408		380	1579
75	Steven LANE	MV40	Ipswich Jaffa RC	392	409	405	285		373	1579
76	Warren BIRCH	MV55	Rushmere Community Runners	433	308	436			398	1575
77	Rob DYER	MV45	Great Bentley RC		396	393	382	402	376	1573
78	Neil DENNIS	MV40	Stowmarket Striders RC	393		383	383	397	356	1556
79	Mark LEWIS	MV50	Saint Edmund Pacers	381	390	382		401	353	1554
80	Jimmy SECKER	MV45	Saint Edmund Pacers	388	410		394		362	1554
81	Kev LINSELL	MV50	Kesgrave Kruisers	360			405	410	371	1546
82	Chris CHORLEY	MV55	Bungay Black Dog RC	372	398			392	375	1537
83	Ben JACKSON	MU20	Felixstowe RRC	397	386		346	405		1534
84	Rob ALDER	MV50	Woodbridge Shufflers RC	375		379	378	388		1520
85	Stephen DUNNETT	MV65	Framlingham Flyers			380	380	391	369	1520
86	David WENYON	MV40	Woodbridge Shufflers RC	412		370	390		346	1518
87	Robert MORGAN	MV60	Saint Edmund Pacers		385	376	368	385	354	1514
88	Kim PRETTY	MV65	Harwich Runners	362	381	372	381		336	1496
89	Rob JEWERS	MV45	Stowmarket Striders RC	354	388	367		380	350	1489
90	Mike WARD	MV50	Woodbridge Shufflers RC	365	383	364		376	330	1488
91	Lee BARBER	MV40	Framlingham Flyers	493	497	496				1486
92	John GAGE	MV60	Stowmarket Striders RC	355	387			384	357	1483
93	Kyle FILBY	MS	Ipswich Phoenix RC	374	378	356	373		341	1481
94	Jack NOBLE	MS	Ipswich Jaffa RC		493	495		488		1476
95	Joey BENDALL	MS	Newmarket Joggers		495		491	489		1475
96	Mark HAYWARD	MV40	Newmarket Joggers				493	487	493	1473
97	Nigel BARNES	MV50	Vegan Runners UK		395	358	354	360		1467
98	Adrian GOODE	MV55	Felixstowe RRC	359		345	361	386	359	1465
99	Xavier MESQUITA	MS	Unattached		359	352	359	394		1464
100	Richard HURSTHOUSE	MV45	Stowmarket Striders RC	370	371	353	363	339	332	1457
101	Ben CHILDS	MV40	Unattached	349	379	343	362	361	329	1451
102	Tim PARNELL	MV55	Ipswich Jaffa RC	341	366	355	358	364	343	1443
103	Piers MORGAN	MV55	Stowmarket Striders RC	350	377	347		369	338	1443
104	Christopher BING	MV40	Ipswich Jaffa RC		374	363	366	328	340	1443
105	Kevin John MURPHY	MV45	Woodford Green AC with Essex L	482			481	480		1443
106	Phillip TAILBY	MV40	Stowmarket Striders RC			359	379	358	345	1441
107	Yusuf FIRAT	MV60	Saffron Striders RC	347	373		360	355	322	1435
108	Colin KNIGHT	MV65	Saint Edmund Pacers		367	349	351	366		1433
109	Stewart WOODS	MS	Framlingham Flyers			485	476		469	1430
110	Nicholas CLARKE	MV40	Ipswich Jaffa RC	475		481		471		1427
111	Stuart WARD	MS	Rushmere Community Runners	481				470	473	1424
112	Simon MILLER	MV55	Colchester Harriers AC	326	375		356	348	342	1421
113	Ed ABBOTT	MS	Woodbridge Shufflers RC	345	369	348		359	323	1421
114	Luke HEATHER	MU20	Stowmarket Striders RC		485		470		464	1419
115	Craig SLOCOMBE	MS	Unattached	472	477				466	1415
116	Gary DONOGHUE	MV55	Colchester Harriers AC	292	330	387	298	300	394	1411

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117	Mark AVERY	MV55	Ipswich Jaffa RC	339	365	339		326		1369
118	Ian WEIR	MV45	TRISudbury	457		466			446	1369
119	Darren GREEN	MV45	Unattached	309	358	322	345	340	307	1365
120	Stephen PRETTY	MV65	Saint Edmund Pacers	329	361	338		332	302	1360
121	Richard PHILLIPS	MV45	Kesgrave Kruisers	348		350		347	315	1360
122	Simon GOLDSMITH	MV45	Unattached	310	349	333	353		321	1356
123	Gavin HORREX	MS	Ipswich Phoenix RC	333		330	355	336		1354
124	Johnny GREENER	MU20	Unattached	445	446		458			1349
125	Gary LOWE	MV65	The Saxons	325		331	347	344		1347
126	David STEWARD	MV60	Woodbridge Shufflers RC	338	363	344			294	1339
127	Stephen MUNNINGS	MV40	Felixstowe RRC	443		450	445			1338
128	Sam HARDWICK	MS	Stowmarket Striders RC	305	357	326	344		304	1332
129	Robert BLACKMAN	MS	Saint Edmund Pacers		445	445	436			1326
130	Luke WHITWELL	MV40	Felixstowe RRC		444	440	439			1323
131	Hayden FORDER	MS	Saint Edmund Pacers			287	343	354	337	1321
132	Stuart HUNT	MS	Hadleigh Hares AC	319	351	286	329	320	305	1319
133	Neil WILLIAMSON	MV45	Newmarket Joggers	322	346	297	328	319	312	1315
134	Craig EVANS	MV40	Ipswich Jaffa RC	320	353	329	312	313		1315
135	Matthew BULLOCK	MV40	Unattached	307	350	309	330	325	292	1314
136	John SCAIFE	MV45	Colchester Harriers AC	342		486			482	1310
137	Frank MOGGAN	MV70+	Stowmarket Striders RC		347	299	334	324		1304
138	Danny JILLIONS	MV40	Unattached		433			444	424	1301
139	Alan HILLYARD	MV60	Ipswich Triathlon Club	298	348		324	323	289	1293
140	Alec WRIGHT	MV40	Ipswich Jaffa RC	427	435	430				1292
141	Jamie JACKSON	MS	Felixstowe RRC	295	345	280	327	322		1289
142	Carl COLLINS	MS	Unattached	263	333	304	332	314	268	1283
143	Thomas JACOBS	MS	Felixstowe RRC	442				422	411	1275
144	Peter SQUIRRELL	MS	Ipswich Jaffa RC			419	422	434		1275
145	Gerry MCCARTHY	MV65	Ipswich Phoenix RC	304	344	285	315	309	283	1272
146	Philip HYMERS	MV70+	Saint Edmund Pacers		341	289	333	303	280	1266
147	Keith WILLIAMS	MV50	Ipswich Jaffa RC	429		434			403	1266
148	Jamie FITTOCK	MV40	Saint Edmund Pacers		431		421		414	1266
149	Phil DAVIES	MV55	Ipswich Jaffa RC	300	337		319	304		1260
150	Stuart WRIGHT	MV45	Felixstowe RRC	435			415		409	1259
151	Jeff HIGGON	MV70+	Harwich Runners	317			335	317	285	1254
152	Darren BIRCH	MV55	Unattached	290	329		309	315		1243
153	Richard LEE	MV40	Unattached	407	418			415		1240
154	Kieron PERRY	MV45	Unattached	274	338	284	304	310	266	1236
155	James MINNETTE	MV45	Haverhill RC				385	427	421	1233
156	Colin LEWIS	MV55	Saint Edmund Pacers	313		307	311	294	278	1225
157	Nigel SCHOFIELD	MV55	Saint Edmund Pacers		424			409	385	1218
158	Geraint WHITE	MS	Felixstowe RRC		452	335	431			1218
159	Brian MUNNS	MV55	Newmarket Joggers	271	319	279	313		303	1214
160	Christian HADWEN	MV45	Unattached	312		302		316	282	1212
161	Peter LAMBILLION-JAMESON	MV60	Unattached	302		311	323		276	1212
162	Charlie MINNETTE	MU20	Haverhill RC				386	424	393	1203
163	Michael SHELDRAKE	MS	Unattached	282	322	282	292	306	277	1202
164	Peter JAY	MV60	Saint Edmund Pacers		326	267	310	291	263	1194
165	David SHEAHAN	MV60	Unattached	286		294	305	305		1190
166	Dave SALISBURY	MS	Unattached		400		389	400		1189
167	Simon ASHTON	MV55	Lonely Goat RC	275	327	263	297	287		1186
168	Luke STAFFORD	MU20	Kesgrave Kruisers	288	340	254		284	273	1185
169	Adam PLUMMER	MS	Rushmere Community Runners	404		397			381	1182
170	Richard HIGGINS	MV55	Framlingham Flyers		403		395		378	1176
171	Ian CUNNINGTON	MV55	Saint Edmund Pacers		392		396	381		1169
172	Stephen NEUMANN	MV40	Unattached	405		375	387			1167
173	John BAIN	MV65	Lonely Goat RC	272	324	269	302			1167
174	Wayne GRANT	MV60	Unattached	256	320		294	297		1167
175	Dan SMITH	MS	Woodbridge Shufflers RC	390		389	384			1163

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176	Colin ELLIS	MV55	Unattached	386	377	395	1158			
177	Neil WINTON	MV60	Felixstowe RRC	276	274	299	301	1150		
178	Steve BRIGHT	MV60	Lonely Goat RC		316	257	289	288	1150	
179	Dave HOWGEGO	MV55	Woodbridge Shufflers RC	394	407			348	1149	
180	David TAYLOR	MV70+	Framlingham Flyers	279	264	301	302		1146	
181	Jim WITHERS	MV65	Newmarket Joggers	258	317	255	288	281	253	1144
182	James ASKER	MV50	Unattached	367			375	387		1129
183	Matt MAKIN	MS	Felixstowe RRC	247	310		281	277	251	1119
184	Laurence GOWERS	MV45	Unattached		389		365		360	1114
185	Jonathan BRIGGS	MV45	Great Bentley RC	368			371	373		1112
186	Tom STEPHENS	MV50	Felixstowe RRC	376		361		374		1111
187	Stephen NEWHALL	MV45	Unattached	242	311	242	279	270	246	1106
188	Frank GARDINER	MV65	Great Bentley RC	239	305	239	280	273	247	1105
189	Trevor BRIGDEN	MV45	Unattached			340	377	383		1100
190	Conner BILNER	MS	Ipswich Jaffa RC	384		306	407			1097
191	Chris COOK	MV70+	Saint Edmund Pacers		313	251		276	256	1096
192	Steven REYNOLDS	MV60	Unattached	241	303		276	266	245	1090
193	Peter WOODS	MV40	Felixstowe RRC		362			377	335	1074
194	Mel CHITTOCK	MV65	Unattached	233	297		270	264	240	1071
195	Max HARROLD	MS	Unattached	331	370	369				1070
196	Martin WEST	MV70+	Great Bentley RC	240	302	244	278			1064
197	Andrew CHATFIELD	MV40	Capel Cheetahs		372			382	306	1060
198	James ELLUL	MV40	Felixstowe RRC	357		336		367		1060
199	Joel BAMSEY	MV45	Hadleigh Hares AC				369	365	326	1060
200	Robert TREBILCOCK	MS	Unattached	399		414			244	1057
201	John STEEL	MV40	Haverhill RC		360		357	333		1050
202	Justin OSTLER	MV50	Felixstowe RRC	264		238		285	252	1039
203	Lee GODDARD	MV50	Unattached		356		340	338		1034
204	Richard WHITE	MV55	The Saxons	340		351		342		1033
205	John RAINBOW	MV40	Framlingham Flyers		298		392	343		1033
206	Aaron DURRANT	MS	Unattached		355	320		346		1021
207	Phil HUDSON	MV65	Ware Joggers	245		243		271	248	1007
208	Daniel SELFE	MV45	Stowmarket Striders RC	343		337			325	1005
209	Alex GLADLEY	MS	Colchester & Tendring AC					500	500	1000
210	Jamie BENNETT	MV45	Ipswich Jaffa RC			334		349	316	999
211	Chay HOPKINS	MS	Haverhill RC				494	495		989
212	Christopher DURRANT	MV55	Felixstowe RRC	356		362			267	985
213	Aaron GRAVES	MS	Tiptree Road Runners					494	491	985
214	Paul HOLLEY	MV55	Newmarket Joggers		489		490			979
215	Sam TOY	MS	Felixstowe RRC	330		296	352			978
216	Jon SUMMERS	MS	Ipswich Jaffa RC			319	341		314	974
217	Steve COOPER	MV50	Blackheath & Bromley Harriers A	484		487				971
218	Neo STACEY	MU20	Colchester & Tendring AC			316		351	301	968
219	Josh SCARLETT	MS	Saint Edmund Pacers			483	478			961
220	John DUNNETT	MV60	Capel Cheetahs	311		312	336			959
221	Steve TAYLOR	MV40	Ipswich Jaffa RC	480					479	959
222	Dave YOUNG	MV50	Unattached	315		327			317	959
223	Keith TILLEY	MV50	Ipswich Jaffa RC	469				490		959
224	Steve MASON	MS	Colchester Harriers AC		481				472	953
225	Alex ARCHER	MS	Ipswich Jaffa RC		476			477		953
226	Philip BROWN	MV55	Saint Edmund Pacers	287	339		317			943
227	Harry LANGNER	MU20	Ipswich Jaffa RC	468		472				940
228	Ian GOODERHAM	MV55	Saint Edmund Pacers	280				335	324	939
229	Garry MACDONALD	MV55	Unattached	316		313			308	937
230	Christopher HART	MS	Saint Edmund Pacers		466			464		930
231	Paul SCHWER	MV60	Felixstowe RRC	293	342	293				928
232	Stephen CULLINGTON-READ	MV55	Unattached		325	292	307			924
233	Ricky DEASY	MV40	Unattached				321	312	291	924
234	Tom AMES	MV40	Stowmarket Striders RC				453	468		921

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235	Ben JEFFERY	MV45	Saint Edmund Pacers	459		455		914
236	Mike GREENER	MV50	Saint Edmund Pacers			457	457	914
237	Kevin PEIRCE	MV45	Ipswich Harriers	476				437 913
238	Jason TAYLOR	MV50	Felixstowe RRC	441			467	908
239	Stuart KING	MS	Saint Edmund Pacers			451	457	908
240	Fraser WELSH	MV50	Unattached		449		456	905
241	Samuel BLOWS	MV40	Woodbridge Shufflers RC			455	444	899
242	Ant WALKER	MV45	Lonely Goat RC			446	446	892
243	Andy ECCLES	MV50	Saint Edmund Pacers				454	438 892
244	Darren ELSOM	MV45	Haverhill RC		460			428 888
245	Adam HOCKEN	MV55	Unattached	284	331			272 887
246	Gavin BYRNE	MS	Unattached		439		448	887
247	Christopher JAMES	MV40	Unattached				451	434 885
248	Thomas RUSSELL	MS	Felixstowe RRC	273	321		286	880
249	David GRIMMER	MV50	Ipswich Phoenix RC	314		295		270 879
250	Chris WONG	MS	The Saxons	439		439		878
251	Dominic MELERO	MV45	Saint Edmund Pacers	432			441	873
252	Shane FLACK	MS	Kesgrave Kruisers	440				429 869
253	Mark LAWES	MV50	Tiptree Road Runners		429		438	867
254	Richard ALEXANDER	MV50	Unattached	430			430	860
255	Bill RICHMOND	MV55	Unattached			290	298	269 857
256	Ian COXALL	MV50	Rushmere Community Runners				439	418 857
257	Richard ATTWELL	MV50	Unattached			291	284	279 854
258	Mark HARRIS	MV50	Great Bentley RC		315	256		282 853
259	Roger STONE	MV50	Kesgrave Kruisers	426		426		852
260	Freddie TURNER	MS	Framlingham Flyers	416		435		851
261	Will ALDRED	MV50	Framlingham Flyers	421		424		845
262	Daniel GARNER	MS	Ipswich Jaffa RC	423		417		840
263	Daryl SIMPSON	MV50	Ipswich Jaffa RC				431	407 838
264	Andrew CRAIG	MV45	Woodbridge Shufflers RC	425			403	828
265	Peter BIRD	MV45	Saint Edmund Pacers		420		408	828
266	Karl FEAGAN	MV45	Ipswich Harriers			427		395 822
267	Chris WRIGHT	MS	Felixstowe RRC	413		395		808
268	James BOOL	MV55	Great Yarmouth Road Runners		417		390	807
269	Duncan SCOTT	MV40	Colchester Harriers AC			409		392 801
270	Derek HOOD	MV45	Ipswich Jaffa RC	395		400		795
271	James HUMPHREY	MV45	Unattached	403		391		794
272	Simon FRASER	MV50	Rushmere Community Runners	400		394		794
273	Stuart PRYKE	MS	Unattached	253		252	287	792
274	Caleb LEE	MU20	Colchester Harriers AC		415			377 792
275	Andy JUMP	MV45	Kesgrave Kruisers	248	304	236		788
276	Lee TAYLOR	MV50	Unattached	257		250	280	787
277	Mark GOODWIN	MV50	Felixstowe RRC	379		402		781
278	Dominic BAREHAM	MV40	Felixstowe RRC	408				367 775
279	Barry OSBORNE	MV70+	Haverhill RC		401			358 759
280	David MCNAE	MV40	Kesgrave Kruisers		393			365 758
281	Adrian PEAKE	MV55	Ipswich Jaffa RC			390		363 753
282	Bryan MATTHEWS	MV50	Unattached		376		364	740
283	Helder CAMPOS	MS	Unattached	361			374	735
284	Joseph MARTIN	MU20	Kesgrave Kruisers	401		324		725
285	Mark ANDREWS	MV55	Unattached	358			362	720
286	Greg DODDS	MV50	Woodbridge Shufflers RC	352		365		717
287	Mark ROSE	MV45	Ipswich Jaffa RC			342	368	710
288	David CHURCH	MV50	Felixstowe RRC	337	364			701
289	Chris HARMAN	MS	Unattached			372	329	701
290	Lee RUDLAND	MV40	Unattached				353	327 680
291	Ian BLUETT	MS	Unattached			342	337	679
292	David YOUNG	MS	Unattached			326	330	656
293	Mark KING	MS	Felixstowe RRC	324		325		649

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294	Stephen MOORE	MV45	Unattached			314	331	645
295	Neil HUNTING	MV45	Unattached	334	305			639
296	Richard SMITH	MV55	Saint Edmund Pacers		303		334	637
297	Richard ALLPORT	MV55	Felixstowe RRC			316	311	627
298	Darren STOREY	MV55	Felixstowe RRC	321		303		624
299	Ian BOWN	MV60	Boxted Runners		336			617
300	Simon WIGGINS	MV50	Felixstowe RRC	303	310			613
301	Alan BURGIN	MV70+	Huntingdonshire AC			320		613
302	Anthony SMITH	MV60	Witham RC		323		289	612
303	Tom CLEMENTS	MV60	Framlingham Flyers			325		609
304	Dan STEPTOE-THOMPSON	MV40	Colchester Harriers AC		368		239	607
305	Graham WAUDBY	MV50	Unattached			288	318	606
306	David SEYMOUR	MV60	Felixstowe RRC	296	300			596
307	David SWALES	MV55	Unattached		328	266		594
308	Tim CHERRETT	MV60	Framlingham Flyers			275	311	586
309	Vic GOODMAN	MV65	Brandon Fern Hoppers			293	290	583
310	Jack BIRCH	MS	Unattached		309	273		582
311	Chris BRIGHT	MS	Unattached		318	260		578
312	Jeremy HENNEL JAMES	MV55	Ipswich Harriers			290	288	578
313	Mark DAVEY	MV55	Ipswich Phoenix RC			281	295	576
314	Paul DORSET	MV50	Felixstowe RRC	260	314			574
315	Chris AYLMEER	MV70+	Newmarket Joggers		306		265	571
316	Glen MURES	MV50	Felixstowe RRC	297	271			568
317	Paul WINTER	MV70+	Stowmarket Striders RC		299		263	562
318	Stuart SHEPHERD	MV55	Saint Edmund Pacers		312	247		559
319	Roly ARBON	MV45	Unattached			262	296	558
320	Tony ADOLPHUS	MV65	Ipswich Jaffa RC				292	553
321	Andrew BANNAN	MV45	Unattached	270			271	541
322	Adrian COLE	MV60	Stowmarket Striders RC				283	541
323	Kieran HARTIGAN	MV50	Stowmarket Striders RC			253	286	539
324	Mark HEATHER	MV50	Stowmarket Striders RC		300	237		537
325	Andy HAYWARD	MS	Newmarket Joggers			271	262	533
326	George HINDS	MV40	Unattached	268	258			526
327	Lee KNIGHT	MV60	Rushmere Community Runners	251			275	526
328	Paul GRAVES	MV65	Tiptree Road Runners				274	523
329	Robert BARKER	MV60	Felixstowe RRC	262			260	522
330	Johnathon GIRLING	MV65	Unattached			248	272	520
331	Mark WOODS	MV50	Ipswich Phoenix RC	246			268	514
332	John CULLUM	MV70+	Saint Edmund Pacers			241	267	508
333	Jack NIXON	MS	Saint Edmund Pacers			500		500
334	Scott WILLIAMS	MS	Saint Edmund Pacers	499				499
335	Adrian MUSSETT	MV50	Colchester Harriers AC				499	499
336	Liam WHITE	MS	Tunbridge Wells Harriers				498	498
337	Ben WHYTE	MS	Unattached				496	496
338	Jason GUNN	MV40	Colchester Harriers AC				494	494
339	Wesley BENTON	MV40	Colchester Harriers AC		492			492
340	James SMITH	MV40	Newmarket Joggers				492	492
341	Robert DOBSON	MV40	Newmarket Joggers				492	492
342	David FITCH	MV45	Unattached			490		490
343	Mark MCKEOWN	MV40	Colchester Harriers AC				490	490
344	Jack WILKINSON	MS	Unattached	489				489
345	Jon GLANFIELD	MV40	Felixstowe RRC				488	488
346	Denys OLEFIR	MV40	Saint Edmund Pacers			487		487
347	Malcolm MUIR	MV45	Ilford AC				487	487
348	Joe ROBSON	MS	Saint Edmund Pacers		486			486
349	William HOLLANDS	MU20	Unattached			486		486
350	James CORNISH	MV45	Kesgrave Cruisers		484			484
351	Lee MARTIN	MV50	Springfield Striders RC				484	484
352	Michael BALL	MS	St Neots Riverside Runners				478	478

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353	Jack CARPENTER	MS	Felixstowe RRC	477		477
354	Thomas STEWART	MV50	Woodbridge Shufflers RC		476	476
355	Barry FROST	MS	Colchester Harriers AC			475 475
356	Alex MCCARTHY	MS	Unattached	473		473
357	Christopher KING	MS	Harold Wood RC			470 470
358	Christopher EDWARDS	MS	Colchester Harriers AC			468 468
359	Jonathan PYE	MS	Newmarket Joggers			467 467
360	Oliver CLEGG	MS	Meltham AC	461		461
361	Kevin VAUGHAN	MV55	Thetford AC		461	461
362	Carl CREASEY	MV40	Unattached	460		460
363	Mike ONSLOW	MS	Unattached	459		459
364	Charles KEITCH	MV45	Great Bentley RC			459 459
365	Alastair WILSON	MS	Sudbury Joggers	458		458
366	Kevin COLLINS	MV45	Unattached	458		458
367	Mark HOWARD	MS	Colchester Harriers AC			457 457
368	Jonathan CHAPMAN	MS	Unattached	456		456
369	Kevin HIGGINS	MV50	Colchester Harriers AC			456 456
370	Jay WAITE	MV50	Colchester Harriers AC			455 455
371	Matthew ILLSLEY	MS	Great Bentley RC	454		454
372	Chris WOOLENER	MS	Unattached		454	454
373	Andrew BELL	MV40	Haverhill RC	453		453
374	Harry PAGE	MU20	Ipswich Harriers	453		453
375	Philip GREEN	MV40	Stowmarket Striders RC		453	453
376	Tom TURNER	MS	Framlingham Flyers	451		451
377	Paul DAVISON	MV50	Great Bentley RC	450		450
378	Philip CHAPPELS	MV45	Kesgrave Cruisers	448		448
379	Edd BURTON	MS	Unattached	448		448
380	Nathaniel HICKS	MS	Glossopdale Harriers		448	448
381	Samuel IRUNGU	MV40	Colchester & Tendring AC			448 448
382	Nick LAWRIE	MV45	Harwich Runners			447 447
383	Christopher BOYT	MV45	Felixstowe RRC		446	446
384	Aaron FITCHETT	MS	Unattached			445 445
385	Daniel EUSTACE	MS	Unattached	444		444
386	Justin HAYHOE	MV50	Unattached			443 443
387	Tom GUNNING	MV45	Hadleigh Hares AC	441		441
388	Matthew BENNETT	MU20	Ipswich Jaffa RC			441 441
389	Matthew WESLEY	MS	Unattached		440	440
390	Daniel TEE	MS	Newmarket Joggers		440	440
391	Simon FORD	MV40	Colchester Harriers AC			440 440
392	Adam CHAMBERLIN	MV45	Hadleigh Hares AC	438		438
393	Thomas BEECROFT	MS	Unattached	438		438
394	Oliver HUGHES	MV40	Haverhill RC	437		437
395	Nathan WHITE	MV45	Unattached		437	437
396	Daniel STOCKS	MS	Saint Edmund Pacers		436	436
397	Marc DRURY	MV50	Newmarket Joggers		435	435
398	Simon CRESSWELL	MV50	Witham RC			435 435
399	Dave COPLAND	MV55	Ipswich Triathlon Club	431		431
400	Simon COLCLOUGH	MV40	Colchester Harriers AC			431 431
401	Paul COOKE	MV50	Ipswich Jaffa RC		430	430
402	John DAY	MS	Saint Edmund Pacers	427		427
403	Ben PHILLIPS	MU20	Haverhill RC		427	427
404	Glynn THOMAS	MV55	Ipswich Jaffa RC			427 427
405	Ant GREEN	MV40	Saint Edmund Pacers		426	426
406	Jason BRUNT	MV50	Norfolk Gazelles AC		425	425
407	Jess FARTHING	MV45	Felixstowe RRC	424		424
408	Matt SMITH	MS	Diss and District AC		423	423
409	John HENINGTON	MV50	Colchester & Tendring AC			422 422
410	Freddie COX-HARTIGAN	MU20	Bungay Black Dog RC		421	421
411	Peter ROBINSON	MV45	Unattached		420	420

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412	Shaun RAVEN	MV50	Unattached		420	420
413	Oliver QUINTON	MS	Unattached		419	419
414	Daniel WILDON	MV45	Unattached	418		418
415	Mark STRATTON	MV45	Saint Edmund Pacers		418	418
416	Tom BARRACLOUGH	MS	Unattached		418	418
417	Chris HALL	MV40	Stowmarket Striders RC		417	417
418	Richard HARVEY	MV60	Unattached	413		413
419	Lee FARTHING	MS	Unattached			412 412
420	James WITHAMS	MS	Vegan Runners UK		411	411
421	Justin POTTER	MV40	Stowmarket Striders RC			408 408
422	Kevin WRIGHT	MS	Unattached	406		406
423	Henry ANDREWS	MV55	Saint Edmund Pacers	405		405
424	Jack AXTELL	MS	Unattached	404		404
425	David READ	MV40	Unattached			404 404
426	Matt DAVEY	MV45	Colchester Harriers AC			402 402
427	Sean HARGREAVES	MV40	Unattached		401	401
428	Josh PARKER	MS	Unattached		400	400
429	Ollie JOHNSON	MV45	Unattached	399		399
430	Miles WEAVER	MV45	Unattached		399	399
431	Ben HOWARD	MU20	Colchester & Tendring AC			399 399
432	Daniel CLARK	MV45	Felixstowe RRC	398		398
433	Daniel KINSMAN	MV45	Framlingham Flyers		398	398
434	Kevin BIRD	MV55	Saint Edmund Pacers	397		397
435	George HABERMAN	MS	Colchester & Tendring AC			397 397
436	Tom WILLIAMS	MS	Unattached		396	396
437	Glenn HOBBS	MV40	Colchester & Tendring AC			396 396
438	Gary RUSSELL	MV40	Unattached	391		391
439	Mark LYNCH	MV50	Witham RC	391		391
440	Seb BELTON	MS	Thetford AC		391	391
441	Ian MCDERMOTT	MV60	Ipswich Jaffa RC			391 391
442	Ben BURROWS	MV45	Woodbridge Shufflers RC		389	389
443	Donald STEWART	MV55	Framlingham Flyers		388	388
444	Chris RICHMOND	MS	Unattached		388	388
445	Michael GREEN	MV40	Felixstowe RRC	387		387
446	Simon TINKLER	MV45	Framlingham Flyers		386	386
447	Philip WOOD	MS	Colchester & Tendring AC			386 386
448	Adie KENDALL	MV50	Kesgrave Cruisers	385		385
449	Richard LAYCOCK	MV45	Unattached		385	385
450	Patrick GOYMER	MV45	Unattached		384	384
451	Richard JONES	MV55	Unattached	382		382
452	Jack AXFORD	MS	Jogging Made Easy			382 382
453	Stuart CLARKE	MV40	Unattached		381	381
454	Ross RANDS	MS	Felixstowe RRC	380		380
455	Tomasz KOMOROWSKI	MV40	Great Bentley RC	380		380
456	Paul WEIGHTMAN	MV40	Colchester Harriers AC			379 379
457	Jim ALDRIDGE	MV45	Unattached		378	378
458	Jason KING	MV40	Unattached	377		377
459	Mark SADLER	MV40	Felixstowe RRC		376	376
460	Steve PALFREY	MV50	Unattached		375	375
461	Irvine MARR	MV50	Ipswich Jaffa RC		374	374
462	Nick FALIVENO	MV40	Unattached		373	373
463	Jim STOCKER	MV70+	Huntingdonshire AC		372	372
464	Ben GLADWELL	MS	Stowmarket Striders RC		371	371
465	John CASHEN	MV55	Unattached		370	370
466	Andrew WEBBER	MV60	Stowmarket Striders RC		370	370
467	Andy METCALFE	MV50	Felixstowe RRC	369		369
468	Mike GREEN	MV40	Felixstowe RRC		368	368
469	Mark PHILLIPS	MV50	Haverhill RC		367	367
470	George ALLEN	MS	Saint Edmund Pacers	366		366

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471	Oliver DIXON	MU20	Unattached		366	366
472	Rob PAGE	MV40	Ipswich Jaffa RC	364		364
473	Jason DIGHTON	MV45	Ipswich Phoenix RC			364 364
474	Kevin WHELAN	MV55	Felixstowe RRC	363		363
475	Mark BANHAM	MV45	Ipswich Jaffa RC		363	363
476	Andy GARVIE	MV50	Woodbridge Shufflers RC		360	360
477	Trevor BUNCH	MV45	Haverhill RC		357	357
478	Mark FLATMAN	MV45	Ipswich Triathlon Club			357 357
479	Matthew STOCKS	MS	Unattached		356	356
480	Chris WELLS	MS	Unattached			355 355
481	Andy BLACKMAN	MS	Unattached	354		354
482	Matt YEATTS	MV40	Unattached		354	354
483	Gavin DAVIES	MV40	Ipswich Jaffa RC	353		353
484	Mark GIBBONS	MV50	Unattached	352		352
485	Alex RICH	MV50	Unattached		352	352
486	Andrew SILVERTON	MV40	Unattached			352 352
487	Justin FIDDAMAN	MV50	Felixstowe RRC	351		351
488	Chris AXFORD	MV55	Jogging Made Easy			351 351
489	Lee SANDERS	MS	Unattached		350	350
490	Jordan CHESTER-FLATT	MS	Unattached		350	350
491	James MORRIS	MS	Unattached		349	349
492	Alan GARDNER	MV50	Harwich Runners			349 349
493	Steven NEAL	MV55	Brandon Fern Hoppers		348	348
494	Kieron HOLLAND	MU20	Kesgrave Cruisers			347 347
495	Matt JOHNSON	MV45	Unattached	346		346
496	Steve GARVIE	MV50	Unattached		346	346
497	Michael MARRIOTT	MV65	Unattached			345 345
498	Dave HAMER	MS	Felixstowe RRC	344		344
499	Stephen HICKS	MV60	Ipswich Harriers			344 344
500	Kieran HEALY	MV55	Boxted Runners	343		343
501	Antonio MORAIS	MV45	Unattached		341	341
502	Barry STOCKS	MV55	Unattached			341 341
503	Jamie CAMPBELL	MV45	Stowmarket Striders RC		339	339
504	Paul BRAND	MV40	Unattached		338	338
505	Martyn BURT	MS	Unattached		337	337
506	Lewis GRANT	MV45	Unattached	336		336
507	Tom MONK	MS	Unattached	335		335
508	Joe HUNTER	MV45	Unattached	335		335
509	Stuart MATHIESON	MS	Sudbury Joggers	334		334
510	Paul GOLDRING	MV45	Ipswich Jaffa RC		334	334
511	Jonathan WEST	MS	Colchester Harriers AC			333 333
512	George NIXON	MU20	Ipswich Jaffa RC	332		332
513	John SHATFORD	MV55	Unattached	332		332
514	Christopher BLAGDEN	MV55	The Saxons		332	332
515	Michael HILL	MS	Unattached		331	331
516	Ollie HAYFIELD	MS	Unattached	328		328
517	Andrew WARNE	MV60	Unattached		328	328
518	Adrian PHILLIPPO-GREEN	MV50	Capel Cheetahs			328 328
519	Brett MARTIN	MV50	Kesgrave Cruisers	327		327
520	Paul AUSTIN	MV40	Unattached		327	327
521	John ALDRED	MS	Framlingham Flyers	323		323
522	Peter GRAY	MV45	Framlingham Flyers		323	323
523	David MARTIN	MV65	Unattached		322	322
524	Leo NORRIS	MV40	Unattached		321	321
525	Simon STUTELEY	MS	Unattached			321 321
526	Fraser LEWIS	MV50	Great Bentley RC			320 320
527	Paul SMITH	MV60	Great Bentley RC			319 319
528	Carl BERGDAHL	MV50	Ipswich Jaffa RC	318		318
529	Keith DANCE	MV45	Unattached		318	318

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530	Trevor STEVENSON	MV65	Capel Cheetahs		318	318
531	Nigel EDEN	MV60	Colchester Harriers AC		318	318
532	Daniel SNOWDEN	MS	Framlingham Flyers	317		317
533	Guy HAYWARD	MV50	Framlingham Flyers	315		315
534	Adrian KERSEY	MV55	Unattached	314		314
535	James PETERS	MV40	Colchester Harriers AC		313	313
536	Stuart RUDDICK	MV40	Lonely Goat RC		310	310
537	Steve HUNT	MV60	Hadleigh Hares AC		309	309
538	John PATTERSON	MV45	Unattached	308		308
539	Rod PRIME	MV55	Unattached		308	308
540	Tom ORFORD	MV50	Unattached		308	308
541	Steve KIRK	MV40	Framlingham Flyers	308		308
542	William INSTANCE	MS	Unattached	307		307
543	Stephen CULLINGTONREAD	MV55	Unattached		307	307
544	Tom MINNS	MS	Unattached	306		306
545	Steve STEARNS	MV50	Unattached		306	306
546	Craig OSBORN	MV60	Unattached	301		301
547	Drew HUNTING	MU20	Unattached	301		301
548	Alan CARTER	MV60	Lonely Goat RC		300	300
549	Ian BOLTON	MV55	Harwich Runners		300	300
550	Ryan MCNEILL	MS	Hadleigh Hares AC	299		299
551	Richard HANDOLL	MV60	Unattached		299	299
552	Mon LEE	MV65	Ipswich Jaffa RC		299	299
553	Kevin HAYWARD	MV55	Framlingham Flyers	298		298
554	Benn ELDRIDGE	MS	Jogging Made Easy		298	298
555	Richard RENDELL	MS	Unattached		297	297
556	Daniel BARKER	MS	Unattached		296	296
557	Haaris KHAN	MS	Unattached		295	295
558	Jamie PAYNE	MS	Unattached		295	295
559	Timothy LONG	MV60	Ipswich Jaffa RC	294		294
560	Martin JENNINGS	MV40	Unattached		293	293
561	Glenn YELLOP	MV50	Capel Cheetahs	291		291
562	Michael SMITH	MV40	Unattached		291	291
563	Kieran CALLAGHAN	MV40	Colchester Harriers AC		290	290
564	Derek DALY	MV60	Felixstowe RRC	289		289
565	Shaun TYE	MV40	Harwich Runners		287	287
566	Steven ALDER	MS	Witham RC		286	286
567	Rowan JACOBS	MS	Unattached	285		285
568	Alex KUCZER	MV55	Unattached	283		283
569	Jim MACKENZIE	MV55	Unattached	283		283
570	Chris GLADWELL	MV65	Stowmarket Striders RC		283	283
571	James FENTON	MV45	Unattached		282	282
572	Thomas PEARMAN	MS	Unattached	281		281
573	Dean WICKS	MS	Colchester Harriers AC		279	279
574	David LING	MV55	Unattached	278		278
575	Simon SCHUG	MS	Unattached	278		278
576	Ian DOGGETT	MV50	Unattached		278	278
577	Chris FOX	MV55	Woodbridge Shufflers RC	277		277
578	Richard TOWNSEND	MV45	Unattached	277		277
579	David HUEN	MV65	Unattached		277	277
580	Michael MOSS	MV60	Unattached	276		276
581	Mik CARR	MV65	Bungay Black Dog RC	275		275
582	Paul MATHIAS	MV45	Unattached		275	275
583	Matt DORAN	MV45	Harwich Runners		274	274
584	James SPILLET	MV50	Lonely Goat RC		274	274
585	Peter STURGEON	MV55	Lonely Goat RC		273	273
586	Tom REES	MS	Unattached	272		272
587	Robert TILLYARD	MV55	Unattached		272	272
588	Mark FOULKES	MV50	Kesgrave Kruisers	270		270

The JM Finn Friday 5 Series 2023
Open Race Results

589	Scott EGERTON	MS	Boxted Runners	269		269
590	Keelan SMITH	MS	Unattached		269	269
591	Mark SARGEANTSON	MV70+	Framlingham Flyers		268	268
592	Mark HARRIS	MV45	Great Bentley RC	267		267
593	James WOOD	MV55	Unattached	266		266
594	Matthew BYARD	MV45	Kesgrave Cruisers	265		265
595	Paul FROST	MV45	Unattached		265	265
596	David ROUT	MV65	Harwich Runners			265 265
597	Nic VINCENT	MV55	Tiptree Road Runners			264 264
598	Kevin FITCHETT	MV60	Harwich Runners			262 262
599	Chris OZANNE	MV45	Unattached	261		261
600	David PANNELL	MV55	Woodbridge Shufflers RC		261	261
601	Clive THOMAS	MV60	BLC on the Run	259		259
602	Thomas LASKOWSKI	MS	Unattached		259	259
603	Joseph NOACK	MS	Colchester Harriers AC			259 259
604	Ross SILVERTON	MV70+	Witham RC			257 257
605	Graham PAGE	MV65	Unattached	255		255
606	Stefan HOGAN-STEELE	MS	Unattached			255 255
607	Andy FISHER	MV55	Unattached	254		254
608	Jon ENEFER	MV45	Running Colchester			254 254
609	Mark FINCH	MV55	Unattached	252		252
610	Alex JACOBS	MV40	Felixstowe RRC	250		250
611	Clive PEMBERTON	MV55	Unattached			250 250
612	Ross OVEL	MV40	Unattached	249		249
613	David COLEY	MV70+	Ipswich Jaffa RC		249	249
614	Ian KNIGHTS	MV45	Kesgrave Cruisers		246	246
615	Paul BELAND	MV65	Unattached		245	245
616	Chris SLEMMINGS	MV70+	Unattached	244		244
617	Rod MACGREGOR	MV60	Felixstowe RRC	243		243
618	Paul HALES	MV55	Capel Cheetahs			243 243
619	Ross PARSONS	MS	Unattached			242 242
620	Josh DUNICAN	MS	Unattached			241 241
621	Darran FROST	MV45	Unattached		240	240
622	Robert KEMP	MS	Felixstowe RRC	238		238
623	Ray SMITH	MV55	Unattached	237		237
624	David BREWSTER	MV40	Felixstowe RRC	236		236
625	Daniel WARD	MV40	Unattached	235		235
626	Alberto HENRIQUES	MV45	Unattached		235	235
627	Graham CLARK	MV65	Unattached	234		234
628	Adrian MITCHELL	MV65	Unattached		234	234
629	Owen COX	MU20	Framlingham Flyers		233	233
630	Jonny BROOKS	MU20	Unattached		232	232