

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FU20	Darcy GLADWELL	Ipswich Harriers	500	500	500	500			2000	2000
2	FU20	Darcy BOWEN	Ipswich Jaffa RC		499	499	499	500	499	2496	1997
3	FU20	Emilia OXBORROW	Kesgrave Kruisers		498	497	498			1493	1493
4	FU20	Amelia BANFIELD	Kesgrave Kruisers	499					497	996	996
5	FU20	Harriet MCCART	Ipswich Jaffa RC						500	500	500
6	FU20	Lily JERROLD	Ipswich Harriers			498				498	498
7	FU20	Amalee WOOTTON							498	498	498
8	FU20	Lottie ELLIS			497					497	497
9	FU20	Caroline COX-HARTIGAN	Bungay Black Dog RC				497			497	497
10	FU20	Bea SNOWDEN	Ipswich Harriers		496					496	496
11	FU20	Maisie MARTIN				496				496	496

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FS	Katie KING	Saint Edmund Pacers	498	500	498	499	500	499	2994	1998
2	FS	Emma WHEELER	Ipswich Phoenix Running Club	497	494	496		499	496	2482	1988
3	FS	Zara HANMAN	Ipswich Jaffa RC	494			493	497	495	1979	1979
4	FS	Holly TAYLOR	Felixstowe RRC	492	495		494	496	493	2470	1978
5	FS	Kate HEEKS	Stowmarket Striders RC	491	496	494	491	495	491	2958	1976
6	FS	Michelle HEWITT	Framlingham Flyers	484	493		485	491		1953	1953
7	FS	Katie BYFORD				493	488	480	490	1951	1951
8	FS	Chloe HEEKS	Stowmarket Striders RC	481	488	488		484	486	2427	1946
9	FS	Rebecca-Ann COULSON-PARKER	Ipswich Jaffa RC	480	486	486	481	482	484	2899	1938
10	FS	Jodie SHARP	Stowmarket Striders RC	482	485	489	480		480	2416	1936
11	FS	Sophie BELL	Ipswich Phoenix Running Club	485		485		485	476	1931	1931
12	FS	Jessica BENNEWORTH		475	480	487	474	474	483	2873	1925
13	FS	Tayne EATON		476	481		475	476		1908	1908
14	FS	Florence RICHMOND			476	481	469	469	469	2364	1895
15	FS	Chloe CONNELL			498		496	498		1492	1492
16	FS	Natasha MICHAEL	Saint Edmund Pacers	496			497		497	1490	1490
17	FS	Aimee SPAULL	Framlingham Flyers		489		479	483		1451	1451
18	FS	Rosie OVEL	Fordy Runs Running Club	479			478		473	1430	1430
19	FS	Lara ROBINSON		470	477				467	1414	1414
20	FS	Kirsty LAMB		466				472	472	1410	1410
21	FS	Caroline GLADWELL	Stowmarket Striders RC				467	470	468	1405	1405
22	FS	Amanda GARRARD	Kesgrave Kruisers		473			463	461	1397	1397
23	FS	Rebecca SMITH		493	497					990	990
24	FS	Natasha SMITH	Ipswich Jaffa RC			491		492		983	983
25	FS	Chloe STUTELEY					487	493		980	980
26	FS	Henrietta-Mae BAWN		487		492				979	979
27	FS	Sophie VIRTUE					490		489	979	979
28	FS	Lisa CLARKE	Ipswich Jaffa RC	488				490		978	978
29	FS	Izzy HOLLANDS	Saint Edmund Pacers	489			489			978	978
30	FS	Hayley WILSON	Haverhill Running Club	486	491					977	977
31	FS	Kate SUDELL	Felixstowe RRC					487	487	974	974
32	FS	Shân BUSS	TRISudbury			490		481		971	971
33	FS	Katie PEAKE	Ipswich Jaffa RC			484			477	961	961
34	FS	Oludamilola BASTOS	Hadleigh Hares AC			483			474	957	957

35	FS	Laura HALL						475	481	956	956
36	FS	Elena MITCHELL						477	475	952	952
37	FS	Emma FROUD				482		467		949	949
38	FS	Lyssa JENKINS	Stowmarket Striders RC			480		466		946	946
39	FS	Alexandra SWAN					476		470	946	946
40	FS	Adriana HOUCHELL	Ipswich Jaffa RC	467				465		932	932
41	FS	Izzy CANNONE	Kesgrave Kruisers				466	464		930	930
42	FS	Daisy GLOVER	Framlingham Flyers	500						500	500
43	FS	Louise FRY				500				500	500
44	FS	Joanna COLLEY	Cambridge & Coleridge AC				500			500	500
45	FS	Heidi HOGAN-STEEL	Colchester Harriers AC						500	500	500
46	FS	Sara BIRD	Ipswich Jaffa RC	499						499	499
47	FS	Hayley MAGILL	Ipswich Jaffa RC		499					499	499
48	FS	Aiya HOWE				499				499	499
49	FS	Gem CARTER	Saint Edmund Pacers				498			498	498
50	FS	Meg BOMANDO	Colchester & Tendring AC						498	498	498
51	FS	Jenny STEEDMAN	Saint Edmund Pacers			497				497	497
52	FS	Maria RIERA TURRO	Felixstowe RRC	495						495	495
53	FS	Danielle ROBARTS	Rochford Running Club			495				495	495
54	FS	Madeline LANSDOWN	Ipswich Jaffa RC				495			495	495
55	FS	Charlotte THORNTON						494		494	494
56	FS	Amelia DARNELL	Huntingdonshire AC						494	494	494
57	FS	Gemma THURSTON-WRIGHT	Framlingham Flyers		492					492	492
58	FS	Emily GOODERHAM	Saint Edmund Pacers						492	492	492
59	FS	Charley WRIGHT					492			492	492
60	FS	Emma KEEN	Felixstowe RRC	490						490	490
61	FS	Sophie LUBBOCK			490					490	490
62	FS	Antonia RIDLEY-HUGHES						489		489	489
63	FS	Tia TOPPLE							488	488	488
64	FS	Katy FALCONE						488		488	488
65	FS	Manon KINCHIN	The Saxons		487					487	487
66	FS	Katharine FOWLER					486			486	486
67	FS	Ashleigh MILLS	Ipswich Jaffa RC					486		486	486
68	FS	Zoe WOLFF	Great Bentley Running Club						485	485	485
69	FS	Rachel JONES			484					484	484

70	FS	Beth WESLEY					484			484	484
71	FS	Kayleigh TURPIN	Felixstowe RRC	483						483	483
72	FS	Katie DRAGE			483					483	483
73	FS	Amy BAYNTON	Saint Edmund Pacers				483			483	483
74	FS	Alicia DRAGE			482					482	482
75	FS	Lisa BEETON	Thetford AC				482			482	482
76	FS	Danielle NOBLE							482	482	482
77	FS	Jasmine FAIRWEATHER			479					479	479
78	FS	Daniella HARRIS	Great Bentley Running Club			479				479	479
79	FS	Rhian GETHIN						479		479	479
80	FS	Jessica GOULD	Great Bentley Running Club						479	479	479
81	FS	Hannah PRIOR	Capel Cheetahs	478						478	478
82	FS	Cat JACKSON			478					478	478
83	FS	Annabelle OAKLEY				478				478	478
84	FS	Lizzy SADLER						478		478	478
85	FS	Rebecca FORDER	Saint Edmund Pacers						478	478	478
86	FS	Bethany JOHNSON		477						477	477
87	FS	Sophie BRIGGS					477			477	477
88	FS	Katherine HOPKINS			475					475	475
89	FS	Martyna KITA		474						474	474
90	FS	Natalie COOK			474					474	474
91	FS	Samantha MACKIN		473						473	473
92	FS	Amy MADDEN					473			473	473
93	FS	Jemma HARRIS	Stowmarket Striders RC					473		473	473
94	FS	Georgia LAWRIE	Harwich Runners	472						472	472
95	FS	Bonnie COE					472			472	472
96	FS	Claire DAY		471						471	471
97	FS	Sophie INGRAM	Ipswich Jaffa RC				471			471	471
98	FS	Kirsty MCMILLAN						471		471	471
99	FS	Melissa COE	Ipswich Jaffa RC						471	471	471
100	FS	Danielle COATES	Saint Edmund Pacers				470			470	470
101	FS	Niamh WHITE		469						469	469
102	FS	Anca STADLER	Felixstowe RRC	468						468	468
103	FS	Rachel BRAND-SMITH					468			468	468
104	FS	Elizabeth GOULD						468		468	468

105	FS	Angharad HICKEY							466	466	466
106	FS	Molly LEWIS		465						465	465
107	FS	Rachel WALKER	Saint Edmund Pacers				465			465	465
108	FS	Hollie REEVE							465	465	465
109	FS	Sophie LEIGH-PEARSON		464						464	464
110	FS	Emily DELL					464			464	464
111	FS	Lois BROWN	The Saxons						464	464	464
112	FS	Claire TOOGOOD							463	463	463
113	FS	Helen SCORDIS							462	462	462
114	FS	Holly LEWIS	Felixstowe RRC						460	460	460

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FV40	Jenni ASKEW-MARTIN	Kesgrave Kruisers	497	498			498	500	1993	1993
2	FV40	Stacey MOCKFORD	Saint Edmund Pacers	491	497	499	500		497	2484	1993
3	FV40	Karen FARTHING	Haverhill Running Club	495		500	499	497		1991	1991
4	FV40	Lydia KINDRED	Vegan Runners UK	490		496	495	496	496	2473	1983
5	FV40	Lynsey WARREN		493		497	497	495		1982	1982
6	FV40	Katarzyna DABROWSKA	Capel Cheetahs			494	496	494	495	1979	1979
7	FV40	Donna HOWARD	Colchester & Tendring AC	484	489	491	493	490	492	2939	1966
8	FV40	Sophie DOE	Kesgrave Kruisers	488	495			492	490	1965	1965
9	FV40	Keeley SWORDS	Colchester & Tendring AC	482	487		491	489		1949	1949
10	FV40	Amy KADING	Stowmarket Striders RC	475	482	490	490			1937	1937
11	FV40	Claire BUTCHER	Felixstowe RRC	473	478			482	484	1917	1917
12	FV40	Rosie HORSFIELD	Ipswich Jaffa RC	499	499			499		1497	1497
13	FV40	Clare FITZJOHN	Haverhill Running Club	492		498	494			1484	1484
14	FV40	Hannah WATTAM	Woodbridge Shufflers RC		494			493	494	1481	1481
15	FV40	Terri GREEN	Ipswich Jaffa RC	485	493	493				1471	1471
16	FV40	Angela DRURY	Newmarket Joggers			489	492	486		1467	1467
17	FV40	Gemma SMY		483		492			491	1466	1466
18	FV40	Jennifer WRIGHT	Ipswich Jaffa RC	486	488				488	1462	1462
19	FV40	Rebecca ELLUL	Felixstowe RRC			488	488		486	1462	1462
20	FV40	Pippa SARGENT	Stowmarket Striders RC	471	479	487				1437	1437
21	FV40	Katie AUSTIN	Ipswich Jaffa RC	500				500		1000	1000
22	FV40	Sofia FROST	Woodbridge Shufflers RC		496				493	989	989
23	FV40	Sarah FALIVENO			484			488		972	972
24	FV40	Claire MASKERY	Stowmarket Striders RC	479					489	968	968
25	FV40	Anneli OSTLER	Felixstowe RRC				485	483		968	968
26	FV40	Kyra WILSON	Framlingham Flyers	480	485					965	965
27	FV40	Emma KITCHEN			480			484		964	964
28	FV40	Claire WHITE		477					485	962	962
29	FV40	Kimberley KERRY	Framlingham Flyers	476				485		961	961
30	FV40	Doranne BREWSTER	Felixstowe RRC		476				483	959	959
31	FV40	Rose NICHOLSON	Waveney Valley AC		500					500	500
32	FV40	Hannah POLLARD	Newmarket Joggers						499	499	499
33	FV40	Sam BAXTER	Felixstowe RRC	498						498	498
34	FV40	Katherine DEAN	Saint Edmund Pacers				498			498	498

35	FV40	Nicola CHALLIS	Harwich Runners						498	498	498
36	FV40	Amanda MORTIMER	Ipswich Jaffa RC	496						496	496
37	FV40	Malgorzata LIFFEN				495				495	495
38	FV40	Louise CRACKNELL	Felixstowe RRC	494						494	494
39	FV40	Rachel NEEDLE	The Saxons		492					492	492
40	FV40	Joanne HARPER	Felixstowe RRC		491					491	491
41	FV40	Sam SPENCER	Ipswich Jaffa RC					491		491	491
42	FV40	Marion BENNETT	Ipswich Jaffa RC		490					490	490
43	FV40	Helen BARBER	Framlingham Flyers	489						489	489
44	FV40	Steph LING					489			489	489
45	FV40	Annabel SHIROI-THOMAS	Framlingham Flyers	487						487	487
46	FV40	Anna HUNT					487			487	487
47	FV40	Samantha WILKINSON	Stowmarket Striders RC					487		487	487
48	FV40	Jodie PHILLIPS	Ipswich Jaffa RC						487	487	487
49	FV40	Rebecca RANGI			486					486	486
50	FV40	Colleen WILLIAMS				486				486	486
51	FV40	Carla PEREIRA	Saint Edmund Pacers				486			486	486
52	FV40	Catherine MATHIESON				485				485	485
53	FV40	Marta GNOT					484			484	484
54	FV40	Claire PHILLIPS	Kesgrave Kruisers		483					483	483
55	FV40	Bianca CHUTER-GRIFFITHS					483			483	483
56	FV40	Amy DINES		481						481	481
57	FV40	Amy WELSH			481					481	481
58	FV40	Kirsty MARSH	Felixstowe RRC	478						478	478
59	FV40	Julie FAIRWEATHER			477					477	477
60	FV40	Melanie GAVIN		474						474	474
61	FV40	Katherine AYKROYD	Felixstowe RRC	472						472	472
62	FV40	Suzi SAUNDERS		470						470	470

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FV45	Holly WEIR	Colchester Harriers AC	500		500	500	500		2000	2000
2	FV45	Helen JERROLD	Kesgrave Kruisers		500	498	499	499	500	2496	1998
3	FV45	Helen ARIYO	Kesgrave Kruisers	496	496		495		499	1986	1986
4	FV45	Kelly HAYHOE	Great Bentley Running Club	494	494	497	491	497	496	2969	1984
5	FV45	Helen FINDLEY	Kesgrave Kruisers	495	495			494	492	1976	1976
6	FV45	Sarah MAIDMENT	Framlingham Flyers		491	496	493	493		1973	1973
7	FV45	Kate HUTSON	Ipswich Jaffa RC	488	482	494	486	491	491	2932	1964
8	FV45	Louise RIDDLESTON		482		492	485	490	490	2439	1957
9	FV45	Kaye STONE		486	483	495		487	488	2439	1956
10	FV45	Sammy COTTON	Great Bentley Running Club	477	477		482	486	485	2407	1930
11	FV45	Donna HARRIS	Great Bentley Running Club	478	486		480	485		1929	1929
12	FV45	Agnieszka ANDRZEJAK	Stowmarket Striders RC	475		489	479		484	1927	1927
13	FV45	Sian KINGSTON	Framlingham Flyers	499		499	498			1496	1496
14	FV45	Vashti MACDONALD-CLINK	Cambridge & Coleridge AC	498	499		496			1493	1493
15	FV45	Nicola ROBINSON	Framlingham Flyers		492		492	495		1479	1479
16	FV45	Karen DEASY					488	492	495	1475	1475
17	FV45	Natalie GOWERS	Running Colchester		480	491			487	1458	1458
18	FV45	Sandy PAGE	Kesgrave Kruisers	497	497					994	994
19	FV45	Fiona SMITH	Ipswich Jaffa RC				494	498		992	992
20	FV45	Amanda SMITH	Woodbridge Shufflers RC	493				496		989	989
21	FV45	Caroline BOWEN			493		489			982	982
22	FV45	Carla EWEN	Colchester & Tendring AC			493		489		982	982
23	FV45	Jane HUTCHINSON	Woodbridge Shufflers RC	491	490					981	981
24	FV45	Alison BILLS		489	485					974	974
25	FV45	Donna TALBOT	Saint Edmund Pacers				484	488		972	972
26	FV45	Claire ROWBOTHAM		485	479					964	964
27	FV45	Clare WALKER		480	481					961	961
28	FV45	Michelle MARTIN	Kesgrave Kruisers		475			484		959	959
29	FV45	Laura CROSSLEY	Capel Cheetahs	479	476					955	955
30	FV45	Cath JEFFERY	Saint Edmund Pacers		498					498	498
31	FV45	Diana FLETCHER							498	498	498
32	FV45	Zohra ARMITAGE	Saint Edmund Pacers				497			497	497
33	FV45	Joanne HARRIS	Capel Cheetahs						497	497	497
34	FV45	Tanya HEMMINGS	Jogging Made Easy						494	494	494

35	FV45	Muriel LOVERING	Colchester Harriers AC						493	493	493
36	FV45	Tracy LAWRIE	Harwich Runners	492						492	492
37	FV45	Sam LINASSI	Felixstowe RRC	490						490	490
38	FV45	Kerry MARSH	Tiptree Road Runners			490				490	490
39	FV45	Ruth GOODCHILD					490			490	490
40	FV45	Jane GRAHAM			489					489	489
41	FV45	Sarah-Jane BENNETT							489	489	489
42	FV45	Joanna BEALE	Stowmarket Striders RC		488					488	488
43	FV45	Claire PICKARD	Woodbridge Shufflers RC			488				488	488
44	FV45	Cath ORRIN	Kesgrave Kruisers	487						487	487
45	FV45	Kate HOWARD	Kesgrave Kruisers		487					487	487
46	FV45	Michelle MARSHALL					487			487	487
47	FV45	Lucinda FENDLEY							486	486	486
48	FV45	Cara BARKER		484						484	484
49	FV45	Helen BERRY	Ipswich Jaffa RC		484					484	484
50	FV45	Victoria RAYNER		483						483	483
51	FV45	Kate BARTRUP					483			483	483
52	FV45	Lucy JONES	Felixstowe RRC	481						481	481
53	FV45	Irene NUZZO					481			481	481
54	FV45	Donna SANDERSON	The Saxons		478					478	478
55	FV45	Emma BYRNE	Felixstowe RRC				478			478	478
56	FV45	Edyta GRIMSHAW		476						476	476
57	FV45	Claire RUSH	Kesgrave Kruisers	474						474	474
58	FV45	Heidi BURROWS	Kesgrave Kruisers		474					474	474
59	FV45	Michelle RANSON	Vegan Runners UK	473						473	473
60	FV45	Kate ASHBY		472						472	472
61	FV45	Emma DUFFY		471						471	471
62	FV45	Jodie BUDD	Sudbury Joggers	470						470	470

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FV50	Juliet GARNHAM	Stowmarket Striders RC	500	499	499		499	498	2495	1997
2	FV50	Karen OFFORD	Stowmarket Striders RC		497	498	500	498	497	2490	1993
3	FV50	Rachel TERRY	Stowmarket Striders RC	499	498		499	497		1993	1993
4	FV50	Mary Ann TULI	Haverhill Running Club	497	494	496	498		495	2480	1986
5	FV50	Victoria GALLANTREE	Framlingham Flyers		496	497		496	496	1985	1985
6	FV50	Fiona HUNT	Kesgrave Kruisers	496		495	496	495	494	2476	1982
7	FV50	Victoria ORFORD	Framlingham Flyers	495	493		495	494		1977	1977
8	FV50	Alex SMITH	Stowmarket Striders RC		492	494	494		492	1972	1972
9	FV50	Joanne SARGENT	Hadleigh Hares AC	486	483	492			491	1952	1952
10	FV50	Tina CHURCH	The Saxons	477	476		490	492		1935	1935
11	FV50	Helen EVANS	Ipswich Jaffa RC	491	489	493				1473	1473
12	FV50	Julia UPTON	Framlingham Flyers		481		491	493		1465	1465
13	FV50	Lucy BRYANTON		481	480	490				1451	1451
14	FV50	Susan SMALE	Felixstowe RRC	478	477		489			1444	1444
15	FV50	Chantal CULLINGTON-READ		472	475	489				1436	1436
16	FV50	Valerie GLADWELL	Hadleigh Hares AC		500	500				1000	1000
17	FV50	Sarah FROST	Woodbridge Shufflers RC	492	490					982	982
18	FV50	Angela SELFE	Stowmarket Striders RC	485		491				976	976
19	FV50	Hayley BERKEL	Kesgrave Kruisers	490	485					975	975
20	FV50	Helen FORREST	Woodbridge Shufflers RC	488	486					974	974
21	FV50	Jayne ATTWELL	Stowmarket Striders RC	487	484					971	971
22	FV50	Sharon HAYFIELD			479				490	969	969
23	FV50	Lisa MAHONEY		479	474					953	953
24	FV50	Nichola BENNETT	Saint Edmund Pacers					500		500	500
25	FV50	Wendy KING	Chelmsford AC						500	500	500
26	FV50	Kelly SMITH	Boxted Runners						499	499	499
27	FV50	Deb CHING	Capel Cheetahs	498						498	498
28	FV50	Joanne COX	Bungay Black Dog RC				497			497	497
29	FV50	Octavia SINGLETON			495					495	495
30	FV50	Rachel BROOKE	Ipswich Jaffa RC	494						494	494
31	FV50	Gemma MOSS	Ipswich Jaffa RC	493						493	493
32	FV50	Ruth EBERHARDT	Newmarket Joggers				493			493	493
33	FV50	Faye LOVELAND							493	493	493
34	FV50	Julia MOSS-ECCARDT	Stowmarket Striders RC				492			492	492

35	FV50	Marie PAVELEY	Capel Cheetahs		491					491	491
36	FV50	Kirsty ABERDEIN		489						489	489
37	FV50	Julia ASHLEY	Kesgrave Kruisers						489	489	489
38	FV50	Anita GRIFFITHS	Harlow Running & Tri Club		488					488	488
39	FV50	Suzanne FROST				488				488	488
40	FV50	Dawn BINGE	Felixstowe RRC						488	488	488
41	FV50	Nicola WHITLEY			487					487	487
42	FV50	Rachael WILLIAMS	Felixstowe RRC	484						484	484
43	FV50	Sharon TAYLOR		483						483	483
44	FV50	Lois MICKLEBURGH	Kesgrave Kruisers	482						482	482
45	FV50	Hannah DORAN			482					482	482
46	FV50	Claire ROOKE	Sudbury Joggers	480						480	480
47	FV50	Sophie MARTIN	Redway Runners		478					478	478
48	FV50	Faith LEWIS	Saint Edmund Pacers	476						476	476
49	FV50	Rebecca OLIVER	Kesgrave Kruisers	475						475	475
50	FV50	Mandy CHINERY	Kesgrave Kruisers	474						474	474
51	FV50	Michelle JARRETT		473						473	473
52	FV50	Amanda SMITH			473					473	473
53	FV50	Rachael HAGGER		471						471	471

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FV55	Mary NAREY	Stowmarket Striders RC		498	499	500	500	499	2496	1998
2	FV55	Nathalie HOOPER	Hadleigh Hares AC	498	496	497	498	499	497	2985	1992
3	FV55	Anita WARD	Saint Edmund Pacers	497	497	498	499			1991	1991
4	FV55	Sarah VICK	The Saxons	493	493	496	497	498	494	2971	1985
5	FV55	Nicky WATSON	Woodbridge Shufflers RC	494	494			497	495	1980	1980
6	FV55	Ronnie EGAN	Stowmarket Striders RC	491	490	495		494		1970	1970
7	FV55	Joanna WHITE	The Saxons		489		495	495	490	1969	1969
8	FV55	Helen DAVIES	Framlingham Flyers	489	492			492	492	1965	1965
9	FV55	Melonie EVANS	Felixstowe RRC		479		491	490	486	1946	1946
10	FV55	Sandra WEBB	Saint Edmund Pacers	499	499	500				1498	1498
11	FV55	Sililo CLAY	Haverhill Running Club			494	493	496		1483	1483
12	FV55	Janice MITCHELL					494	493	493	1480	1480
13	FV55	Sharon HALPIN	Felixstowe RRC		480		490		484	1454	1454
14	FV55	Heather SMITH	Lonely Goat RC	484	481				487	1452	1452
15	FV55	Justine FAWCETT	Bungay Black Dog RC		500				500	1000	1000
16	FV55	Suzi CATCHPOOL	Ipswich Jaffa RC	495					498	993	993
17	FV55	Beryl LANSDOWN	Ipswich Jaffa RC	496			496			992	992
18	FV55	Jenny BIRD		492	491					983	983
19	FV55	Caroline SPENDLOVE	The Saxons		488				491	979	979
20	FV55	Karen FLOWER	The Saxons	487	487					974	974
21	FV55	Debbie CATLING	Felixstowe RRC	500						500	500
22	FV55	Inga HAYDEN-COOPER	Great Bentley Running Club						496	496	496
23	FV55	Helen YELLOP	Capel Cheetahs		495					495	495
24	FV55	Eloise BIRD	Saint Edmund Pacers			493				493	493
25	FV55	Rebecca JENNINGS					492			492	492
26	FV55	Rachel OAKLEY	Stowmarket Striders RC					491		491	491
27	FV55	Deb BROUGHTON		490						490	490
28	FV55	Karen FLOWERS	Witham RC						489	489	489
29	FV55	Adele FIELD	Felixstowe RRC	488						488	488
30	FV55	Sue SHIPPEY	Witham RC						488	488	488
31	FV55	Amanda PRIOR		486						486	486
32	FV55	Sue COCKLE	Diss and District AC		486					486	486
33	FV55	Tracey NOBBS	Stowmarket Striders RC	485						485	485
34	FV55	Ruth HATCH			485					485	485

35	FV55	Miranda RAYNER	Harwich Runners						485	485	485
36	FV55	Mags EVANS			484					484	484
37	FV55	Karen AUSTIN	Sudbury Joggers	483						483	483
38	FV55	Helen BLUCHER-ALTONA	Redway Runners		483					483	483
39	FV55	Tracey SOUTHGATE	Hadleigh Hares AC		482					482	482

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FV60	Rebecca PITTMAN	Springfield Striders RC	499	499	500	500	499	500	2997	1999
2	FV60	Ruth COWLIN	Sudbury Joggers	498	497			497	499	1991	1991
3	FV60	Jenny SHEAHAN	Eastern Masters AC	497	498			496	498	1989	1989
4	FV60	Jenny LYNCH	Felixstowe RRC	492	494	498	498	494	493	2969	1984
5	FV60	Sarah GOLDING	Saint Edmund Pacers	495	495			495	494	1979	1979
6	FV60	Jane MOON	Felixstowe RRC	491			496	492	492	1971	1971
7	FV60	Fiona HOTSTON-MOORE			486	494	495		488	1963	1963
8	FV60	Val JENNINGS	Ipswich Jaffa RC	500	500			498		1498	1498
9	FV60	Grace JUDGE	Haverhill Running Club	493		499			495	1487	1487
10	FV60	Joanne BOUTTELL	Newmarket Joggers		488	496		491		1475	1475
11	FV60	Tracy JECKELLS	Felixstowe RRC	489	489				490	1468	1468
12	FV60	Sandy THOROGOOD	Sudbury Joggers				499	500		999	999
13	FV60	Juliet TILLYARD					497		491	988	988
14	FV60	Jo WHELAN	Felixstowe RRC	490	490					980	980
15	FV60	Jackie COLLINS	Felixstowe RRC	488	485					973	973
16	FV60	Karen BRACKENBURY	Lonely Goat RC	487	484					971	971
17	FV60	Sue PEARSON	The Saxons	485	483					968	968
18	FV60	Jan HOPMES	Newmarket Joggers			497				497	497
19	FV60	Sue BARROWCLOUGH							497	497	497
20	FV60	Rebecca HEWSON	Felixstowe RRC	496						496	496
21	FV60	Diane EMSDEN			496					496	496
22	FV60	Dianne HUGHES	Stowmarket Striders RC						496	496	496
23	FV60	Karen SHELLEY	Stowmarket Striders RC			495				495	495
24	FV60	Jenny CHURCH	Felixstowe RRC	494						494	494
25	FV60	Rebecca MARTIN	Hadleigh Hares AC			493				493	493
26	FV60	Silke SHEPPARD	Haverhill Running Club		493					493	493
27	FV60	Sharon WARLAND	Stowmarket Striders RC					493		493	493
28	FV60	Fran ABRAMS	The Saxons		492					492	492
29	FV60	Jan HOLMES	Newmarket Joggers		491					491	491
30	FV60	Angela READ	Witham RC						489	489	489
31	FV60	Carol DOWNS	Redway Runners		487					487	487
32	FV60	Helen OFFORD		486						486	486
33	FV60	Briony LEIGH-PEARSON		484						484	484

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FV65	Jenny MORGAN	Saint Edmund Pacers	500	500	500			500	2000	2000
2	FV65	Christina PRETTY	Harwich Runners	496	499	497	499	497	498	2986	1993
3	FV65	Fiona HOLLAND	Hadleigh Hares AC	497	498	499		496		1990	1990
4	FV65	Bobbie SAUERZAPF	Bungay Black Dog RC	495	496	498		498		1987	1987
5	FV65	Sandra ROBERTS	Ipswich Jaffa RC	498				499	499	1496	1496
6	FV65	Simone SUTHERLAND	Framlingham Flyers	494				494	497	1485	1485
7	FV65	Pauline STOCKER	Huntingdonshire AC				500			500	500
8	FV65	Fiona CUNNINGTON	Saint Edmund Pacers					500		500	500
9	FV65	Susan LOCKHART	Ipswich Jaffa RC	499						499	499
10	FV65	Alison COOPER	Waveney Valley AC		497					497	497
11	FV65	Julia BILOTTA	Hadleigh Hares AC			496				496	496
12	FV65	Gina DI MASCIO	Felixstowe RRC						496	496	496
13	FV65	Angel CHERRETT	Framlingham Flyers					495		495	495

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	FV70+	Vivienne TAYLOR	Framlingham Flyers	496	498		499	500		1993	1993
2	FV70+	Elspeth KNOTT	Harwich Runners	499	500				499	1498	1498
3	FV70+	Caroline MCINTOSH	Newmarket Joggers			498	498	499		1495	1495
4	FV70+	Ann PIERCY	Harwich Runners	500					500	1000	1000
5	FV70+	Liz PAXTON	Haverhill Running Club	498		499				997	997
6	FV70+	Sue HARGADON	Woodbridge Shufflers RC	494	497					991	991
7	FV70+	Jane WALL	Saint Edmund Pacers				500			500	500
8	FV70+	Cheryl TRUNDLE	Haverhill Running Club			500				500	500
9	FV70+	Riitta WOOD	Framlingham Flyers		499					499	499
10	FV70+	Pam MORGAN	Ipswich Triathlon Club	497						497	497
11	FV70+	Julie HASELWOOD	Ipswich Jaffa RC	495						495	495

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MU20	Joshua WIGMORE	Saint Edmund Pacers	500	500	499	500	500	499	2998	2000
2	MU20	Archie BULLINGHAM	Framlingham Flyers		498	498		499	498	1993	1993
3	MU20	Ethan WADE	Ipswich Jaffa RC	498	499	497	498	498		2490	1993
4	MU20	Matthew PECK	Ipswich Jaffa RC	497	496	496		497	488	2474	1986
5	MU20	Tom ATTWELL	Stowmarket Striders RC	492	487	488	495	493	489	2944	1969
6	MU20	Tommy KIRK	Framlingham Flyers	493	489	487		494	490	2453	1966
7	MU20	Ben HOWARD	Colchester & Tendring AC	490	488	489	493	492		2452	1964
8	MU20	Luke STAFFORD	Kesgrave Kruisers	487	485	483		491		1946	1946
9	MU20	Thomas SOUTHWOOD	Saint Edmund Pacers	496	494		497			1487	1487
10	MU20	Harry CRANE	Kesgrave Kruisers			492		496	495	1483	1483
11	MU20	Jed LAWRENCE	Ipswich Jaffa RC	494	492	491				1477	1477
12	MU20	Luca KADING	Stowmarket Striders RC	491		485	492			1468	1468
13	MU20	David NEWCOMBE		485	482	481				1448	1448
14	MU20	Stanley PEACHER	Framlingham Flyers		497				497	994	994
15	MU20	Alex DERRICK	Colchester & Tendring AC			495			496	991	991
16	MU20	Zachary GODFREY	Haverhill Running Club				494	495		989	989
17	MU20	Hayden PHILLIPS	Kesgrave Kruisers	495	493					988	988
18	MU20	Caleb LEE	Colchester Harriers AC			493			493	986	986
19	MU20	Jason GEORGALAS	Ipswich Jaffa RC		491	494				985	985
20	MU20	Drew HUNTING		489	484					973	973
21	MU20	Brandon BARBER	Ipswich Harriers			500				500	500
22	MU20	Connor PECK	Ipswich Jaffa RC						500	500	500
23	MU20	Luke GAVIN	Ipswich Harriers	499						499	499
24	MU20	William HOLLANDS	Saint Edmund Pacers				499			499	499
25	MU20	Ryan MIDDLETON					496			496	496
26	MU20	Percy MOORE	Framlingham Flyers		495					495	495
27	MU20	Flynn EYRE	Great Bentley Running Club						494	494	494
28	MU20	Ethan BOLTON	Haverhill Running Club						492	492	492
29	MU20	Joshua ROOKE					491			491	491
30	MU20	Harry MINNETTE	Haverhill Running Club						491	491	491
31	MU20	Robert STEWART	Woodbridge Shufflers RC		490					490	490
32	MU20	Leo BLOOR	Ipswich Jaffa RC			490				490	490
33	MU20	Matthew MOORE						490		490	490
34	MU20	Thomas SOUTHGATE		488						488	488

35	MU20	Finley HOY	Jogging Made Easy						487	487	487
36	MU20	Codie CALVER		486						486	486
37	MU20	Harrison GARTSIDE			486					486	486
38	MU20	Charlie UPTON				486				486	486
39	MU20	Jack SMITH							486	486	486
40	MU20	Kieran RICHARDSON				484				484	484
41	MU20	Joe MARTIN	Kesgrave Kruisers		483					483	483
42	MU20	Noah LARKE				482				482	482
43	MU20	Joshua ALLUM	Framlingham Flyers		481					481	481
44	MU20	Jacob PERRY				480				480	480
45	MU20	Ted STONE				479				479	479

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MS	Owen REES	Ipswich Phoenix Running Club	500	500	500	498		500	2498	2000
2	MS	James WILSON	The Saxons	499	499	499	497			1994	1994
3	MS	Gavin BYRNE	Great Bentley Running Club		496	497	495	499	498	2485	1990
4	MS	Robert SMAILES	Saint Edmund Pacers	497			492	498	496	1983	1983
5	MS	Neill READHEAD	The Saxons	492	494	494	491			1971	1971
6	MS	Aidan ELMORE	Saint Edmund Pacers	491		493	489	497		1970	1970
7	MS	Robert ROGERS	Framlingham Flyers		493		486	495	487	1961	1961
8	MS	Chris GREEN	Felixstowe RRC	495	491		485		489	1960	1960
9	MS	Oliver QUINTON		480	479	487	481	496	486	2909	1950
10	MS	Callum CAHILL		484	484	488	472	481	479	2888	1937
11	MS	Duncan NG	Stowmarket Striders RC	486		483	477		484	1930	1930
12	MS	Kyle CHURCH	The Saxons	487	481		474	487	475	2404	1930
13	MS	William DUNN		483	483			482	477	1925	1925
14	MS	Christopher FULLER	The Saxons		480	484	470	480	478	2392	1922
15	MS	Thomas BEECROFT	Framlingham Flyers	482	474	486	471	476	473	2862	1918
16	MS	Benjamin WHITING	Ipswich Phoenix Running Club	485	476	466	468	477	440	2812	1906
17	MS	Joe WHITLEY		474	475	481			476	1906	1906
18	MS	Malakye MURRAIN		472		479		484	471	1906	1906
19	MS	Christian HANMAN			471	475		474	466	1886	1886
20	MS	Craig STARLING	Ipswich Triathlon Club	481		467	459	478		1885	1885
21	MS	Jeanpierre AKAKPO		471		470		475	467	1883	1883
22	MS	Matthew BISHOP	Saint Edmund Pacers		468	477	467	471		1883	1883
23	MS	William TAYLOR	Framlingham Flyers	470	465	468	464	472	465	2804	1875
24	MS	Adam ROBERTSON		467		460		468	461	1856	1856
25	MS	Adam PLUMMER	Rushmere Community Runners	465	452	459		465		1841	1841
26	MS	Gavin HORREX	Ipswich Phoenix Running Club		464	465	455		452	1836	1836
27	MS	Peter CLEAVES	Stowmarket Striders RC		454	462	457		460	1833	1833
28	MS	Kieren HART	Ipswich Jaffa RC			458	465	443	457	1823	1823
29	MS	Joe NOACK	Colchester Harriers AC	455	442	453	450	459	454	2713	1821
30	MS	Stuart HUNT	Colchester Harriers AC	454	444	455		453	450	2256	1812
31	MS	Andrew GEDNY	Haverhill Running Club	459	449	454	445			1807	1807
32	MS	Mark PRETTY	Harwich Runners	457	446		446	457	435	2241	1806
33	MS	Matthew SALISBURY		458	448	452	438		445	2241	1803
34	MS	Thomas RUSSELL	Felixstowe RRC	447	439	447		445		1778	1778

35	MS	Paul CONNICK	Framlingham Flyers		440		436	447	441	1764	1764
36	MS	Mark PERRYMAN		443		446	434	440		1763	1763
37	MS	Taylor EDWARDS		446			435	441	432	1754	1754
38	MS	Thomas SMITH	Saint Edmund Pacers		495	495	493			1483	1483
39	MS	Josh HARVEY	Framlingham Flyers	496	489				480	1465	1465
40	MS	Christopher EDWARDS	Colchester Harriers AC			489		490	474	1453	1453
41	MS	Oliver WATSON	Clapham Chasers			485	478	486		1449	1449
42	MS	Geraint WHITE	Felixstowe RRC		482		476	485		1443	1443
43	MS	Joe DRUMMY				474		479	472	1425	1425
44	MS	David JOHNSON	Framlingham Flyers	479		472			468	1419	1419
45	MS	Alex SMITH	Felixstowe RRC	475	469				464	1408	1408
46	MS	Benjamin HASTE	The Saxons			471	462	470		1403	1403
47	MS	Hayden FORDER		473	466		453			1392	1392
48	MS	Jeremy ASHDOWN	Framlingham Flyers	464	462	461				1387	1387
49	MS	Joshua DAY		461		457			455	1373	1373
50	MS	Nathan MILLS	Saint Edmund Pacers		450		452	466		1368	1368
51	MS	Thomas NEWCOMBE		451		450			433	1334	1334
52	MS	Sam HARDWICK	Stowmarket Striders RC	449	443				438	1330	1330
53	MS	Michael GILBERT	Cambridge & Coleridge AC				499	500		999	999
54	MS	Jack WILKINSON			497				497	994	994
55	MS	Alex MCCARTHY		494					491	985	985
56	MS	George MANN		490				494		984	984
57	MS	Andrew JOBLING	Colchester Harriers AC				490		494	984	984
58	MS	Joe CARTER	Saint Edmund Pacers			490		492		982	982
59	MS	Ryan DAVIDSON	Felixstowe RRC	489		492				981	981
60	MS	Oliver SCHOFIELD	Saint Edmund Pacers	493	486					979	979
61	MS	Tobie STOLLERY			490				488	978	978
62	MS	Steve MASON	Colchester Harriers AC			491			485	976	976
63	MS	Zachary SQUIRRELL					479	488		967	967
64	MS	George WRIGHT	Stowmarket Striders RC		485		475			960	960
65	MS	Josh CLARKE-DAVIS	Saint Edmund Pacers			482	469			951	951
66	MS	Danny DRAPER	Great Bentley Running Club		459	464				923	923
67	MS	Sam ASHDOWN	Hadleigh Hares AC		457			464		921	921
68	MS	Ross ARNOLD	Haverhill Running Club				454	467		921	921
69	MS	John WINTER	Felixstowe RRC	462	453					915	915

70	MS	Thomas FILAROWSKI				456		454		910	910
71	MS	Harvey PEARSON					447	460		907	907
72	MS	Ryan HART	Saint Edmund Pacers					456	444	900	900
73	MS	Jonathan SUMMERS	Ipswich Jaffa RC			449			447	896	896
74	MS	Will BARNARD					444	451		895	895
75	MS	Ben NAUGHTON		448	445					893	893
76	MS	Jamie PAYNE				451	439			890	890
77	MS	George ALLEN	Saint Edmund Pacers			448	440			888	888
78	MS	Will BLACKBURN						448	439	887	887
79	MS	Matt MAKIN	Felixstowe RRC					442	434	876	876
80	MS	John MILLAR	Ipswich Harriers				500			500	500
81	MS	Aden BELL	Saint Edmund Pacers						499	499	499
82	MS	Sam BOREHAM	Pontypridd Roadents AC	498						498	498
83	MS	Ross MCGILL	Woodbridge Shufflers RC		498					498	498
84	MS	Chris RYAN	Colchester Harriers AC			498				498	498
85	MS	Dominic HAZELL-EVANS				496				496	496
86	MS	Dominic BAXTER	Victoria Park Harriers and Tower Hamlets				496			496	496
87	MS	Max HEMSON	Colchester Harriers AC						495	495	495
88	MS	Oliver DAYKIN	Newmarket Joggers				494			494	494
89	MS	Marcel DU TOIT	Saint Edmund Pacers					493		493	493
90	MS	Stuart BUCHAN	Stowmarket Striders RC						493	493	493
91	MS	Andy ELLIS	Felixstowe RRC		492					492	492
92	MS	Dan MORGAN	Colchester Harriers AC						492	492	492
93	MS	Jason BRANDY						491		491	491
94	MS	Alex ARCHER	Ipswich Jaffa RC						490	490	490
95	MS	Jake BERNARD	Saint Edmund Pacers					489		489	489
96	MS	James PESTELL		488						488	488
97	MS	William LUMMIS			488					488	488
98	MS	Steve BEASLEY	March AC				488			488	488
99	MS	Stewart WOODS	Framlingham Flyers		487					487	487
100	MS	Sam PETTIT	Brentwood Running Club				487			487	487
101	MS	Phil CRUTCHLOW	Saint Edmund Pacers				484			484	484
102	MS	Josh SCARLETT	Saint Edmund Pacers				483			483	483
103	MS	Alex GILLIES						483		483	483
104	MS	Daniel GRIFFITHS	Witham RC						483	483	483

105	MS	Alexander ROGERS	Cambridge & Coleridge AC				482			482	482
106	MS	Harry SOLOMON	Witham RC						482	482	482
107	MS	Marc DAY	Colchester & Tendring AC						481	481	481
108	MS	Alan RAMOS				480				480	480
109	MS	Joe WINTER	Haverhill Running Club				480			480	480
110	MS	Martin FOX		478						478	478
111	MS	Craig SLOCOMBE	Great Bentley Running Club		478					478	478
112	MS	Steve ADAMS				478				478	478
113	MS	Alfie SEAMONS	The Saxons	477						477	477
114	MS	John VINECOMBE			477					477	477
115	MS	Isaac HENDY		476						476	476
116	MS	Sean ELSOM	Haverhill Running Club			476				476	476
117	MS	Chris HENDRICKSON	Framlingham Flyers		473					473	473
118	MS	Nathan SIMS	Haverhill Running Club				473			473	473
119	MS	Dan SHELLEY				473				473	473
120	MS	Daniel STOCKS	Saint Edmund Pacers					473		473	473
121	MS	Michael DELACAMP			472					472	472
122	MS	Freddie TURNER	Framlingham Flyers		470					470	470
123	MS	Harry NOBLE	Sudbury Joggers						470	470	470
124	MS	Aaron SPALDING	Capel Cheetahs	469						469	469
125	MS	Ethan LEGGETT				469				469	469
126	MS	Tom DARLING						469		469	469
127	MS	Robert BARKER	Felixstowe RRC						469	469	469
128	MS	Bradley WHEELER	Ipswich Phoenix Running Club	468						468	468
129	MS	Ben JACKSON	Felixstowe RRC		467					467	467
130	MS	James CULLEN		466						466	466
131	MS	Will DEAN					466			466	466
132	MS	Tom MONK		463						463	463
133	MS	Danny EUSTACE			463					463	463
134	MS	Harry BENNINGTON	Stowmarket Striders RC			463				463	463
135	MS	Patrick SOPP	Saint Edmund Pacers				463			463	463
136	MS	Jamie SLEET						463		463	463
137	MS	Ben ROBINSON							463	463	463
138	MS	Max RICHMOND						462		462	462
139	MS	Jack AXFORD	Jogging Made Easy						462	462	462

140	MS	Lloyd CHAPMAN			461					461	461
141	MS	Dakuro FIBERESIMA	Saint Edmund Pacers				461			461	461
142	MS	Rob PHILPIN						461		461	461
143	MS	Max HARROLD		460						460	460
144	MS	Sam GODWARD			460					460	460
145	MS	Owen HAMMOND					460			460	460
146	MS	Carl COLLINS	Ipswich Jaffa RC						459	459	459
147	MS	Jack BIRCH			458					458	458
148	MS	Chris RICHMOND					458			458	458
149	MS	Liam RENDELL						458		458	458
150	MS	Adam SMITH							458	458	458
151	MS	Thomas CRITCHELL		456						456	456
152	MS	Mark RAY			456					456	456
153	MS	Chris HARMAN	Saint Edmund Pacers						456	456	456
154	MS	Michael FALCONE					456			456	456
155	MS	Alex ROLPH	Woodbridge Shufflers RC		455					455	455
156	MS	Michael HILL						455		455	455
157	MS	Adam CHAPPELL	Ipswich Jaffa RC	453						453	453
158	MS	Dean PEPPER	Great Bentley Running Club						453	453	453
159	MS	Jack MASON		452						452	452
160	MS	Benjamin OXLEY						452		452	452
161	MS	Kenneth WRIGHT	Ipswich Jaffa RC		451					451	451
162	MS	Sam BISHOP	Saint Edmund Pacers				451			451	451
163	MS	Ben ELDRIDGE	Jogging Made Easy						451	451	451
164	MS	Liam JARRETT		450						450	450
165	MS	Isaac GETHIN						450		450	450
166	MS	Venki EL					449			449	449
167	MS	Lewis JARMAN						449		449	449
168	MS	Tel ADAMS							449	449	449
169	MS	Ben VIRTUE							448	448	448
170	MS	Reece GOODERHAM	Saint Edmund Pacers				448			448	448
171	MS	Gijs VAN DEN BOGAERD			447					447	447
172	MS	Shea CANNELL	Kesgrave Kruisers					446		446	446
173	MS	Chuck LAYZELL	Ipswich Phoenix Running Club						446	446	446
174	MS	Peri JOHNSON		445						445	445

175	MS	Stuart MATHIESON	Sudbury Joggers			445				445	445
176	MS	Alex STADLER	Felixstowe RRC	444						444	444
177	MS	Matt CHAPPELL						444		444	444
178	MS	Kieran KITCHEN	Ipswich Jaffa RC				443			443	443
179	MS	Thomas PRYKE							443	443	443
180	MS	Bryan CHURCHARD	Saint Edmund Pacers				442			442	442
181	MS	Ross BLACKABY							442	442	442
182	MS	Josh KING	Framlingham Flyers		441					441	441
183	MS	Gary INGRAM	Ipswich Jaffa RC				441			441	441
184	MS	Sam HALL			438					438	438
185	MS	Aaron DURRANT			437					437	437
186	MS	Carlowe MIJARES					437			437	437
187	MS	Joe FISHER							437	437	437
188	MS	Edward SMITH							436	436	436

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MV40	Chris BURTON	Kesgrave Kruisers		500	500		498	498	1996	1996
2	MV40	Stuart PRICE	Hadleigh Hares AC	499	499	499			497	1994	1994
3	MV40	Kevin LONG	Hadleigh Hares AC	498	498		497	495		1988	1988
4	MV40	Ricky ONEILL	Ipswich Jaffa RC		497	498	496	494		1985	1985
5	MV40	Melvyn MAYCOCK	Ipswich Jaffa RC	493	493	496	495	493	493	2963	1977
6	MV40	Neil SMITH	Framlingham Flyers	495	495	497		483	489	2459	1976
7	MV40	Jason KING	Felixstowe RRC	491	492	495	491	492	494	2955	1973
8	MV40	Ashley SMY	Felixstowe RRC	490	491	494	493	491	490	2949	1969
9	MV40	Daniel SUMMERSGILL	Ipswich Jaffa RC		490	493	485	484	483	2435	1952
10	MV40	Chris HALL	Stowmarket Striders RC	488	488		489	486		1951	1951
11	MV40	Julian JOHNSON	Saint Edmund Pacers			492	486	487	482	1947	1947
12	MV40	Peter SQUIRRELL	Ipswich Jaffa RC	483	483	489	487	485	485	2912	1946
13	MV40	Dave SALISBURY	Fordy Runs Running Club			488	483	479	481	1931	1931
14	MV40	Tom CARTER		477		485		482	479	1923	1923
15	MV40	Rob ARMSTRONG		474	478	483		478		1913	1913
16	MV40	Paul BRAND		470	473	480	476	471	477	2847	1906
17	MV40	David WENYON	Woodbridge Shufflers RC	475	476			476	476	1903	1903
18	MV40	Peter WOODS	Felixstowe RRC		474		477	474	478	1903	1903
19	MV40	Christopher BING	Ipswich Jaffa RC	468	469	478	473	464	472	2824	1892
20	MV40	Mark HAYWARD	Newmarket Joggers				498	500	500	1498	1498
21	MV40	Joey BENDALL	Newmarket Joggers				499	499	499	1497	1497
22	MV40	Connal GRIFFITHS	Ipswich Jaffa RC			491		490	488	1469	1469
23	MV40	Jamie FITTOCK	Saint Edmund Pacers	485	486	490				1461	1461
24	MV40	Neil DENNIS	Stowmarket Striders RC	479			481	477		1437	1437
25	MV40	David YOUNG			475		478	473		1426	1426
26	MV40	Mark ASHWOOD	Haverhill Running Club			481	475	468		1424	1424
27	MV40	David BREWSTER	Felixstowe RRC	467	467				474	1408	1408
28	MV40	Keelan SMITH	The Saxons	466				466	473	1405	1405
29	MV40	Jason EVANS	Ipswich Jaffa RC	494	494					988	988
30	MV40	Antony GREEN	Saint Edmund Pacers				490	489		979	979
31	MV40	Chris SMITH	Great Bentley Running Club		485				491	976	976
32	MV40	Alex DE-MOORE	Saint Edmund Pacers					488	486	974	974
33	MV40	Ian BLUETT				486	484			970	970
34	MV40	Simon WALLIS	Haverhill Running Club	489			480			969	969

35	MV40	David DINNAGE	Framlingham Flyers	482	484					966	966
36	MV40	Martin CORNWELL	Felixstowe RRC	478		484				962	962
37	MV40	Nick FALIVENO			477		482			959	959
38	MV40	Stefan VAN ASWEGEN					479	475		954	954
39	MV40	James WATSON	Hadleigh Hares AC	472				472		944	944
40	MV40	Oliver BUMSTEAD			471			469		940	940
41	MV40	David ALDERTON			470			470		940	940
42	MV40	Aaron SHAVE						465	475	940	940
43	MV40	Tony GAVIN	Felixstowe RRC	500						500	500
44	MV40	Jack NIXON	Cambridge & Coleridge AC				500			500	500
45	MV40	Gary TAYLOR	Felixstowe RRC	497						497	497
46	MV40	Daniel BORRETT						497		497	497
47	MV40	Matthew AXTON	Saint Edmund Pacers	496						496	496
48	MV40	Lee BARBER	Framlingham Flyers		496					496	496
49	MV40	Michael PEACHEY						496		496	496
50	MV40	Paul MANSON	Woodford Green AC with Essex Ladies						496	496	496
51	MV40	Paul WEIGHTMAN	Colchester Harriers AC						495	495	495
52	MV40	Seb PALMER	Saint Edmund Pacers				494			494	494
53	MV40	Stephen MUNNINGS	Felixstowe RRC	492						492	492
54	MV40	Jason BEETON	Thetford AC				492			492	492
55	MV40	Simon HANDLEY	Witham RC						492	492	492
56	MV40	Danny JILLIONS	Framlingham Flyers		489					489	489
57	MV40	Wing WING	Cambridge & Coleridge AC				488			488	488
58	MV40	Ben GLADWELL	Stowmarket Striders RC	487						487	487
59	MV40	Henry TAPP			487					487	487
60	MV40	Oli HARRIS				487				487	487
61	MV40	Kit LEONARD	Boxted Runners						487	487	487
62	MV40	Barry HAWTIN	Felixstowe RRC	486						486	486
63	MV40	Bryan WYBROW	Felixstowe RRC	484						484	484
64	MV40	Ben SMITH	Harwich Runners						484	484	484
65	MV40	Oilly CURTIS	The Saxons		482					482	482
66	MV40	Michael VERHAAG				482				482	482
67	MV40	Duncan SCOTT	Colchester Harriers AC	481						481	481
68	MV40	Tom BROWN			481					481	481
69	MV40	Joseph DUNNING	Ipswich Jaffa RC					481		481	481

70	MV40	Mark SADLER	Felixstowe RRC	480						480	480
71	MV40	Patrick HUNTER	Woodbridge Shufflers RC		480					480	480
72	MV40	Matthew ROPER						480		480	480
73	MV40	Daniel STEPTOE-THOMPSON	Colchester Harriers AC						480	480	480
74	MV40	Matt YEATTS	Framlingham Flyers		479					479	479
75	MV40	Will GINNO				479				479	479
76	MV40	Craig EVANS	Ipswich Jaffa RC			477				477	477
77	MV40	Matthew SMY		476						476	476
78	MV40	Stuart INSKIP					474			474	474
79	MV40	David MASTERS	Felixstowe RRC	473						473	473
80	MV40	Daniel SNOWDEN	Framlingham Flyers		472					472	472
81	MV40	Mike GREEN	Felixstowe RRC	471						471	471
82	MV40	Clinton DAVIES							471	471	471
83	MV40	Robert KEMP	Felixstowe RRC						470	470	470
84	MV40	Samuel DINES		469						469	469
85	MV40	Aaron HOPKINS			468					468	468
86	MV40	Jp BROUGHTON	Sudbury Joggers					467		467	467

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MV45	Jim LAST	Framlingham Flyers	499	500		499	500		1998	1998
2	MV45	Andrew SOUTHWOOD	Saint Edmund Pacers	497	497	500	498	499	500	2991	1997
3	MV45	Tom ALEXANDER	Woodbridge Shufflers RC		496	499		498	498	1991	1991
4	MV45	Jamie HALL	Stowmarket Striders RC		492	498	497	497	497	2481	1989
5	MV45	Westley WALKER			493	497		496	496	1982	1982
6	MV45	Alan HART	Stowmarket Striders RC		491		496	495	495	1977	1977
7	MV45	Ian WEIR	Colchester Harriers AC	492		494	494	493	491	2464	1973
8	MV45	Paul DOCKERILL	Saint Edmund Pacers	491	490		465	494	493	2433	1968
9	MV45	Alli MACLEAN	Hadleigh Hares AC	479	489	491		492	490	2441	1962
10	MV45	Roger KERR	Stowmarket Striders RC	486	483	492	492		489	2442	1959
11	MV45	Robin HARPER	Felixstowe RRC	485	480	490	487	491	482	2915	1953
12	MV45	Anthony WHITESIDE		483	484	488	489	489	487	2920	1953
13	MV45	Dominic BAREHAM	Felixstowe RRC	478	477	486	486	486	481	2894	1939
14	MV45	Darren GREEN	Colchester & Tendring AC	472	472	482	484	485	484	2879	1935
15	MV45	Laurence GOWERS		475		485	485		468	1913	1913
16	MV45	Christian HADWEN	Felixstowe RRC	471			482	482	477	1912	1912
17	MV45	Craig WRIGHT	Ipswich Phoenix Running Club	469	474	484			480	1907	1907
18	MV45	Neil HUNTING		462	466		479	481		1888	1888
19	MV45	David BEIGHTON	Saint Edmund Pacers	468	456			476	478	1878	1878
20	MV45	Roly ARBON			458	472	470		469	1869	1869
21	MV45	Richard BARNES	Framlingham Flyers		455	471	466	474		1866	1866
22	MV45	Simon WILLIAMS	Framlingham Flyers	490	487		495			1472	1472
23	MV45	Ricky DEASY					488	487	485	1460	1460
24	MV45	Nat BROUGHTON					472	478	472	1422	1442
25	MV45	Mark GLEEN	Kesgrave Kruisers	476	475			484		1435	1435
26	MV45	James ELLUL	Felixstowe RRC			479	478		476	1433	1433
27	MV45	Chris MOONEY			471	483			475	1429	1429
28	MV45	Daniel UPTON		460		476			492	1428	1428
29	MV45	Jon BLOOR	Ipswich Jaffa RC		465	478	481			1424	1424
30	MV45	Stephen MOORE			464		480	477		1421	1421
31	MV45	Keith ANDREWS	Kesgrave Kruisers	466	469	481				1416	1416
32	MV45	Andrew JUMP	Kesgrave Kruisers				467	475	467	1409	1409
33	MV45	Richard HURSTHOUSE	Stowmarket Striders RC	461			476		471	1408	1408
34	MV45	David RAIMONDO	Saffron Striders RC	498	499					997	997

35	MV45	Alastair READ	Felixstowe RRC	494	495					989	989
36	MV45	Robert KINGSTON		487		493				980	980
37	MV45	Tom GLADSTONE	Saint Edmund Pacers			489		488		977	977
38	MV45	John RAINBOW	Framlingham Flyers				490		486	976	976
39	MV45	Ant WALKER	Saint Edmund Pacers	489	485					974	974
40	MV45	Mark WRIGHT		477		487				964	964
41	MV45	Oliver WESTMANCOTT	Framlingham Flyers		481				483	964	964
42	MV45	Mike HOWARD	Kesgrave Kruisers	484	478					962	962
43	MV45	Steve ROBERTS	Woodbridge Shufflers RC					483	479	962	962
44	MV45	Trevor BRIGDEN				477	477			954	954
45	MV45	Allen COPEMAN						479	473	952	952
46	MV45	Ashley EVANS		473	473					946	946
47	MV45	Alec WRIGHT	Ipswich Jaffa RC	470	476					946	946
48	MV45	Steve KIRK				474	471			945	945
49	MV45	Matt SAUNDERS	Felixstowe RRC	459					474	933	933
50	MV45	James HYMAS	Haverhill Running Club	456		473				929	929
51	MV45	Baz LARKE			459	470				929	929
52	MV45	Ross OVEL		457			469			926	926
53	MV45	Stuart HAYNES	Woodbridge Shufflers RC	500						500	500
54	MV45	Andrew MYNOTT	Haverhill Running Club				500			500	500
55	MV45	Jason TOWNSEND	Colchester & Tendring AC						499	499	499
56	MV45	Daniel MOLL-MORGAN	Ipswich Jaffa RC		498					498	498
57	MV45	Nick LAWRIE	Harwich Runners	496						496	496
58	MV45	Phil CHAPPELS	Kesgrave Kruisers			496				496	496
59	MV45	Chris MOWER	Saint Edmund Pacers	495						495	495
60	MV45	Murray BAKER				495				495	495
61	MV45	Gavin DAVIES	Ipswich Jaffa RC		494					494	494
62	MV45	Chris GOAD	Colchester Harriers AC						494	494	494
63	MV45	Neal HARDWICK	Kesgrave Kruisers	493						493	493
64	MV45	Tom KINGSNORTH	Saint Edmund Pacers				493			493	493
65	MV45	Mat NORRIS	Saint Edmund Pacers				491			491	491
66	MV45	Adam ALLARD						490		490	490
67	MV45	Steve SMITH	Lonely Goat RC	488						488	488
68	MV45	Chris LEEK	Framlingham Flyers		488					488	488
69	MV45	Gerry GLADDEN	Great Bentley Running Club						488	488	488

70	MV45	Ben JEFFERY	Saint Edmund Pacers		486					486	486
71	MV45	Miles WEAVER					483			483	483
72	MV45	James CLEMENTS			482					482	482
73	MV45	Glenn HOBBS	Colchester & Tendring AC	482						482	482
74	MV45	Andrew CHATFIELD	Capel Cheetahs	481						481	481
75	MV45	Steven LANE	Ipswich Jaffa RC	480						480	480
76	MV45	Tony CAUSER				480				480	480
77	MV45	Neil CARTER	Kesgrave Kruisers					480		480	480
78	MV45	Ollie JOHNSON			479					479	479
79	MV45	Kieran CALLAGHAN	Colchester Harriers AC			475				475	475
80	MV45	Paul BRAND					475			475	475
81	MV45	Steve NEUMANN		474						474	474
82	MV45	Matthew BULLOCK					474			474	474
83	MV45	Stephen WIGZELL					473			473	473
84	MV45	Peter BIVEN			470					470	470
85	MV45	John DALY	Springfield Striders RC						470	470	470
86	MV45	Ben BURROWS			468					468	468
87	MV45	Neil MIDDLETON					468			468	468
88	MV45	Lewis GRANT		467						467	467
89	MV45	Jamie BENNETT	Ipswich Jaffa RC		467					467	467
90	MV45	Chris LOCK	Kesgrave Kruisers	465						465	465
91	MV45	Lee RUDLAND		464						464	464
92	MV45	Carl NEWELL	Felixstowe RRC	463						463	463
93	MV45	Stuart CLARKE			463					463	463
94	MV45	Jonathan WARNER			462					462	462
95	MV45	Chris BULL			461					461	461
96	MV45	Steve KIRK	Framlingham Flyers		460					460	460
97	MV45	Mark FARROW	Felixstowe RRC	458						458	458
98	MV45	Nicholas PINDER			457					457	457
99	MV45	Matthew BYARD	Kesgrave Kruisers	455						455	455
100	MV45	Adam GRIMSHAW		454						454	454

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MV50	Stephen BULLEN	Great Bentley Running Club	498	497		500	500		1995	1995
2	MV50	Neil COULSON	Felixstowe RRC	497	496	499	499	472	491	2954	1991
3	MV50	Justin HAYHOE	Great Bentley Running Club	495	495	498	497	499		2484	1989
4	MV50	Piotr BULACZ	Sudbury Joggers	493	494	497			498	1982	1982
5	MV50	Christopher BOYT	Felixstowe RRC	492	492		495	498		1977	1977
6	MV50	Simon STAFFORD	Kesgrave Kruisers	491	493	493		497		1974	1974
7	MV50	Steven OFFORD	Stowmarket Striders RC		489	491	494	495	493	2462	1973
8	MV50	Tim HANMAN	Ipswich Jaffa RC	490	491	492		496		1969	1969
9	MV50	Mark WHITE	Haverhill Running Club	488		489	491	491		1959	1959
10	MV50	Kevin LINSELL	Kesgrave Kruisers	480	478			489	488	1935	1935
11	MV50	Andy STRINGER	Colchester & Tendring AC	463		476	486	487	486	2398	1935
12	MV50	Richard ATTWELL	Stowmarket Striders RC	472	473	477	487	485	484	2878	1933
13	MV50	Mark EWEN	Colchester & Tendring AC	469	472	478	485	486	483	2873	1932
14	MV50	Paul STONE	Felixstowe RRC	475	475	480		488	487	2405	1930
15	MV50	Simon GOLDSMITH		468		481	484	483	477	2393	1925
16	MV50	Andre EDWARDS	Kesgrave Kruisers	470	477	479		484	482	2392	1922
17	MV50	Matt JEFFREY		471	476		488		485	1920	1920
18	MV50	Rob SELLECK	Haverhill Running Club			473	479	478	478	1908	1908
19	MV50	Kieron PERRY	Ipswich Jaffa RC	462	465	471	481	479	476	2834	1907
20	MV50	Martin COTTON	Great Bentley Running Club	455	464	472	474	477	475	2817	1898
21	MV50	Roger TAYLOR		466	470	475	476		473	2360	1894
22	MV50	Matt DORAN	Harwich Runners	456	458	469	473	473	471	2800	1886
23	MV50	Tom ORFORD		461	460		477	476		1874	1874
24	MV50	Mark HARRIS	Great Bentley Running Club	452	461	466	472	474		2325	1873
25	MV50	David CRANE	Kesgrave Kruisers	457	457	470			472	1856	1856
26	MV50	Karl FEAGAN	Ipswich Harriers	499	499	500				1498	1498
27	MV50	Stephen BROOK	Stowmarket Striders RC			488	493	494		1475	1475
28	MV50	Marc DRURY	Newmarket Joggers			494	496	482		1472	1472
29	MV50	Chris PERRY	Saint Edmund Pacers		484		492	492		1468	1468
30	MV50	Marcus CATLIN	Ipswich Jaffa RC	486	481				495	1462	1462
31	MV50	Mark GOODWIN	Felixstowe RRC	481	480				490	1451	1451
32	MV50	Peter BIRD	Saint Edmund Pacers	477	486	487				1450	1450
33	MV50	David ROBERTSON	Ipswich Jaffa RC	478	485	483				1446	1446
34	MV50	Daniel SELFE	Stowmarket Striders RC	473		482	490			1445	1445

35	MV50	Marc LAWRENCE	Ipswich Jaffa RC			468	482		480	1430	1430
36	MV50	Kevin BITTER	Woodbridge Shufflers RC		466	474		480		1420	1420
37	MV50	Dave YOUNG		465	469				479	1413	1413
38	MV50	Oliver SOUTHGATE	Ipswich Jaffa RC	459	467			481		1407	1407
39	MV50	Colin NEWCOMBE			454	467			470	1391	1391
40	MV50	Tom STEWART	Woodbridge Shufflers RC	500	498					998	998
41	MV50	Adrian FROST	Saint Edmund Pacers			496	498			994	994
42	MV50	Kevin PEIRCE	Ipswich Harriers	496					496	992	992
43	MV50	James MINNETTE	Haverhill Running Club					493	492	985	985
44	MV50	Trev BALLARD		487					494	981	981
45	MV50	Paul LACEY	Hadleigh Hares AC		482			490		972	972
46	MV50	Iain TAYLOR	Woodbridge Shufflers RC	483	487					970	970
47	MV50	Robert HARMAN				490	478			968	968
48	MV50	Mark HOLLAND	Kesgrave Kruisers	479	479					958	958
49	MV50	Ian ELDEN	Haverhill Running Club				475		474	949	949
50	MV50	Mark LEWIS	Saint Edmund Pacers			465	483			948	948
51	MV50	Jason ABLETT	Stowmarket Striders RC	460	462					922	922
52	MV50	Ian KNIGHTS	Kesgrave Kruisers		453				469	922	922
53	MV50	Paul DORSET	Felixstowe RRC	451				469		920	920
54	MV50	Alberto HENRIQUES			451				468	919	919
55	MV50	Justin OSTLER	Felixstowe RRC	450				468		918	918
56	MV50	Stefan GREGSON	Kesgrave Kruisers	453	455					908	908
57	MV50	Tom HANCOCK	Harwich Runners		500					500	500
58	MV50	Craig MITCHELL	Great Bentley Running Club						500	500	500
59	MV50	John THORPE	Ipswich Jaffa RC						499	499	499
60	MV50	David DINES	Boxted Runners						497	497	497
61	MV50	Jon BATTRAM	Colchester Harriers AC			495				495	495
62	MV50	Steve HALL	Framlingham Flyers	494						494	494
63	MV50	Andrew CRAIG	Woodbridge Shufflers RC		490					490	490
64	MV50	Daryl SIMPSON	Ipswich Jaffa RC	489						489	489
65	MV50	Mat COWELL	Haverhill Running Club				489			489	489
66	MV50	Simon CRESSWELL	Witham RC						489	489	489
67	MV50	John MOORE			488					488	488
68	MV50	Darren ELSOM	Haverhill Running Club			486				486	486
69	MV50	Stuart WRIGHT	Felixstowe RRC	485						485	485

70	MV50	Matthew GIBSON				485				485	485
71	MV50	Mike ROWE	The Saxons	484						484	484
72	MV50	Jan KADING	Stowmarket Striders RC			484				484	484
73	MV50	Kevin OXBORROW	Kesgrave Kruisers		483					483	483
74	MV50	Matt TRILL	Ipswich Jaffa RC	482						482	482
75	MV50	Mark WESTON							481	481	481
76	MV50	Andrew CLAYTON	Saint Edmund Pacers				480			480	480
77	MV50	Derek HOOD	Ipswich Jaffa RC	476						476	476
78	MV50	Mark ROSE	Ipswich Jaffa RC					475		475	475
79	MV50	Kevin HARPER		474						474	474
80	MV50	Marcus KWAN	Kesgrave Kruisers		474					474	474
81	MV50	Greg DODDS	Woodbridge Shufflers RC		471					471	471
82	MV50	Bonifacio SAYONG					471			471	471
83	MV50	Mark CRAWFORD						471		471	471
84	MV50	Ian DOGGETT						470		470	470
85	MV50	Darren WAIT	The Saxons		468					468	468
86	MV50	Mark FOULKES	Kesgrave Kruisers	467						467	467
87	MV50	Jonathan HOLDEN						467		467	467
88	MV50	Nigel BROWN	Stowmarket Striders RC					466		466	466
89	MV50	Dean CATCHPOLE		464						464	464
90	MV50	Brett MARTIN	Kesgrave Kruisers		463					463	463
91	MV50	Marcus MOSCROP			459					459	459
92	MV50	Paul MATHIAS	Kesgrave Kruisers	458						458	458
93	MV50	Stephen BRIMSON			456					456	456
94	MV50	David CHURCH	Felixstowe RRC	454						454	454
95	MV50	Adrian GREEN	Harleston Running Club		452					452	452

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MV55	Steve BROOKE	Felixstowe RRC	500	500	500	500	500	500	3000	2000
2	MV55	Duane HOWARD	Kesgrave Kruisers		498	498	499	499	499	2493	1995
3	MV55	Mark FORD	Felixstowe RRC	499	497	497	498	498	498	2987	1993
4	MV55	Vince WEBB	Saint Edmund Pacers	498	496	499			495	1988	1988
5	MV55	Kerry BUCKLEY	Felixstowe RRC	495	492	494	496	495	494	2966	1980
6	MV55	Richard NEWMAN	Harwich Runners	493	493	493	494	496	493	2962	1976
7	MV55	Mark LAWES	Tiptree Road Runners	496	491	495			491	1973	1973
8	MV55	Andrew WARD	Saint Edmund Pacers	490		492	491	492	487	2452	1965
9	MV55	Paul MITCHELL	Haverhill Running Club	492	489		490	493	490	2454	1965
10	MV55	Chris SERVANT	Ipswich Jaffa RC	489	490			491	488	1958	1958
11	MV55	Tim PARNELL	Kesgrave Kruisers		485	489	486	486	485	2431	1946
12	MV55	Richard WHITE	The Saxons		484	490	484	487		1945	1945
13	MV55	Piers MORGAN	Stowmarket Striders RC	485	483		487	489		1944	1944
14	MV55	Simon MILLER	Halstead RRC	486	479	487		482	480	2414	1935
15	MV55	Billy RICHMOND			478	479	476	481	479	2393	1917
16	MV55	Rod PRIME			473	483	474	480	478	2388	1915
17	MV55	Simon HOYLE	Kesgrave Kruisers	479	472	484	472		472	2379	1907
18	MV55	Phil DAVIES	Ipswich Jaffa RC		470	480	473	479	473	2375	1905
19	MV55	Colin ELLIS	Kesgrave Kruisers	497	494				489	1480	1480
20	MV55	Richard GRIMSDELL	Saint Edmund Pacers	491	488		492			1471	1471
21	MV55	Garry MACDONALD	Felixstowe RRC			486	483		482	1451	1451
22	MV55	Steve RITSON	Stowmarket Striders RC				481	484	483	1448	1448
23	MV55	Alex KUCZER		480	474				477	1431	1431
24	MV55	Martyn BREWSTER	Felixstowe RRC				469	477	469	1415	1415
25	MV55	Carl ROBINSON		475	468				470	1413	1413
26	MV55	Steve FOSTER	Haverhill Running Club			496	497			993	993
27	MV55	Alan CLARK	Benfleet RC					497	496	993	993
28	MV55	Dave HOWGEGO	Woodbridge Shufflers RC	494				494		988	988
29	MV55	Tom STEPHENS	Felixstowe RRC			488	493			981	981
30	MV55	Mark ANDREWS	Lonely Goat RC	488				490		978	978
31	MV55	Philip BROWN	Saint Edmund Pacers	487			488			975	975
32	MV55	John CASHEN					485	488		973	973
33	MV55	Graham ROOKE		484			482			966	966
34	MV55	Andy LIFFEN					479	485		964	964

35	MV55	Nigel LAW				491			471	962	962
36	MV55	Darren BIRCH					478		481	959	959
37	MV55	Pete BRIMSON	Stowmarket Striders RC		471			483		954	954
38	MV55	Mark FINCH		477					475	952	952
39	MV55	Mark DAVEY	Ipswich Phoenix Running Club				471		476	947	947
40	MV55	Sean DAVIDSON		474	469					943	943
41	MV55	John BROOM	Penistone Footpath Runners & Athletic Cl		499					499	499
42	MV55	Paul CONNELL	Colchester Harriers AC						497	497	497
43	MV55	Will ALDRED	Framlingham Flyers		495					495	495
44	MV55	Martin BAKER					495			495	495
45	MV55	Paul HUGHES	Great Bentley Running Club						492	492	492
46	MV55	Andrew LONG	Stowmarket Striders RC				489			489	489
47	MV55	Warren BIRCH			487					487	487
48	MV55	Chris HAYSTEAD			486					486	486
49	MV55	Chris AXFORD	Jogging Made Easy						486	486	486
50	MV55	Keith ANDERSON	Trail Running Association			485				485	485
51	MV55	Patrick AUER							484	484	484
52	MV55	Chris FOX	Woodbridge Shufflers RC	483						483	483
53	MV55	Ian DUGGAN	Felixstowe RRC	482						482	482
54	MV55	Peter RICE	Norfolk Gazelles AC		482					482	482
55	MV55	Andrew PARSLOE-GRAHAM				482				482	482
56	MV55	Adam HOCKEN	Witham RC	481						481	481
57	MV55	Andy HENDRY	Woodbridge Shufflers RC		481					481	481
58	MV55	David WILLIAMSON				481				481	481
59	MV55	Kenneth TOVELL	Framlingham Flyers		480					480	480
60	MV55	Wayne MUMFORD					480			480	480
61	MV55	Glen MURES	Felixstowe RRC	478						478	478
62	MV55	Mark JARMAN						478		478	478
63	MV55	Andy WALTER	Norfolk Gazelles AC		477					477	477
64	MV55	James BLOUNT					477			477	477
65	MV55	Colin TURNER		476						476	476
66	MV55	Adrian KERSEY			476					476	476
67	MV55	Darren THOMAS			475					475	475
68	MV55	David HICKS					475			475	475
69	MV55	Michael CONROY	Witham RC						474	474	474

70	MV55	Jonathan NEWELL					470			470	470
71	MV55	Richard SMITH	Saint Edmund Pacers				468			468	468

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MV60	Wilfred CAMPBELL	Ipswich Jaffa RC	500	500	500	500		497	2497	2000
2	MV60	Nigel SCHOFIELD	Saint Edmund Pacers	496	497	497		499	492	2481	1989
3	MV60	Jim MACKENZIE	Framlingham Flyers		496	496		498	493	1983	1983
4	MV60	David CAHILL	Colchester & Tendring AC	493	495	492	496	496	491	2963	1980
5	MV60	Chris CHORLEY	Bungay Black Dog RC	494	492	494		492		1972	1972
6	MV60	Tim HIGGINS	Ipswich Jaffa RC	490	490	491	495	491		2457	1967
7	MV60	Yusuf FIRAT	Saffron Striders RC	486		489	493		486	1954	1954
8	MV60	Brian MUNNS	Newmarket Joggers	483	489	488	490	485	487	2922	1954
9	MV60	Neil WINTON	Felixstowe RRC	485	487	487		487		1946	1946
10	MV60	Alan HILLYARD		482		486		482	485	1935	1935
11	MV60	Stuart SHEPHERD	Saint Edmund Pacers	479		481	483	477		1920	1920
12	MV60	Simon ASHTON	Lonely Goat RC	476			484	476	480	1916	1916
13	MV60	Nigel JOHNS	Capel Cheetahs	475	480			475	479	1909	1909
14	MV60	Peter WEST	Colchester Harriers AC	499				500	495	1494	1494
15	MV60	Tim RANSON	Vegan Runners UK	495			498	494		1487	1487
16	MV60	Eamonn COVENEY	Saint Edmund Pacers				499	497	490	1486	1486
17	MV60	John DUNNETT	Capel Cheetahs	491	493	490				1474	1474
18	MV60	Richard HIGGINS	Framlingham Flyers	487	491				489	1467	1467
19	MV60	Peter LAMBILLION-JAMESON			486		491	483		1460	1460
20	MV60	Eric BROWN	The Saxons	481			488	479		1448	1448
21	MV60	David SWALES		480			487	480		1447	1447
22	MV60	Colin RIDLEY	Colchester Harriers AC			499			500	999	999
23	MV60	Howard BEASLEY	Saint Edmund Pacers		498	498				996	996
24	MV60	Richard HARVEY			499				496	995	995
25	MV60	Paul COREY	Haverhill Running Club			493	497			990	990
26	MV60	Christopher THORNTON	Great Bentley Running Club			495		495		990	990
27	MV60	Ian CUNNINGTON	Saint Edmund Pacers				494	493		987	987
28	MV60	Kevin BIRD		492	494					986	986
29	MV60	Tim CHERRETT	Framlingham Flyers				492	488		980	980
30	MV60	Leslie HILL	Norfolk Gazelles AC		488			486		974	974
31	MV60	John SHATFORD				485	489			974	974
32	MV60	Steve BRIGHT	Lonely Goat RC			484	485			969	969
33	MV60	Robert WALKER	Felixstowe RRC	484	484					968	968
34	MV60	Robert TILLYARD					486		482	968	968

35	MV60	Liam ROBINSON	Fetch Everyone			483		478		961	961
36	MV60	Owen DARE	Witham RC						499	499	499
37	MV60	Dave COPLAND	Ipswich Triathlon Club	498						498	498
38	MV60	Paul SPOWAGE	Colchester Harriers AC						498	498	498
39	MV60	Tom TAYLOR		497						497	497
40	MV60	Mark NOVELS	Haverhill Running Club						494	494	494
41	MV60	Peter WARLAND	Stowmarket Striders RC					490		490	490
42	MV60	Stuart MASON	Felixstowe RRC	489						489	489
43	MV60	Adrian PEAKE	Ipswich Jaffa RC					489		489	489
44	MV60	Craig CHIDLOW	Ipswich Triathlon Club	488						488	488
45	MV60	Ian BOWN	Boxted Runners						488	488	488
46	MV60	Manuel Enrique BAQUEIRO			485					485	485
47	MV60	Michael EARRYE						484		484	484
48	MV60	Duncan CHAMBERLAIN							484	484	484
49	MV60	David FIELD	Stowmarket Striders RC		483					483	483
50	MV60	Andrew READ	Witham RC						483	483	483
51	MV60	Graham HINES					482			482	482
52	MV60	Christopher DUTTON			482					482	482
53	MV60	Anthony SMITH	Witham RC			482				482	482
54	MV60	Stephen DOWNES			481					481	481
55	MV60	Matthew STEARN						481		481	481
56	MV60	Robert BARKER	Felixstowe RRC						481	481	481
57	MV60	Wayne GRANT			479					479	479
58	MV60	Lee KNIGHT	Rushmere Community Runners	478						478	478
59	MV60	Gary C	Great Bentley Running Club						478	478	478
60	MV60	David LAMPARD	Felixstowe RRC	477						477	477

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MV65	Kim PRETTY	Harwich Runners	499	499	500	499	500	498	2995	1998
2	MV65	Alan JACKSON	Ipswich Jaffa RC		500		498	499	499	1996	1996
3	MV65	Robert MORGAN	Saint Edmund Pacers	498	498	499		498		1993	1993
4	MV65	Graham WIGLEY	Framlingham Flyers	497	497		497		497	1988	1988
5	MV65	Robin BELSOM	Ipswich Jaffa RC	495	495	498	496	497	496	2977	1987
6	MV65	Gary LOWE	The Saxons	496	494			496	495	1981	1981
7	MV65	Dave ROBBIE	The Saxons	493	492		492		492	1969	1969
8	MV65	Duncan CHENERY	Ipswich Jaffa RC	492	491		490	491	490	2454	1964
9	MV65	Tom CLEMENTS	Framlingham Flyers	490	490		491	492		1963	1963
10	MV65	Martin GARROD	Ipswich Phoenix Running Club	486		494		489	487	1956	1956
11	MV65	Steven REYNOLDS		484	486	492	484	487	485	2918	1950
12	MV65	Phil HUDSON	Ware Joggers	483	484			486	484	1937	1937
13	MV65	Stephen PRETTY	Saint Edmund Pacers	491		497		493		1481	1481
14	MV65	Pete THOMPSON	Norfolk Gazelles AC				495	495		990	990
15	MV65	Stephen HICKS	Ipswich Harriers	494	493					987	987
16	MV65	Chris GLADWELL	Stowmarket Striders RC	489		496				985	985
17	MV65	John WESTON			489		494			983	983
18	MV65	Garry PAXTON	Haverhill Running Club	487		495				982	982
19	MV65	David ROUT	Harwich Runners			493			489	982	982
20	MV65	Tony ADOLPHUS	Ipswich Jaffa RC		488				488	976	976
21	MV65	Paul BELAND					485	488		973	973
22	MV65	Andrew BUDD	Capel Cheetahs	500						500	500
23	MV65	Graham CHAPMAN	Ely Runners				500			500	500
24	MV65	Derek DARNELL	Huntingdonshire AC						500	500	500
25	MV65	Paul BRIMSON	The Saxons		496					496	496
26	MV65	Craig OSBORN						494		494	494
27	MV65	Michael BRIDGELAND	Chelmsford AC						494	494	494
28	MV65	Steve HUNT	Colchester Harriers AC						493	493	493
29	MV65	Chris BAREHAM	Haverhill Running Club				493			493	493
30	MV65	David JOBLING	Witham RC						491	491	491
31	MV65	Michael MARRIOTT						490		490	490
32	MV65	Greg MILLS					489			489	489
33	MV65	David MOON		488						488	488
34	MV65	Grahame STARLING					488			488	488

35	MV65	Gary KINGSHOTT	The Saxons		487					487	487
36	MV65	Richard BEETON					487			487	487
37	MV65	Simon HAFFENDEN					486			486	486
38	MV65	Mon LEE	Ipswich Jaffa RC						486	486	486
39	MV65	Mik CARR	Bungay Black Dog RC	485						485	485
40	MV65	Stephen SCOTT	Redway Runners		485					485	485

Pos	Cat	Name	Club	R1	R2	R3	R4	R5	R6	Total	Best 4
1	MV70+	Neville CLARKE	Newmarket Joggers	500	500		499	499		1998	1998
2	MV70+	Gerry MCCARTHY	Ipswich Phoenix Running Club		498	500	497		499	1994	1994
3	MV70+	Frank MOGGAN	Stowmarket Striders RC	497	495	499			496	1987	1987
4	MV70+	Jim WITHERS	Newmarket Joggers	495	493	497	492	494	494	2965	1980
5	MV70+	David TAYLOR	Framlingham Flyers	496	494		493	495		1978	1978
6	MV70+	Jim STOCKER	Huntingdonshire AC		499		498		500	1497	1497
7	MV70+	Trevor STEVENSON		498				496	498	1492	1492
8	MV70+	Philip HYMERS	Saint Edmund Pacers		497	498			495	1490	1490
9	MV70+	Stephen MEAD	Saint Edmund Pacers				500	500		1000	1000
10	MV70+	Anthony HUNT	The Saxons		491			493		984	984
11	MV70+	Paul FORSHAW	Fetch Everyone				490	491		981	981
12	MV70+	Pat MORGAN	Ipswich Triathlon Club	499						499	499
13	MV70+	Barry OSBORNE	Haverhill Running Club					498		498	498
14	MV70+	David THORNTON	Stowmarket Striders RC					497		497	497
15	MV70+	Jeff HIGGON	Harwich Runners						497	497	497
16	MV70+	Mark SARGEANTSON	Framlingham Flyers		496					496	496
17	MV70+	David MARTIN					496			496	496
18	MV70+	Miles JOHNSON					495			495	495
19	MV70+	Alan BURGIN	Huntingdonshire AC				494			494	494
20	MV70+	John Michael DIXON			492					492	492
21	MV70+	Chris AYLMER	Newmarket Joggers					492		492	492
22	MV70+	Ker MACROSSON	Ipswich Jaffa RC				491			491	491