

The Friday 5 series results

Welcome to the 2007 Friday 5 Series. To qualify for a series medal you must complete 4 of the 5 races.

Hopefully the format will be self explanatory but if you need it explaining and deeper please contact me through the Pacers web site.

Each race is allocated 500 points for first place 499 for second and so on. The points are then awarded to the teams 1st 5 men and 1st 5 women and added together for a total.

The men and women are then sub divided and each are awarded 500 for first etc to discover the overall champions.

Each age group is then awarded 100 points etc as this makes for a closer event.

Hopefully by the time we get to Great Bentley we should all know where we stand and who we need to beat to move up the rankings.

Enjoy your racing.

Peter Golding
St Edmund Pacers

TEAMS

Position	Team	Bury	Jaffa	Kirton	Stowe	Bentley	Total
1	Ipswich Jaffa	4448	4394				8842
2	Stowmarket Striders	4220	4402				8622
3	St Edmund Pacers	4183	4366				8549
4	Felixstowe Road Runners	3219	3870				7089
8	Hadleigh Hares AC	2402	3843				6245
5	Ipswich Tri	2700	2631				5331
6	Woodbridge Shufflers	2472	2327				4799
12	Gt Bentley RC	1670	2007				3677
13	Colchester & Tendring AC	1567	1865				3432
7	West Suffolk AC	2416	446				2862
16	Harwich Runners	1269	1367				2636
19	Saxons RC	932	1646				2578
14	Sudbury Joggers	1560	951				2511
17	Clompton Emu Breeders	1190	1309				2499
9	Haverhill Running Club	2328					2328
20	Framlingham Flyers	912	1322				2234
10	Newmarket Joggers	2233					2233
11	Halstead RR	1964					1964
18	Cambridge & Coleridge	1011	858				1869
15	Ipswich Harriers	1312	409				1721
23	53.12	633	747				1380
21	Brandon Fern Hoppers	835	229				1064
27	Lowestoft RC	491	494				985
	Capel Cheetahs		971				971
22	Ryston Runners	736					736
24	Bungay Black Dog RC	620					620
34	Norwich Road Runners	266	343				609
25	Thetford AC	607					607
26	Tiptree Road Runners	579					579
37	Newham & Essex Beagles	213	324				537
28	Cross Krpkowice	439					439
29	Castle ABC	430					430
30	Southend AC	426					426
31	Leeds Met Carnegie AC	362					362
	Diss AC		310				310
32	Tri Anglia	282					282
33	Fairland Valley Spartans	280					280
35	Peterborough AC	253					253
36	Yaxley Runners & Joggers	251					251
39	Tone Zone Runners	175					175
38	Colchester Harriers	175					175
40	Liverpool Harriers	102					102
71	Wymondham AC						0
70	Witham RC						0
69	Vimmevby RC						0
68	Veterans AC						0
67	Thurrock						0
66	Thrift Green Trotters						0
65	Springwell RC						0
64	Springfield Striders						0
63	Scarborough AC						0
62	Road Runners Club						0
61	Orpington Road Runners						0
60	Mid Essex Casuals						0
59	Martlesham Leisure Club						0

TEAMS

58	Ipswich Athletic SC	0
57	Ilford AC	0
56	Horsforth Harriers	0
55	Havering Mayersbrook	0
54	Havering 90 Joggers	0
53	Gt Yarmouth RRC	0
52	Grange Farm Trotters	0
51	Gloucester AC	0
50	Garden City Runners	0
49	Essex Police	0

OPEN CATEGORIES

	Surname	First Name	Club Name	Category	Kirton	Bury	JAFFA	Stowe	Bentley	Total
	MENS OPEN Top 10									
1										0
2										0
3										0
4										0
5										0
6										0
7										0
8										0
9										0
10										0
	LADIES OPEN Top 10									
1										0
2										0
3										0
4										0
5										0
6										0
7										0
8										0
9										0
10										0

* Denotes dropped race

LADIES OVERALL

Surname	First Name	Club Name	Category	Bury	JAFFA	Stowe	Kirton	Bentley	Total
Junior									
Clarry	Jemma	St Edmund Pacers	FJ	98	100				198
Finegan	Helen	Felixstowe Road Runners	FJ	95	98				193
Hurley	Danielle	Southend AC	FJ	100					100
Garvin	Georgia	Ipswich Jaffa	FJ		99				99
Wing	Samantha	Thetford AC	FJ	99					99
Clifford	Paige	Unattached	FJ	97					97
Wing	Tracey	Thetford AC	FJ	96					96
Swift	Rebecca	Unattached	FJ	94					94
Moran	Sarah	Unattached	FJ	93					93
Senior									
Zdyb	Pawel	Cross Krapkowice	FS	97					97
Wright	Jayne	Framlingham Flyers	FS		86				86
Wright	Victoria	Unattached	FS	77					77
Wood	Hannah	Ipswich Jaffa	FS		91				91
Williams	Janyne	Ipswich Jaffa	FS	96					96
Whyland	Sarah	St Edmund Pacers	FS	89					89
Waters	Helen	Unattached	FS	73					73
Wagner	Sarah	Unattached	FS	58					58
Todayner	Katy	Unattached	FS	64					64
Thomson	Heidi	Unattached	FS		77				77
Stennett	Suzy	Unattached	FS	82					82
Springthorpe	Rachel	Unattached	FS	61					61
Sims	Kate	Unattached	FS	84					84
Shirley	Marie	Colchester & Tendring AC	FS	94					94
Rooney	Penny	Woodbridge Shufflers	FS	86					86
Rogers	Nicola	Colchester & Tendring AC	FS	98					98
Rittimut-Mak	Melissa	St Edmund Pacers	FS	91					91
Richmond	Felicity	Clopton Emu Breeders	FS		95				95
Reynolds	Lisa	Unattached	FS	65					65
Qulahen	Nadia	Unattached	FS	68					68
Paton	Abigail	Stowmarket Striders	FS	81					81
Owen	Suzanne	Unattached	FS	57					57
Oulahen	Nadia	Unattached	FS		84				84
Ogilvie	Bianca	Unattached	FS		81				81

* Denotes dropped race

LADIES OVERALL

O'Connor	Andrea	Stowmarket Striders	FS	62				62
O'Brian	Elodie	Unattached	FS	59				59
Norton	Catherine	Unattached	FS	88				88
Neil	Jennifer	Harwich Runners	FS		79			79
Morrish	Trudi	Haverhill Running Club	FS	74				74
Moore	Gemma	Ipswich Jaffa	FS	69	82			151
McCorquodale	Becky	Gt Bentley Running Club	FS	95	97			192
Lloyd	Stephanie	Ipswich Jaffa	FS	79				79
Lefebvre	Emillie	Unattached	FS	54				54
Lee	Rachel	Unattached	FS	63				63
Jordan	Tamara	Stowmarket Striders	FS	100	100			200
Jordan	Rebecca	Stowmarket Striders	FS	93	96			189
Hall	Naomi	Stowmarket Striders	FS	76	87			163
Hale	Nicola	Ipswich Jaffa	FS	92	94			186
Grimes	Marie	Ipswich Jaffa	FS		83			83
Goodridge	Joelene	Unattached	FS	87				87
Gladwell	Valerie	Hadleigh Hares	FS		98			98
Geraghty	Charmaine	Stowmarket Striders	FS	80	92			172
Firman	Sarah-Jane	Norwich Road Runners	FS	85	93			178
Dunn	Claire	St Edmund Pacers	FS	72				72
Donovan	Clare	North Norfolk Beach Runners	FS	75				75
Decker	Helen	Ipswich Jaffa	FS	99	99			198
Dann	Claire	Unattached	FS	90				90
Cowan	Jennifer	Stowmarket Striders	FS	83	90			173
Clements	Jemma	Unattached	FS	55				55
Clarke	Sara	Unattached	FS	56				56
Canham	Aimee	The Saxons	FS		89			89
Bourne	Daniella	Unattached	FS	60				60
Bell	Kerrie	Yaxley Runners & Joggers	FS	67				67
Bailie	Clare	Stowmarket Striders	FS	66	80			146
Allwood	Linda	Woodbridge Shufflers	FS	78	78			156
Aitken	Marianne	Hadleigh Hares AC	FS	71	88			159
Ablett	Trudi	Unattached	FS	70	85			155
V35								0
Narey	Mary	Stowmarket Striders	FV 35	100	100			200
Jepson	Julia	St Edmund Pacers	FV 35	99	99			198

* Denotes dropped race

LADIES OVERALL

Vick	Sarah	The Saxons RC	FV 35	97	98				195
Jordan	Debbie	Unattached	FV 35	98	96				194
Calver	Eloise	St Edmund Pacers	FV 35	95	97				192
Parker	Elizabeth	Felixstowe Road Runners	FV 35	91	93				184
Mills	Lorraine	Stowmarket Striders	FV 35	89	95				184
Hook	Carrie	53-12 Multisports	FV 35	84	92				176
Helliwell	Fay	Colchester Harriers	FV 35	82	91				173
Burdett	Angela	Stowmarket Striders	FV 35	76	89				165
O'Sullivan	Mary	Ipswich Jaffa	FV 35	72	88				160
Collins	Angela	Unattached	FV 35	71	87				158
Heales	Carol	Haverhill Running Club	FV 35	96					96
Hollingworth	Vanessa	Felixstowe Road Runners	FV 35	94					94
Coe	Fiona	Unattached	FV35		94				94
Thomas	Kate	Harwich Runners	FV 35	93					93
Jack	Becky	Stowmarket Striders	FV 35	92					92
Villa	Trudy	Unattached	FV35		90				90
Thacker	Kate	Halstead Road Runners	FV 35	90					90
Wright	Vanessa	Unattached	FV 35	88					88
Batty	Mia	Unattached	FV 35	87					87
Trudgett	Mary	Unattached	FV35		86				86
Mckenna	Sue	Unattached	FV 35	86					86
Booker	Frances	Unattached	FV 35	85					85
Konrath	Joliet	St Edmund Pacers	FV 35	83					83
Law	Victoria	Gt Bentley Running Club	FV 35	81					81
Terry	Rachael	Unattached	FV 35	80					80
Brimson	Sharon	Unattached	FV 35	79					79
Wright	Maureen	Unattached	FV 35	78					78
Ferrar	Diana	Unattached	FV 35	77					77
Freeman	Lorna	Unattached	FV 35	75					75
West	Jane	Unattached	FV 35	74					74
Brais	Rebecca	Unattached	FV 35	73					73
V40									0
Suttle	Haley	Stowmarket Striders	FV 40	99	100				199
Golding	Sarah	St Edmund Pacers	FV 40	98	99				197
Mallett	Amanda	Ipswich Triathlon Club	FV 40	95	97				192
Bennett	Annabel	Felixstowe Road Runners	FV 40	93	96				189

* Denotes dropped race

LADIES OVERALL

Belsom	Tina	Stowmarket Striders	FV 40	94	95			189
Stephenson	Jo	Stowmarket Striders	FV 40	91	94			185
Thurlow	Dawn	Ipswich Jaffa	FV 40	87	93			180
Pembroke	Debbie	Unattached	FV 40	86	92			178
Ghant	Debbie	Stowmarket Striders	FV 40	83	91			174
Woodard	Ann	Felixstowe Road Runners	FV 40	82	89			171
Penaluna	Lorna	Felixstowe Road Runners	FV 40	79	90			169
Mayhew	Sandra	Stowmarket Striders	FV 40	80	87			167
Jarrett	Jenny	Felixstowe Road Runners	FV 40	78	88			166
Wright	Denise	Stowmarket Striders	FV 40	74	84			158
Bryan	Jane	Unattached	FV 40	71	83			154
Laver	Vanessa	Unattached	FV 40	68	82			150
Jennings	Val	Ipswich Jaffa	FV 40	100				100
Howland	Christina	Felixstowe Road Runners	FV40		98			98
Constable	Michelle	Ipswich Triathlon Club	FV 40	97				97
Tasker	Catharine	Unattached	FV 40	96				96
Gross	Samantha	St Edmund Pacers	FV 40	92				92
Hones	Linda	St Edmund Pacers	FV 40	90				90
Delf	Jackie	Unattached	FV 40	89				89
Bedford	Katie	St Edmund Pacers	FV 40	88				88
Banks	Tracy	Hadleigh Hares	FV40		86			86
Meador	Ailsa	Unattached	FV40		85			85
Jewby	Petra	Unattached	FV 40	85				85
Adams	Janet	Brandon Fern Hoppers	FV 40	84				84
Whiby	Sally	Ryston Runners	FV 40	81				81
Chubb	Jacqueline Riley	Ipswich Triathlon Club	FV 40	77				77
Taylor	Alison	Stowmarket Striders	FV 40	76				76
Chrystall	Samantha	Unattached	FV 40	75				75
Beeton	Angela	Unattached	FV 40	73				73
Wombwell	Dianne	Unattached	FV 40	72				72
Martin	Amanda	St Edmund Pacers	FV 40	70				70
Devine	Mary	Unattached	FV 40	69				69
Child	jennifer	Tri Anglia	FV 40	67				67
V45								0
Brown	Julie	Ipswich Jaffa	FV 45	99	100			199
Pryke	Gail	Hadleigh Hares AC	FV 45	98	99			197

* Denotes dropped race

LADIES OVERALL

Sanders	Barbara	Hadleigh Hares AC	FV 45	96	98			194
Hatton	Karen	St Edmund Pacers	FV 45	93	97			190
Field	Pauline	St Edmund Pacers	FV 45	100				100
McCarthy	Maureen	St Edmund Pacers	FV 45	97				97
Sauerzapf	Bobbie	Bungay Black Dog RC	FV 45	95				95
Sparkes	Gail	Stowmarket Striders	FV 45	94				94
Holland	Jane	Unattached	FV 45	92				92
Severy	Elizabeth	Unattached	FV 45	91				91
Kokes	Carol	Hadleigh Hares AC	FV 45	90				90
Stannett	Kate	Ipswich Triathlon Club	FV 45	89				89
Dove	Jane	Stowmarket Striders	FV 45	88				88
Merwe	Ronel van der	Unattached	FV 45	87				87
Starmer	Jan	Stowmarket Striders	FV 45	86				86
Stone	Julia	Unattached	FV 45	85				85
Rue	Rita	Unattached	FV 45	84				84
Hughes	Wendy	Stowmarket Striders	FV 45	83				83
Chapman	Caroline	Unattached	FV 45	82				82
George	Sue	Unattached	FV 45	81				81
Rosenberg	Susannah	Ipswich Triathlon Club	FV 45	80				80
Dunne	Susan	Unattached	FV 45	79				79
Merriam	Jill	Unattached	FV 45	78				78
Lewis	Sue	Stowmarket Striders	FV 45	77				77
Crabtree	Sarah	St Edmund Pacers	FV 45	76				76
Watt	Lesley	Stowmarket Striders	FV 45	75				75
Morlom	Jenny	Woodbridge Shufflers	FV 45	74				74
Swift	Anita	Unattached	FV 45	73				73
Convey	Anne	Unattached	FV 45	72				72
V50								0
Wooller	Diane	Colchester & Tendring AC	FV 50	100	99			199
Thurlow	Julie	Ipswich Jaffa	FV50	97	97			194
Hargadon	Sue	Ipswich Triathlon Club	FV 50	96	96			192
Tanner	Lynn	Colchester and Tendring AC	FV50		100			100
Dean	Gill	Ipswich Jaffa	FV 50	99				99
Jousiffe	Barbara	Unattached	FV50		98			98
Rue	Steven	Unattached	FV 50	98				98
Day	Liz	Unattached	FV50		95			95

* Denotes dropped race

LADIES OVERALL

Clifford	Suzy	Unattached	FV 50	95					95
Aung	Melody	Unattached	FV 50	94					94
V55+									0
Brown	Margery	Stowmarket Striders	FV 55+	96	99				195
Merfield	Wendy	The Saxons RC	FV 55+	88	95				183
Wright	Maureen	Ipswich Jaffa	FV 55+		100				100
Braverman	Diana	Cambridge & Coleridge AC	FV 55+	100					100
Wright	Maureen	Stowmarket Striders	FV 55+	99					99
Tyler	Rosemary	Stowmarket Striders	FV 55+		98				98
Law	Barbara	Gt Bentley Running Club	FV 55+	98					98
Robinson	Jan	Unattached	FV 55+		97				97
Ridgeon	Pamela	Unattached	FV 55+	97					97
Graham	Pat	Ipswich Jaffa	FV 55+		96				96
Trodd	Bernice	St Edmund Pacers	FV 55+	95					95
Flint	Maureen	Tone Zone Runners	FV 55+	94					94
Earnett	Joan	Unattached	FV 55+	93					93
Steward	Linda	Stowmarket Striders	FV 55+	92					92
Short	Erica	St Edmund Pacers	FV 55+	91					91
Moggan	Sue	Stowmarket Striders	FV 55+	90					90
Grinham	Angela	Unattached	FV 55+	89					89
Hayward	Christine	St Edmund Pacers	FV 55+	87					87

MENS OVERALL

Surname	First Name	Club Name	Category	Bury	JAFFA	Kirton	Stowe	Bentley	Total	MJ
Miller	David	Woodbridge Shufflers	MS	500	500				1000	
Chenery	Robert	Ipswich Jaffa	MS	498	499				997	
Keeble	Ian	Stowmarket Striders	MS	497	496				993	
Reed	David	St Edmund Pacers	MV45	494	497				991	
Sharman	Kevin	Lowestoft Road Runners	MS	491	494				985	
Entwistle	Joshua	Felixstowe Road Runners	MS	485	491				976	
Davies	Gavin	Ipswich Jaffa	MS	484	492				976	
MacSephney	Scott	Ipswich Jaffa	MS	487	488				975	
Smith	Nick	Clopton Emu Breeders	MS	479	487				966	
Heath	Les	St Edmund Pacers	MV45	476	486				962	
Preston	Paul	Sudbury Joggers	MS	474	483				957	
Starmer	Chris	Stowmarket Striders	MV45	472	484				956	
Wooby	Neil	Ipswich Jaffa	MS	466	482				948	
Thorrington	Danny	Ipswich Triathlon Club	MS	465	480				945	
Harrison	Simon	Ipswich Jaffa	MS	464	481				945	
Stephens	Nicholas	Stowmarket Striders	MV40	463	478				941	
Nelhams	Michael	St Edmund Pacers	MS	457	479				936	
Mayes	Paul	West Suffolk AC	MJ	461	468				929	
Copeland	Dave	Ipswich Triathlon Club	MV40	456	473				929	
Scarlett	Laurence	Ipswich Jaffa	MV45	453	474				927	
Pinnion	Clive	Hadleigh Hares AC	MV40	450	472				922	
Peacher	Ricky	Framlingham Flyers	MS	459	461				920	
Hanman	Tim	Unattached	MS	447	471				918	
Dick	Alistair	Ipswich Jaffa	MV40	449	467				916	
Faust	Stuart	Unattached	MS	454	457				911	
Hill	Raymond	Ipswich Jaffa	MV55	446	462				908	
Helliwell	Paul	Colchester & Tendring AC	MS	438	469				907	
Weston	John	Ipswich Jaffa	MV50	440	466				906	
Dable	Neil	Ipswich Jaffa	MS	442	464				906	
Lloyd	Mark	53-12 Multisports	MS	441	459				900	
Batty	Chris	Felixstowe Road Runners	MS	435	463				898	
Emmens	Daniel	Ipswich Jaffa	MS	429	460				889	
Roberts	Ray	Felixstowe Road Runners	MV55	434	451				885	
Greener	Mike	Unattached	MS	431	453				884	
Smith	Richard	Woodbridge Shufflers	MV45	427	456				883	

* Denotes dropped race

MENS OVERALL

Chenery	Duncan	Ipswich Jaffa	MV45	423	455				878
Bailey	Steven	St Edmund Pacers	MV40	428	446				874
Vaughan	Dave	St Edmund Pacers	MV50	418	454				872
Canham	Matthew	Ipswich Jaffa	MS	422	450				872
Ackerley	Roger	Woodbridge Shufflers	MV45	425	447				872
Shaw	Paul	Felixstowe Road Runners	MV40	411	452				863
Bloomfield	Jason	Stowmarket Striders	MS	419	442				861
Bretherton	Nick	Stowmarket Striders	MJ	409	449				858
Greener	John	Unattached	MS	404	443				847
Dewison	Paul	Cambridge & Coleridge AC	MV50	403	444				847
Berry	Rick	The Saxons RC	MS	391	437				828
French	Robert	Ipswich Jaffa	MJ	386	435				821
Bird	Kevin	Ipswich Jaffa	MV40	389	432				821
Larke	Baz	Unattached	MS	381	428				809
Dewison	Alex	Cambridge & Coleridge AC	MJ	384	425				809
Clayton	Rob	Felixstowe Road Runners	MV50	380	427				807
Day	Richard	Stowmarket Striders	MS	376	424				800
Gooderham	Ian	St Edmund Pacers	MV40	368	431				799
Bartlett	Ryan	St Edmund Pacers	MJ	363	434				797
Peck	Glyn	Harwich Runners	MV60+	374	419				793
Benson	Stephen	Ipswich Harriers	MV45	372	420				792
Forster	Andrew	Felixstowe Road Runners	MV45	373	417				790
Pearce	Andrew	Unattached	MS	367	422				789
Burden	Matthew	Clopton Emu Breeders	MS	357	426				783
Overman	David	St Edmund Pacers	MV45	350	412				762
Hempstead	Eric	Unattached	MS	333	416				749
Everitt	Geof	Ipswich Jaffa	MV60+	346	403				749
Nash	Richard	Stowmarket Striders	MS	337	409				746
Johnson	Adam	Hadleigh Hares AC	MS	334	408				742
Williams	Stephen	St Edmund Pacers	MV50	323	411				734
Garrod	Miles	Stowmarket Striders	MV40	328	406				734
Penaluna	Karl	Felixstowe Road Runners	MV40	322	410				732
Fellingham	Richard	Clopton Emu Breeders	MS	354	367				721
Andrew	Mark	Unattached	MV40	320	398				718
Daniels	David	Stowmarket Striders	MV40	310	402				712
Naylor	Rob	Unattached	MV45	326	379				705

* Denotes dropped race

MENS OVERALL

Cook	Christopher	St Edmund Pacers	MV55	307	395				702	
Mills	Peter	Unattached	MV50	300	401				701	
Lynaugh	Raymond	Harwich Runners	MS	331	370				701	
Gardner	David	Woodbridge Shufflers	MV45	306	385				691	
Woolf	Colin	Harwich Runners	MV60+	299	383				682	
Fagher	Anders	Unattached	MS	286	394				680	
Quantrill	Clive	Ipswich Jaffa	MS	293	384				677	
Laver	Martin	Unattached	MV40	279	397				676	
Munson	Mike	Stowmarket Striders	MV50	277	390				667	
Thomas	Steven	Unattached	MV40	297	368				665	
Southgate	Philip	Unattached	MS	285	376				661	
Ivatt	Mike	St Edmund Pacers	MV50	275	381				656	
Broxton	Keith	Felixstowe Road Runners	MV55	273	377				650	
Hogg	Nigel	Unattached	MV50	261	386				647	
Jones	Wyn	Felixstowe Road Runners	MV50	258	382				640	
Ablett	Martin	Stowmarket Striders	MS	245	374				619	
Evans	Merv	Stowmarket Striders	MV50	244	373				617	
Sewell	Peter	Stowmarket Striders	MV45	242	371				613	
Martin	David	Unattached	MV50	217	388				605	
Basham	Leslie	Stowmarket Striders	MV55	243	362				605	
Burdett	William	Stowmarket Striders	MV45	233	366				599	
Dadge	Nigel	Felixstowe Road Runners	MV40	255	342				597	
Taylor	Gary	Woodbridge Shufflers	MV45	239	354				593	
Moggan	Frank	Stowmarket Striders	MV55	223	369				592	
Stannett	Charlie	Ipswich Triathlon Club	MV50	238	352				590	
Jordan	Alan	Unattached	MV45	241	348				589	
Calver	Oliver	Ipswich Triathlon Club	MS	219	355				574	
Jenkins	Colin	Newham & Essex Beagles AC	MV50	213	353				566	
Cartwright	Stephen	Gt Bentley Running Club	MV45	209	347				556	
Llewellyn	David	Unattached	MV45	199	350				549	
Finegan	Tim	Felixstowe Road Runners	MV45	237	308				545	
Merfield	Gordon	The Saxons RC	MV60+	197	333				530	
Paveley	Adam	Unattached	MV40	178	346				524	
Smith	Harry	Stowmarket Striders	MV40	183	338				521	
Coley	David	Felixstowe Road Runners	MV55	172	339				511	
Holley	Paul	Newmarket Joggers	MV40	499					499	

* Denotes dropped race

MENS OVERALL

Tilley	Keith	Unnattached	MS		498			498
Ridley	Andrew	West Suffolk AC	MJ	496				496
Laing	David	Ipswich Jaffa	MV40	495				495
Golding	Peter	St. Edmund Pacers	MV50		495			495
Bryan	Gordon	Unnattached	MV45	159	336			495
Theobald	Paul	St Edmund Pacers	MV50	169	325			494
Robinson	Steven	St Edmund Pacers	MS	493				493
Moss	Daniel	Unnattached	MS		493			493
Huggins	Nick	St. Edmund Pacers	MV55	161	332			493
Beeton	James	Newmarket Joggers	MV40	492				492
Dundar	Alex	West Suffolk AC	MJ	490				490
Barnes-Smith	William	St. Edmund Pacers	MJ		490			490
Ridley	Colin	West Suffolk AC	MV45	489				489
Palmer	Nick	Stowmarket Striders	MS		489			489
Thomas	Glyn	Ipswich Harriers	MV40	488				488
Forrester	Colin	Stowmarket Striders	MV45	162	326			488
Hogarth	Malcolm	Stowmarket Striders	MV50	153	334			487
Taylor	Andy	Unnattached	MS	486				486
Gaisey	Ben	Unnattached	MS		485			485
Moss	David	Unnattached	MJ	483				483
Szarmach	Dadiusz	Unnattached	MV40	482				482
Plamer	Nick	Stowmarket Striders	MS	481				481
Cooke	Chris	St Edmund Pacers	MV45	480				480
Ellis	Timmy	Haverhill Running Club	MS	478				478
Thorpe	John	Ipswich Jaffa	MS		477			477
Long	Julian	St Edmund Pacers	MS	477				477
Rudland	Lee	Ipswich Jaffa	MS		476			476
Jarrett	Thomas	Ipswich Jaffa	MS		475			475
Back	Terry	Ipswich Jaffa	MV50	475				475
Goodridge	Colin	Unnattached	MS	473				473
Woodard	Robert	Felixstowe Road Runners	MV40	144	328			472
Fry	Ed	West Suffolk AC	MJ	471				471
Waterhouse	Andrew	West Suffolk AC	MJ	470				470
Buck	Andrew	Sudbury Joggers	MV40		470			470
Dawson	Alan	St Edmund Pacers	MV50	469				469
Wright	David	Great Bentley Road Runners	MS		465			465

* Denotes dropped race

MENS OVERALL

Snazell	Rob	St Edmund Pacers	MV50	137	324			461	
Gould	Daniel	Unattached	MS	141	320			461	
Cobbold	Michael	St Edmund Pacers	MV45	460				460	
Reynolds	Steven	Unattached	MV45	140	319			459	
Phillips	Simon	St Edmund Pacers	MS	458				458	
Allen	Greg	Unattached	MV40		458			458	
Bryden	Gaz	St Edmund Pacers	MJ	455				455	
Palmer	Jonny	Ipswich Harriers	MJ	452				452	
Judd	Darren	Sudbury Joggers	MS	451				451	
Penn	Malcolm	Stowmarket Striders	MV50	448				448	
Owen	Andrew	Great Bentley Road Runners	MS		448			448	
Salter	David	Unattached	MV45	445				445	
Hunt	Steve	Hadleigh Hares	MV45		445			445	
Bourne	Simom	St Edmund Pacers	MV40	444				444	
Jay	Dean	Halstead Road Runners	MS	443				443	
Jones	Brad	Ipswich Jaffa	MS		441			441	
Page	Ashley	St. Edmund Pacers	MV45		440			440	
Bennett	Richard	Felixstowe Road Runners	MV45		439			439	
Cane	Mark	Ipswich Jaffa	MS		438			438	
Cassels	Paul	Unattached	MS	437				437	
Pearson	Martin	St Edmund Pacers	MS	436				436	
Lankester	Mark	Ipswich Jaffa	MS		436			436	
Thompson	Carl	Unattached	MS		433			433	
Macpherson	Alan	St Edmund Pacers	MS	433				433	
Severy	Andrew	Unattached	MV40	114	318			432	
Hansell	Stuart	Newmarket Joggers	MJ	432				432	
Marr	Irvine	Ipswich Jaffa	MS		430			430	
Cockrell	Jon	Castle ABC	MV45	430				430	
Battle	Robert	Unattached	MS		429			429	
Davies	Phil	Halstead Road Runners	MV45	424				424	
Martin	Stuart	Unattached	MS		423			423	
White	Paul	St. Edmund Pacers	MV40		421			421	
Longland	Ian	Haverhill Running Club	MS	421				421	
Smith	Andrew	Grange Farm Trotters	MV40	420				420	
Sparkes	Roger	Stowmarket Striders	MV50	98	321			419	
Jousiffe	John	Unattached	MS		418			418	

* Denotes dropped race

MENS OVERALL

Macrosson	Ker	Ipswich Jaffa	MV50	417				417	
Thorogood	Keith	Halstead Road Runners	MS	416				416	
Lee	Darren	Unattached	MV40		415			415	
Chorley	Chtis	Bungay Black Dog RC	MV40	415				415	
Webb	John	Unattached	MV55		414			414	
Hayward	Mark	St Edmund Pacers	MS	414				414	
Lockwood	Jonathan	Unattached	MS	413				413	
Halestrap	Gary	Stowmarket Striders	MS		413			413	
Hayward	Andy	St Edmund Pacers	MS	412				412	
Clarke	Meville	Newmarket Joggers	MV50	410				410	
Jackson	Alan	Ipswich Jaffa	MV45	408				408	
Wood	David	Stowmarket Striders	MV40		407			407	
Burt	Matt	Ipswich Jaffa	MS	407				407	
Ruegg	Stuart	Stowmarket Striders	MS	406				406	
Lockwood	Simon	Ipswich Triathlon Club	MS		405			405	
Hine	Adrian	Felixstowe Road Runners	MV40		404			404	
Uff	Fred	Framlingham Flyers	MV60+	88	315			403	
Muns	Brian	Newmarket Joggers	MV40	400				400	
Marsden	Phillip	Unattached	MV45		400			400	
Tomlinson	Robert	Stowmarket Striders	MV45		399			399	
Lawrence	Tony	Brandon Fern Hoppers	MV40	399				399	
Ryall	Mike	Colchester and Tendring AC	MV55		396			396	
Thomson	Andrew	Unattached	MS		394			394	
Cashen	John	Unattached	MV40	394				394	
Lankester	Mark	Ipswich Jaffa	MS	392				392	
Kilbourn	Sean	Capel Cheetahs	MS		392			392	
Rosbrook	Mike	Hadleigh Hares	MV60+		391			391	
Withers	Jim	Newmarket Joggers	MV50	390				390	
Peck	Brian	St Edmund Pacers	MV60+	73	317			390	
Penny	John	Unattached	MV50		389			389	
Collins	David	Unattached	MV40	78	311			389	
Ross	Mark	Gt Bentley Running Club	MV40	388				388	
Rees	Michael	Stowmarket Striders	MV45	387				387	
Bernthal	Graham	Hadleigh Hares	MV55		387			387	
Borrett	Keith	Stowmarket Striders	MV50	74	312			386	
Levett	Jonny	Stowmarket Striders	MV40	385				385	

* Denotes dropped race

MENS OVERALL

Woodruff	Glenn	Unattached	MS	383				383
Gray	Steve	Stowmarket Striders	MV45	382				382
Page	Graham	St Edmund Pacers	MV50	71	310			381
Power	Michael	Unattached	MV50		380			380
Severy	Jack	Unattached	MJ		378			378
Cotton	Peter	Newmarket Joggers	MV60+	378				378
Wiggins	Simon	Felixstowe Road Runners	MS	377				377
Lee	Simon	Unattached	MS		375			375
Alcock	Steve	Hadleigh Hares AC	MV40	57	316			373
Blackwell	Paul	Great Bentley Road Runners	MV40		372			372
Kitching	Michael	Unattached	MS	58	313			371
Goodier	Alistair	Ipswich Jaffa	MS	370				370
Chapman	Nidel	Haverhill Running Club	MV45	369				369
Bastow	Edward	St Edmund Pacers	MS	366				366
Cook	Darren	Unattached	MS	365				365
Ames	Ron	Stowmarket Striders	MV55		365			365
Rolph	Trevor	Brandon Fern Hoppers	MV50	59	305			364
Appleby	Stuart	Unattached	MV40		364			364
Yeo	Tim	Felixstowe Road Runners	MV45		363			363
Mann	Stuart	Leeds Met Carnegie AC	MS	362				362
Ryan	Martin	Unattached	MV45		361			361
Jones	Richard	Newmarket Joggers	MV40	361				361
Middleton	Neil	Unattached	MS	360				360
Cox	Bill	Framlingham Flyers	MV60+		360			360
Rogers	James	Unattached	MS	359				359
Cooper	Philip	Felixstowe Road Runners	MV50		359			359
Skipper	Andrew	Unattached	MS		358			358
Cousins	Stephen	Newmarket Joggers	MV45	358				358
Coe	W	Unattached	MS		357			357
Southgate	Oliver	Unattached	MS		356			356
Miller	Stephen	St Edmund Pacers	MV45	356				356
Stephen	Keith	St Edmund Pacers	MV45	355				355
Baguley	Peter	Ipswich Jaffa	MV50	352				352
Finch	Peter	Unattached	MV45		351			351
Convey	Carl	Unattached	MS	351				351
Wright	Gary	Unattached	MV40	349				349

* Denotes dropped race

MENS OVERALL

Smith	Matthew	Unattached	MS		349				349
Evans	Andrew	Ipswich Jaffa	MV40	348					348
Rooke	Ken	Framlingham Flyers	MV55	347					347
Marseille	Eric	Sudbury Joggers	MS	345					345
Gray	Nik	Unattached	MS		345				345
Fewings	Daniel	Unattached	MS		344				344
Tyldesley	Frank	Unattached	MV45	343					343
Palmer	Barry	DissAC	MS		343				343
Dunn	Aidan	Unattached	MS	342					342
Songhurst	Dave	Felixstowe Road Runners	MV55		341				341
Chubb	Karl	Ipswich Triathlon Club	MV40	341					341
Woodward	Christopher	Capel Cheetahs	MS		340				340
Norris	Phil	Stowmarket Striders	MV40	339					339
Harrison	Paul	Unattached	MV45	338					338
Jousiffe	Peter	Unattached	MV55		337				337
Monteiro	Joaquim	Haverhill Running Club	MV50	336					336
Freeman	Ian	Capel Cheetahs	MV55		335				335
Whitaker	Steven	Unattached	MV40	332					332
Bestow	Nik	Ipswich Triathlon Club	MV45		331				331
Davenport	Jonathon	Unattached	MS		330				330
Mulley	Mick	Unattached	MV50		329				329
Morris	Jonathan	Unattached	MS	329					329
Goldstone	Barry	Ipswich Jaffa	MV50		327				327
Dougan	Derrick	Unattached	MS	327					327
Seeley	Andrew	Unattached	MS	325					325
Peek	Robert	Unattached	MS	324					324
Maile	Damien	Unattached	MS		323				323
Jenkins	Stephen	Unattached	MS	21	302				323
Scopes	Jeremy	Unattached	MV50		322				322
Bradley	Neil	Unattached	MS	321					321
Fellingham	Peter	West Suffolk AC	MS	318					318
Smith	Gary	Unattached	MV45	317					317
Moore	Graham	Unattached	MS	314					314
Allwood	Peter	Woodbridge Shufflers	MS		314				314
Hocken	Adam	Unattached	MV40	313					313
Dixon	Chris	Unattached	MS	312					312

* Denotes dropped race

MENS OVERALL

Duffield	Roger	Tiptree Road Runners	MV60+	311				311
Coe	Winson	Unattached	MS		309			309
Clarke	Paul	St Edmund Pacers	MV45	309				309
Hemmings-Smith	Tom	Unattached	MS		307			307
Smith	Ian	Unattached	MV40		306			306
Rednall	John	Stowmarket Striders	MV40	305				305
Bartlett	Anthony	St. Edmund Pacers	MV60+		304			304
Richmond	Billy	Ipswich Jaffa	MV40		303			303
Runce	Darren	Unattached	MS	301				301
Thacker	Rob	Halstead Road Runners	MS	298				298
Berthal	Graham	Hadleigh Hares AC	MV55	296				296
McKenzie	Stuart	Unattached	MS	294				294
Abbott	Stuart	Woodbridge Shufflers	MS	292				292
Moulton	Christopher	Sudbury Joggers	MS	290				290
Taylor	Howard	Unattached	MV50	288				288
Higgins	Carl	Unattached	MV45	287				287
Swarbrick	Roy	Unattached	MV45	282				282
Shatford	John	Unattached	MV40	281				281
Glading	Mark	Fairlands Vally Spartans	MV45	280				280
Miles	Terry	Unattached	MV55	278				278
Swan	Kim	St Edmund Pacers	MV45	276				276
Wood	Stepen	Ipswich Jaffa	MV50	272				272
Skinner	Edward	Tiptree Road Runners	MV50	268				268
Heather	Brett	Unattached	MS	267				267
Rush	Steve	Tri Anglia	MV40	254				254
Brantom	Peter	Peterborough AC	MV55	253				253
Randal	Adrian	Unattached	MV40	252				252
Bere	Paul	Unattached	MV40	249				249
Cross	Neil	Stowmarket Striders	MS	248				248
Gardiner	Frank	Gt Bentley Running Club	MV50	246				246
Bright	Stephen	Unattached	MV40	236				236
Bone	Chris	Hadleigh Hares AC	MS	232				232
Rowland	Robert	Unattached	MV60+	231				231
Watt	David	Stowmarket Striders	MV45	230				230
Barton	Stan	Ryston Runners	MV60+	229				229
Goodwin	Mark	Unattached	MS	227				227

* Denotes dropped race

MENS OVERALL

Law	Allan	Ryston Runners	MV50	226					226	
Dowdy	Nick	Unattached	MV45	225					225	
Braverman	Terry	Haverhill Running Club	MV60+	222					222	
Adams	Roger	Brandon Fern Hoppers	MS	221					221	
Plamer	Simon	Ipswich Triathlon Club	MV50	218					218	
Gross	Philip	St Edmund Pacers	MV40	211					211	
Harrison	Nigel	Unattached	MV45	207					207	
Ridgeon	Gavin	Unattached	MS	206					206	
Crabtree	Bruce	St Edmund Pacers	MV45	196					196	
Batt	Michael	Unattached	MV55	193					193	
Vincent	Ron	Ipswich Jaffa	MV60+	188					188	
Goodyear	Pete	Unattached	MV50	182					182	
Talbot	John	Unattached	MS	181					181	
Flack	Paul	Unattached	MS	180					180	
Slopes	Jeremy	Unattached	MV50	176					176	
Clarke	Vaughan	Unattached	MS	170					170	
Rawlings	Mathew	Unattached	MS	164					164	
Causon	Roger	Felixstowe Road Runners	MV55	160					160	
England	Peter	Unattached	MV45	158					158	
Houston	Lyndon	Unattached	MS	157					157	
Jeffreys	Aiden	Unattached	MS	154					154	
Lovedace	Victor	Unattached	MV50	150					150	
Turner	Peter	Unattached	MS	146					146	
Brown	Peter	Ryston Runners	MV40	143					143	
Spinks	Roger	Ipswich Jaffa	MV60+	142					142	
Johnson	Graham	Unattached	MV40	136					136	
Tillyard	Robert	Unattached	MV40	134					134	
Betson	Michael	Unattached	MV55	133					133	
Kern	Wayne	Halstead Road Runners	MV50	132					132	
Partridge	Richard	Unattached	MV50	131					131	
Baillie	Jason	Ipswich Triathlon Club	MS	129					129	
Bell	David	Yaxley Runners & Joggers	MS	125					125	
Cullum	John	Unattached	MV55	124					124	
George	John	Unattached	MV45	122					122	
Trevelyan	Paul	Unattached	MV50	119					119	
Batty	Michael	Unattached	MV40	118					118	

* Denotes dropped race

MENS OVERALL

Spink	Peter	Unattached	MV45	117					117	
Baillie	Clarke	Stowmarket Striders	MS	116					116	
Dann	Rob	Unattached	MV55	115					115	
Webster	Edward	Unattached	MV45	112					112	
Flint	Tony	Tone Zone Runners	MV60+	103					103	
Turner	Mike	Liverpool Harriers	MV60+	102					102	
Bond	Andy	Stowmarket Striders	MV60+	100					100	
Redit	Mark	Unattached	MV40	97					97	
Lord	Darren	Unattached	MS	96					96	
Harper	Ben	Unattached	MS	94					94	
Harrison	Sharon	Unattached	MS	93					93	
Reeve	Peter	Gt Bentley Running Club	MV45	87					87	
Ferber	Peter	Unattached	MV45	85					85	
Wagner	Martyn	Unattached	MV50	83					83	
Grinham	John	Unattached	MV55	82					82	
Smith	Thomas-Claude	Newmarket Joggers	MV60+	80					80	
Chambers	Mike	St Edmund Pacers	MV60+	79					79	
Warboys	Pip	Unattached	MV55	77					77	
Reidel	Dave	Unattached	MV50	76					76	
Steward	John	Stowmarket Striders	MV60+	69					69	
Farnworth	Richard	Felixstowe Road Runners	MV50	65					65	
Black	John	Unattached	MV45	48					48	
White	Trevor	Unattached	MV55	45					45	
O'Brian	Simon	Unattached	MV55	44					44	
Rand	Chris	Unattached	MV45	43					43	
Aung	Sonny	Unattached	MV50	42					42	
Owen	Jon	Unattached	MS	34					34	
Carr	Karl	Unattached	MV40	32					32	
West	David	Stowmarket Striders	MV60+	29					29	
Peck	William	St Edmund Pacers	MV60+	23					23	
Grainer	Michael	Unattached	MV60+	19					19	
Kelly	James	Framlingham Flyers	MV60+	18					18	
Kemp	Michael	Unattached	MS	16					16	

* Denotes dropped race

MENS OVERALL

Surname	First Name	Club Name	Category	Bury	JAFFA	Kirton	Stowe	Bentley	Total
Junior									
Mayes	Paul	West Suffolk AC	MJ	95	98				193
Bretherton	Nick	Stowmarket Striders	MJ	91	97				188
French	Robert	Ipswich Jaffa	MJ	90	96				186
Bartlett	Ryan	St Edmund Pacers	MJ	88	95				183
Ridley	Andrew	West Suffolk AC	MJ	100					100
Dundar	Alex	West Suffolk AC	MJ	99					99
Barnes-Smith	William	St Edmund Pacers	MJ		99				99
Moss	David	Unattached	MJ	98					98
Fry	Ed	West Suffolk AC	MJ	97					97
Waterhouse	Andrew	West Suffolk AC	MJ	96					96
Severy	Jack	Unattached	MJ		94				94
Bryden	Gaz	St Edmund Pacers	MJ	94					94
Palmer	Jonny	Ipswich Harriers	MJ	93					93
Hansell	Stuart	Newmarket Joggers	MJ	92					92
Dewison	Alex	Cambridge & Coleridge AC	MJ	89					89
Senior									
Miller	David	Woodbridge Shufflers	MS	100	100				200
Chenery	Robert	Ipswich Jaffa	MS	99	99				198
Keeble	Ian	Stowmarket Striders	MS	98	97				195
Sharman	Kevin	Lowestoft RR	MS	96	96				192
MacSephney	Scott	Ipswich Jaffa	MS	95	91				186
Entwistle	Joshua	Felixstowe Road Runners	MS	93	93				186
Davies	Gavin	Ipswich Jaffa	MS	92	94				186
Smith	Nick	Clopton Emu Breeders	MS	90	90				180
Preston	Paul	Sudbury Joggers	MS	87	88				175
Wooby	Neil	Ipswich Jaffa	MS	85	87				172
Thorrington	Danny	Ipswich Triathlon Club	MS	84	85				169
Harrison	Simon	Ipswich Jaffa	MS	83	86				169
Nelhams	Michael	St Edmund Pacers	MS	80	84				164
Pecher	Ricky	Framlingham Flyers	MS	82	75				157
Hanman	Tim	Unattached	MS	77	80				157
Helliwell	Paul	Colchester & Tendring AC	MS	73	79				152
Dable	Neil	Ipswich Jaffa	MS	75	77				152

* Denotes dropped race

MENS OVERALL

Faust	Stuart	Unattached	MS	79	72				151
Lloyd	Mark	53-12 Multisports	MS	74	73				147
Batty	Chris	Felixstowe Road Runners	MS	70	76				146
Emmens	Daniel	Ipswich Jaffa	MS	67	74				141
Canham	Matthew	Ipswich Jaffa	MS	66	70				136
Bloomfield	Jason	Stowmarket Striders	MS	64	67				131
Lankester	Mark	Ipswich Jaffa	MS	56	63				119
Berry	Rick	The Saxons RC	MS	55	64				119
Larke	Baz	Unattached	MS	53	59				112
Day	Richard	Stowmarket Striders	MS	51	57				108
Pearce	Andrew	Unattached	MS	49	55				104
Burden	Matthew	Clopton Emu Breeders	MS	43	58				101
Tilley	Keith	Unattached	MS		98				98
Robinson	Steven	St Edmund Pacers	MS	97					97
Keeble	Ian	Stowmarket Striders	MS		97				97
Moss	Daniel	Unattached	MS		95				95
Taylor	Andy	St Edmund Pacers	MS	94					94
Palmer	Nick	Stowmarket Striders	MS		92				92
Plamer	Nick	Stowmarket Striders	MS	91					91
Nash	Richard	Stowmarket Striders	MS	38	51				89
Hempstead	Eric	Unattached	MS	36	53				89
Gaisey	Ben	Unattached	MS		89				89
Ellis	Timmy	Haverhill Running Club	MS	89					89
Long	Julian	St Edmund Pacers	MS	88					88
Johnson	Adam	Hadleigh Hares AC	MS	37	50				87
Goodridge	Colin	Unattached	MS	86					86
Thorpe	John	Ipswich Jaffa	MS		83				83
Rudland	Lee	Ipswich Jaffa	MS		82				82
Phillips	Simon	St Edmund Pacers	MS	81					81
Jarrett	Thomas	Ipswich Jaffa	MS		81				81
Wright	David	Great Bentley Road Runners	MS		78				78
Judd	Darren	Sudbury Joggers	MS	78					78
Lynaugh	Raymond	Harwich Runners	MS	35	41				76
Jay	Dean	Halstead Road Runners	MS	76					76
Cassels	Paul	Unattached	MS	72					72
Pearson	Martin	St Edmund Pacers	MS	71					71

* Denotes dropped race

MENS OVERALL

Greener	Mike	Unattached	MS		71			71
Owen	Andrew	Great Bentley Road Runners	MS		69			69
Macpherson	Alan	St Edmund Pacers	MS	69				69
Quantrill	Clive	Ipswich Jaffa	MS	23	45			68
Greener	John	Unattached	MS		68			68
Greener	Mike	Unattached	MS	68				68
Fagher	Anders	Unattached	MS	20	47			67
Jones	Brad	Ipswich Jaffa	MS		66			66
Longland	Ian	Haverhill Running Club	MS	65				65
Cane	Mark	Ipswich Jaffa	MS		65			65
Thorogood	Keith	Halstead Road Runners	MS	63				63
Southgate	Philip	Unattached	MS	19	44			63
Thompson	Carl	Unattached	MS		62			62
Hayward	Mark	St Edmund Pacers	MS	62				62
Marr	Irvine	Ipswich Jaffa	MS		61			61
Lockwood	Jonathan	Unattached	MS	61				61
Hayward	Andy	St Edmund Pacers	MS	60				60
Battle	Robert	Unattached	MS		60			60
Burt	Matt	Ipswich Jaffa	MS	59				59
Ruegg	Stuart	Stowmarket Striders	MS	58				58
Ablett	Martin	Stowmarket Striders	MS	16	42			58
Greener	John	Unattached	MS	57				57
Martin	Stuart	Unattached	MS		56			56
Woodruff	Glenn	Unattached	MS	54				54
Jousiffe	John	Unattached	MS		54			54
Wiggins	Simon	Felixstowe Road Runners	MS	52				52
Halestrap	Gary	Stowmarket Striders	MS		52			52
Goodier	Alistair	Ipswich Jaffa	MS	50				50
Lockwood	Simon	Ipswich Triathlon Club	MS		49			49
Calver	Oliver	Ipswich Triathlon Club	MS	12	37			49
Thomson	Andrew	Unattached	MS		48			48
Bastow	Edward	St Edmund Pacers	MS	48				48
Cook	Darren	Unattached	MS	47				47
Mann	Stuart	Leeds Met Carnegie AC	MS	46				46
Kilbourn	Sean	Capel Cheetahs	MS		46			46
Middleton	Neil	Unattached	MS	45				45

* Denotes dropped race

MENS OVERALL

Rogers	James	Unattached	MS	44				44
Lee	Simon	Unattached	MS		43			43
Fellingham	Richard	Clopton Emu Breeders	MS	42				42
Convey	Carl	Unattached	MS	41				41
Skipper	Andrew	Unattached	MS		40			40
Marseille	Eric	Sudbury Joggers	MS	40				40
Dunn	Aidan	Unattached	MS	39				39
Coe	W	Unattached	MS		39			39
Southgate	Oliver	Unattached	MS		38			38
Smith	Matthew	Unattached	MS		36			36
Gray	Nik	Unattached	MS		35			35
Morris	Jonathan	Unattached	MS	34				34
Fewings	Daniel	Unattached	MS		34			34
Palmer	Barry	DissAC	MS		33			33
Dougan	Derrick	Unattached	MS	33				33
Woodward	Christopher	Capel Cheetahs	MS		32			32
Seeley	Andrew	Unattached	MS	32				32
Gould	Daniel	Unattached	MS	3	29			32
Peek	Robert	Unattached	MS	31				31
Davenport	Jonathon	Unattached	MS		31			31
Maile	Damien	Unattached	MS		30			30
Bradley	Neil	Unattached	MS	30				30
Fellingham	Peter	West Suffolk AC	MS	29				29
Moore	Graham	Unattached	MS	28				28
Kitching	Michael	Unattached	MS	1	27			28
Allwood	Peter	Woodbridge Shufflers	MS		28			28
Dixon	Chris	Unattached	MS	27				27
Runce	Darren	Unattached	MS	26				26
Coe	Winson	Unattached	MS		26			26
Thacker	Rob	Halstead Road Runners	MS	25				25
Jenkins	Stephen	Unattached	MS	1	24			25
Hemmings-Smith	Tom	Unattached	MS		25			25
McKenzie	Stuart	Unattached	MS	24				24
Abbott	Stuart	Woodbridge Shufflers	MS	22				22
Moulton	Christopher	Sudbury Joggers	MS	21				21
Heather	Brett	Unattached	MS	18				18

* Denotes dropped race

MENS OVERALL

Cross	Neil	Stowmarket Striders	MS	17				17
Bone	Chris	Hadleigh Hares AC	MS	15				15
Goodwin	Mark	Unattached	MS	14				14
Adams	Roger	Brandon Fern Hoppers	MS	13				13
Ridgeon	Gavin	Unattached	MS	11				11
Talbot	John	Unattached	MS	10				10
Flack	Paul	Unattached	MS	9				9
Clarke	Vaughan	Unattached	MS	8				8
Rawlings	Mathew	Unattached	MS	7				7
Houston	Lyndon	Unattached	MS	6				6
Jeffreys	Aiden	Unattached	MS	5				5
Turner	Peter	Unattached	MS	4				4
Baillie	Jason	Ipswich Triathlon Club	MS	2				2
Owen	Jon	Unattached	MS	1				1
Lord	Darren	Unattached	MS	1				1
Harper	Ben	Unattached	MS	1				1
Bell	David	Yaxley Runners & Joggers	MS	1				1
Baillie	Clarke	Stowmarket Striders	MS	1				1
V40								0
Stephens	Nicholas	Stowmarket Striders	MV 40	95	100			195
Copeland	Dave	Ipswich Triathlon Club	MV 40	94	99			193
Pinnion	Clive	Hadleigh Hares AC	MV 40	93	98			191
Dick	Alistair	Ipswich Jaffa	MV 40	92	96			188
Bailey	Steven	St Edmund Pacers	MV 40	90	93			183
Shaw	Paul	Felixstowe Road Runners	MV 40	87	94			181
Bird	Kevin	Ipswich Jaffa	MV 40	83	92			175
Gooderham	Ian	St Edmund Pacers	MV 40	79	91			170
Benson	Stephen	Ipswich Harriers	MV40	80	89			169
Penaluna	Karl	Felixstowe Road Runners	MV 40	71	87			158
Garrod	Miles	Stowmarket Striders	MV 40	72	85			157
Andrews	Mark	Unattached	MV 40	70	82			152
Daniels	David	Stowmarket Striders	MV 40	69	83			152
Laver	Martin	Unattached	MV 40	65	81			146
Paveley	Adam	Unattached	MV 40	56	76			132
Woodard	Robert	Felixstowe Road Runners	MV 40	55	74			129
Collins	David	Unattached	MV 40	48	72			120

* Denotes dropped race

MENS OVERALL

Alcock	Steve	Hadleigh Hares AC	MV 40	47	73				120
Holley	Paul	Newmarket Joggers	MV 40	100					100
Laing	David	Ipswich Jaffa	MV 40	99					99
Beeton	James	Newmarket Joggers	MV 40	98					98
Thomas	Glyn	Ipswich Harriers	MV 40	97					97
Buck	Andrew	Sudbury Joggers	MV40		97				97
Szarmach	Dadiusz	Unattached	MV 40	96					96
Allen	Greg	Unnattached	MV40		95				95
Bourne	Simom	St Edmund Pacers	MV 40	91					91
White	Paul	St. Edmund Pacers	MV40		90				90
Smith	Andrew	Grange Farm Trotters	MV 40	89					89
Lee	Darren	Unnattached	MV40		88				88
Chorley	Chtis	Bungay Black Dog RC	MV 40	88					88
Wood	David	Stowmarket Striders	MV40		86				86
Muns	Brian	Newmarket Joggers	MV 40	86					86
Lawrence	Tony	Brandon Fern Hoppers	MV 40	85					85
Hine	Adrian	Felixstowe Road Runners	MV40		84				84
Cashen	John	Unattached	MV 40	84					84
Ross	Mark	Gt Bentley Running Club	MV 40	82					82
Levett	Jonny	Stowmarket Striders	MV 40	81					81
Ivatt	Mike	St. Edmund Pacers	MV40		80				80
Blackwell	Paul	Great Bentley Road Runners	MV40		79				79
Jones	Richard	Newmarket Joggers	MV 40	78					78
Wright	Gary	Unattached	MV 40	77					77
Appleby	Stuart	Unnattached	MV40		77				77
Evans	Andrew	Ipswich Jaffa	MV 40	76					76
Chubb	Karl	Ipswich Triathlon Club	MV 40	75					75
Smith	Harry	Stowmarket Striders	MV40		75				75
Thomas	Steven	Unattached	MV 40	66	8				74
Norris	Phil	Stowmarket Striders	MV 40	74					74
Whitaker	Steven	Unattached	MV 40	73					73
Smith	Ian	Unnattached	MV40		71				71
Richmond	Billy	Ipswich Jaffa	MV40		70				70
Hocken	Adam	Unattached	MV 40	68					68
Rednall	John	Stowmarket Striders	MV 40	67					67
Shafford	John	Unattached	MV 40	65					65

* Denotes dropped race

MENS OVERALL

Dadge	Nigel	Felixstowe Road Runners	MV 40	63				63
Rush	Steve	Tri Anglia	MV 40	62				62
Randal	Adrian	Unattached	MV 40	61				61
Bere	Paul	Unattached	MV 40	60				60
Bright	Stephen	Unattached	MV 40	59				59
Gross	Philip	St Edmund Pacers	MV 40	58				58
Smith	Harry	Stowmarket Striders	MV 40	57				57
Brown	Peter	Ryston Runners	MV 40	54				54
Johnson	Graham	Unattached	MV 40	53				53
Tillyard	Robert	Unattached	MV 40	52				52
Batty	Michael	Unattached	MV 40	51				51
Severy	Andrew	Unattached	MV 40	50				50
Redit	Mark	Unattached	MV 40	49				49
Carr	Karl	Unattached	MV 40	46				46
V45								0
Reed	David	St Edmund Pacers	MV 45	100	100			200
Heath	Les	St Edmund Pacers	MV 45	97	99			196
Starmer	Christopher	Stowmarket Striders	MV 45	96	98			194
Scarlett	Laurence	Ipswich Jaffa	MV 45	94	97			191
Smith	Richard	Woodbridge Shufflers	MV 45	91	96			187
Ackerley	Roger	Woodbridge Shufflers	MV 45	90	94			184
Chenery	Duncan	Ipswich Jaffa	MV 45	88	95			183
Forster	Andrew	Felixstowe Road Runners	MV 45	84	90			174
Overman	David	St Edmund Pacers	MV 45	78	89			167
Naylor	Rob	Unattached	MV 45	75	85			160
Gardner	David	Woodbridge Shufflers	MV 45	72	86			158
Sewell	Peter	Stowmarket Striders	MV 45	67	84			151
Burdett	William	Stowmarket Striders	MV 45	63	83			146
Taylor	Gary	Woodbridge Shufflers	MV 45	65	80			145
Jordan	Alan	Unattached	MV 45	66	77			143
Llewellyn	David	Unattached	MV 45	58	78			136
Cartwright	Stephen	Gt Bentley Running Club	MV 45	60	76			136
Finegan	Tim	Felixstowe Road Runners	MV 45	64	71			135
Bryan	Gordon	Unattached	MV 45	55	75			130
Forrester	Colin	Stowmarket Striders	MV 45	56	73			129
Reynolds	Steven	Unattached	MV 45	53	72			125

* Denotes dropped race

MENS OVERALL

Ridley	Colin	West Suffolk AC	MV 45	99					99
Cooke	Chris	St Edmund Pacers	MV 45	98					98
Cobbold	Michael	St Edmund Pacers	MV 45	95					95
Salter	David	Unattached	MV 45	93					93
Hunt	Steve	Hadleigh Hares	MV45		93				93
Page	Ashley	St. Edmund Pacers	MV45		92				92
Cockrell	Jon	Castle ABC	MV 45	92					92
Bennett	Richard	Felixstowe Road Runners	MV45		91				91
Davies	Phil	Halstead Road Runners	MV 45	89					89
Marsden	Phillip	Unattached	MV45		88				88
Tomlinson	Robert	Stowmarket Striders	MV45		87				87
Jackson	Alan	Ipswich Jaffa	MV 45	87					87
Rees	Michael	Stowmarket Striders	MV 45	86					86
Gray	Steve	Stowmarket Striders	MV 45	85					85
Yeo	Tim	Felixstowe Road Runners	MV45		82				82
Chapman	Nidel	Haverhill Running Club	MV 45	82					82
Ryan	Martin	Unattached	MV45		81				81
Cousins	Stephen	Newmarket Joggers	MV 45	81					81
Miller	Stephen	St Edmund Pacers	MV 45	80					80
Stephen	Keith	St Edmund Pacers	MV 45	79					79
Finch	Peter	Unattached	MV45		79				79
Tyldesley	Frank	Unattached	MV 45	77					77
Harrison	Paul	Unattached	MV 45	76					76
Smith	Gary	Unattached	MV 45	74					74
Bestow	Nik	Ipswich Triathlon Club	MV45		74				74
Clarke	Paul	St Edmund Pacers	MV 45	73					73
Higgins	Carl	Unattached	MV 45	71					71
Swarbrick	Roy	Unattached	MV 45	70					70
Glading	Mark	Fairlands Vally Spartans	MV 45	69					69
Swan	Kim	St Edmund Pacers	MV 45	68					68
Watt	David	Stowmarket Striders	MV 45	62					62
Dowdy	Nick	Unattached	MV 45	61					61
Harrison	Nigel	Unattached	MV 45	59					59
Crabtree	Bruce	St Edmund Pacers	MV 45	57					57
England	Peter	Unattached	MV 45	54					54
George	John	Unattached	MV 45	52					52

* Denotes dropped race

MENS OVERALL

Spink	Peter	Unattached	MV 45	51				51
Webster	Edward	Unattached	MV 45	50				50
Reeve	Peter	Gt Bentley Running Club	MV 45	49				49
Ferber	Peter	Unattached	MV 45	48				48
Black	John	Unattached	MV 45	47				47
Rand	Chris	Unattached	MV 45	46				46
V50								0
Weston	John	Ipswich Jaffa	MV 50	97	99			196
Vaughan	Dave	St Edmund Pacers	MV 50	96	98			194
Dewison	Paul	Cambridge & Coleridge AC	MV 50	93	97			190
Clayton	Rob	Felixstowe Road Runners	MV 50	91	96			187
Williams	Stephen	St Edmund Pacers	MV 50	88	94			182
Mills	Peter	Unattached	MV 50	87	93			180
Munson	Mike	Stowmarket Striders	MV 50	85	92			177
Hogg	Nigel	Unattached	MV 50	81	89			170
Jones	Wyn	Felixstowe Road Runners	MV 50	80	88			168
Martin	David	Unattached	MV 50	74	90			164
Evans	Merv	Stowmarket Striders	MV 50	78	86			164
Stannett	Charlie	Ipswich Triathlon Club	MV 50	77	83			160
Jenkins	Colin	Newham & Essex Beagles AC	MV 50	73	84			157
Hogarth	Malcolm	Stowmarket Striders	MV 50	69	81			150
Theobald	Paul	St Edmund Pacers	MV 50	70	78			148
Snazell	Rob	St Edmund Pacers	MV 50	67	77			144
Sparkes	Roger	Stowmarket Striders	MV 50	63	75			138
Borrett	Keith	Stowmarket Striders	MV 50	60	73			133
Page	Graham	St Edmund Pacers	MV 50	59	72			131
Rolph	Trevor	Brandon Fern Hoppers	MV 50	57	71			128
Golding	Peter	St. Edmund Pacers	MV50		100			100
Back	Terry	Ipswich Jaffa	MV 50	100				100
Dawson	Alan	St Edmund Pacers	MV 50	99				99
Penn	Malcolm	Stowmarket Striders	MV 50	98				98
Macrosson	Ker	Ipswich Jaffa	MV 50	95				95
Dewison	Alex	Cambridge & Coleridge Runners	MV50		95			95
Williams	Stephen	St. Edmund Pacers	MV50		94			94
Clarke	Meville	Newmarket Joggers	MV 50	94				94
Withers	Jim	Newmarket Joggers	MV 50	92				92

* Denotes dropped race

MENS OVERALL

Penny	John	Unattached	MV50		91			91
Baguley	Peter	Ipswich Jaffa	MV 50	90				90
Monteiro	Joaquim	Haverhill Running Club	MV 50	89				89
Power	Michael	Unattached	MV50		87			87
Taylor	Howard	Unattached	MV 50	86				86
Cooper	Philip	Felixstowe Road Runners	MV50		85			85
Ivatt	Mike	St Edmund Pacers	MV 50	84				84
Wood	Stepen	Ipswich Jaffa	MV 50	83				83
Skinner	Edward	Tiptree Road Runners	MV 50	82				82
Dadge	Nigel	Felixstowe Road Runners	MV50		82			82
Mulley	Mick	Unattached	MV50		80			80
Goldstone	Barry	Ipswich Jaffa	MV50		79			79
Gardiner	Frank	Gt Bentley Running Club	MV 50	79				79
Scopes	Jeremy	Unattached	MV50		76			76
Law	Allan	Ryston Runners	MV 50	76				76
Plamer	Simon	Ipswich Triathlon Club	MV 50	75				75
Severy	Andrew	Unattached	MV50		74			74
Goodyear	Pete	Unattached	MV 50	72				72
Slopes	Jeremy	Unattached	MV 50	71				71
Lovedace	Victor	Unattached	MV 50	68				68
Kern	Wayne	Halstead Road Runners	MV 50	66				66
Partridge	Richard	Unattached	MV 50	65				65
Trevelyan	Paul	Unattached	MV 50	64				64
Wagner	Martyn	Unattached	MV 50	62				62
Reidel	Dave	Unattached	MV 50	61				61
Farnworth	Richard	Felixstowe Road Runners	MV 50	58				58
Aung	Sonny	Unattached	MV 50	56				56
V55								0
Hill	Raymond	Ipswich Jaffa	MV 55	100	100			200
Roberts	Ray	Felixstowe Road Runners	MV 55	99	99			198
Cook	Christopher	St Edmund Pacers	MV 55	97	96			193
Bernthal	Graham	Hadleigh Hares	MV55	96	95			191
Broxton	Keith	Felixstowe Road Runners	MV 55	94	94			188
Moggan	Frank	Stowmarket Striders	MV 55	91	93			184
Basham	Leslie	Stowmarket Striders	MV 55	92	90			182
Coley	David	Felixstowe Road Runners	MV 55	89	88			177

* Denotes dropped race

MENS OVERALL

Huggins	Nick	St Edmund Pacers	MV 55	88	85			173
Webb	John	Unattached	MV55		98			98
Rooke	Ken	Framlingham Flyers	MV 55	98				98
Ryall	Mike	Colchester and Tendring AC	MV55		97			97
Miles	Terry	Unattached	MV 55	95				95
Brantom	Peter	Peterborough AC	MV 55	93				93
Fellingham	Richard	Stowmarket Striders	MV55		92			92
Ames	Ron	Stowmarket Striders	MV55		91			91
Batt	Michael	Unattached	MV 55	90				90
Songhurst	Dave	Felixstowe Road Runners	MV55		89			89
Jousiffe	Peter	Unattached	MV55		87			87
Causon	Roger	Felixstowe Road Runners	MV 55	87				87
Freeman	Ian	Capel Cheetahs	MV55		86			86
Betson	Michael	Unattached	MV 55	86				86
Cullum	John	Unattached	MV 55	85				85
Dann	Rob	Unattached	MV 55	84				84
Grinham	John	Unattached	MV 55	83				83
Warboys	Pip	Unattached	MV 55	82				82
White	Trevor	Unattached	MV 55	81				81
O'Brian	Simon	Unattached	MV 55	80				80
V60+								0
Peck	Glyn	Harwich Runners	MV 60 +	99	100			199
Everitt	Geof	Ipswich Jaffa	MV 60 +	98	99			197
Woolf	Colin	Harwich Runners	MV 60 +	96	97			193
Merfield	Gordon	The Saxons RC	MV 60 +	92	95			187
Uff	Fred	Framlingham Flyers	MV 60 +	86	93			179
Peck	Brian	St Edmund Pacers	MV 60 +	83	94			177
Cotton	Peter	Newmarket Joggers	MV 60 +	100				100
Rosbrook	Mike	Hadleigh Hares	MV60+		98			98
Woolf	Colin	Harwich Runners	MV60+		97			97
Duffield	Roger	Tiptree Road Runners	MV 60 +	97				97
Cox	Bill	Framlingham Flyers	MV60+		96			96
Rowland	Robert	Unattached	MV 60 +	95				95
Barton	Stan	Ryston Runners	MV 60 +	94				94
Uff	Fred	Framlingham Flyers	MV60+		93			93
Braverman	Terry	Haverhill Running Club	MV 60 +	93				93

* Denotes dropped race

MENS OVERALL

Bartlett	Anthony	St. Edmund Pacers	MV60+		92				92
Vincent	Ron	Ipswich Jaffa	MV 60 +	91					91
Spinks	Roger	Ipswich Jaffa	MV 60 +	90					90
Flint	Tony	Tone Zone Runners	MV 60 +	89					89
Turner	Mike	Liverpool Harriers	MV 60 +	88					88
Bond	Andy	Stowmarket Striders	MV 60 +	87					87
Smith	Thomas-Claude	Newmarket Joggers	MV 60 +	85					85
Chambers	Mike	St Edmund Pacers	MV 60 +	84					84
Steward	John	Stowmarket Striders	MV 60 +	82					82
West	David	Stowmarket Striders	MV 60 +	81					81
Peck	William	St Edmund Pacers	MV 60 +	80					80
Grainer	Michael	Unattached	MV 60 +	79					79
Kelly	James	Framlingham Flyers	MV 60 +	78					78

LADIES OVERALL

Surname	First Name	Club Name	Category	Bury	Jaffa	Kirton	Stowe	Bentley	Total
Jordan	Tamara	Stowmarket Striders	FS	500	500				1000
Decker	Helen	Ipswich Jaffa	FS	499	499				998
Narey	Mary	Stowmarket Striders	FV35	491	496				987
McCorquodale	Becky	Gt Bentley Running Club	FS	490	497				987
Clarry	Jemma	St Edmund Pacers	FJ	492	492				984
Brown	Julie	Ipswich Jaffa	FV45	489	495				984
Jepson	Julia	St Edmund Pacers	FV35	486	494				980
Suttle	Haley	Stowmarket Striders	FV40	485	493				978
Pryke	Gail	Hadleigh Hares AC	FV45	487	490				977
Jordan	Rebecca	Stowmarket Striders	FS	482	491				973
Hale	Nicola	Ipswich Jaffa	FS	481	488				969
Jordan	Debbie	Unattached	FV35	483	484				967
Golding	Sarah	St Edmund Pacers	FV40	479	487				966
Vick	Sarah	The Saxons RC	FV35	478	486				964
Calver	Eloise	St Edmund Pacers	FV35	476	485				961
Sanders	Barbara	Hadleigh Hares AC	FV45	474	482				956
Wooller	Diane	Colchester & Tendring AC	FV50	473	480				953
Mallett	Amanda	Ipswich Triathlon Club	FV40	465	479				944
Firman	Sarah-Jane	Norwich Road Runners	FS	462	477				939
Belsom	Tina	Stowmarket Striders	FV40	464	474				938
Bennett	Annabel	Felixstowe Road Runners	FV40	458	476				934
Mills	Lorraine	Stowmarket Striders	FV35	451	478				929
Cowan	Jennifer	Stowmarket Striders	FS	457	469				926
Geraghty	Charamaine	Stowmarket Striders	FS	450	475				925
Parker	Elizabeth	Felixstowe Road Runners	FV35	454	467				921
Stephenson	Jo	Stowmarket Striders	FV40	440	471				911
Sparkes	Gail	Stowmarket Striders	FV45	437	463				900
Thurlow	Dawn	Ipswich Jaffa	FV40	426	466				892
Hatton	Karen	St Edmund Pacers	FV45	434	457				891
Severy	Elizabeth	Unattached	FV45	425	465				890
Hall	Naomi	Stowmarket Striders	FS	436	454				890
Hook	Carrie	53-12 Multisports	FV35	429	458				887
Pembroke	Debbie	Unattached	FV40	420	460				880
Stannett	Kate	Ipswich Triathlon Club	FV45	422	456				878
Aitken	Marianne	Hadleigh Hares AC	FS	412	461				873

* Denotes dropped race

LADIES OVERALL

Allwood	Linda	Woodbridge Shufflers	FS	444	427			871
Brown	Margery	Stowmarket Striders	FV 55+	413	455			868
Helliwell	Fay	Colchester Harriers	FV35	419	444			863
Ghant	Debbie	Stowmarket Striders	FV40	404	459			863
Ablett	Trudi	Unattached	FS	409	452			861
Moore	Gemma	Ipswich Jaffa	FS	407	447			854
Woodard	Ann	Felixstowe Road Runners	FV40	403	448			851
Penaluna	Lorna	Felixstowe Road Runners	FV40	393	451			844
Thurlow	Julie	Ipswich Jaffa	FV50	397	445			842
Starmer	Jan	Stowmarket Striders	FV45	400	442			842
Mayhew	Sandra	Stowmarket Striders	FV40	395	440			835
Jarrett	Jenny	Felixstowe Road Runners	FV40	386	443			829
Baillie	Clare	Stowmarket Striders	FS	392	435			827
Hargadon	Sue	Ipswich Triathlon Club	FV50	391	430			821
Chapman	Caroline	Unattached	FV45	387	434			821
Wright	Denise	Stowmarket Striders	FV40	379	431			810
Finegan	Helen	Felixstowe Road Runners	FJ	375	425			800
Rosenberg	Susannah	Ipswich Triathlon Club	FV45	374	424			798
Bryan	Jane	Unattached	FV40	368	428			796
Burdett	Angela	Stowmarket Striders	FV35	366	423			789
Laver	Vanessa	Unattached	FV40	348	420			768
O'Sullivan	Mary	Ipswich Jaffa	FV35	346	421			767
Merfield	Wendy	The Saxons RC	FV 55+	338	417			755
Rogers	Nicola	Colchester & Tendring AC	FS	498				498
Gladwell	Valerie	Hadleigh Hares	FS		498			498
Zdyb	Pawel	Cross Krapkowice	FS	497				497
Hurley	Danielle	Southend AC	FJ	496				496
Wing	Samantha	Thetford AC	FJ	495				495
Jennings	Val	Ipswich Jaffa	FV40	494				494
Williams	Jayne	Ipswich Jaffa	FS	493				493
Richmond	Felicity	Clopton Emu Breeders	FS		489			489
Clifford	Paige	Unattached	FJ	488				488
Shirley	Marie	Colchester & Tendring AC	FS	484				484
Tanner	Lynn	Colchester and Tendring AC	FV50		483			483
Howland	Christina	Felixstowe Road Runners	FV40		481			481
McCarthy	Maureen	St Edmund Pacers	FV45	479				479

* Denotes dropped race

LADIES OVERALL

Heales	Carol	Haverhill Running Club	FV35	477				477
Constable	Michelle	Ipswich Triathlon Club	FV40	475				475
Coe	Fiona	Unattached	FV35		473			473
Wood	Hannah	Ipswich Jaffa	FS		472			472
Rittimut-Mak	Melissa	St Edmund Pacers	FS	472				472
Tasker	Catharine	Unattached	FV40	471				471
Wright	Maureen	Ipswich Jaffa	FV55		470			470
Hollingworth	Vanessa	Felixstowe Road Runners	FV35	470				470
Dann	Claire	Unattached	FS	469				469
Whyland	Sarah	St Edmund Pacers	FS	468				468
Canham	Aimee	The Saxons	FS		468			468
Norton	Catherine	Unattached	FS	467				467
Goodridge	Joelene	Unattached	FS	466				466
Cox	Julie	Ipswich Jaffa	FV45		464			464
Rooney	Penny	Woodbridge Shufflers	FS	463				463
Jousiffe	Barbara	Unattached	FV50		462			462
Thomas	Kate	Harwich Runners	FV35	461				461
Sims	Kate	Unattached	FS	460				460
Jack	Becky	Stowmarket Striders	FV35	459				459
Stennett	Suzy	Unattached	FS	456				456
Paton	Abigail	Stowmarket Striders	FS	455				455
Wright	Jayne	Framlingham Flyers	FS		453			453
Thacker	Kate	Halstead Road Runners	FV35	453				453
Dean	Gill	Ipswich Jaffa	FV50	452				452
Oulahen	Nadia	Unattached	FS		450			450
Lloyd	Stephanie	Ipswich Jaffa	FS	449				449
Grimes	Marie	Ipswich Jaffa	FS		449			449
Wright	Vanessa	Unattached	FV35	448				448
Batty	Mia	Unattached	FV35	447				447
Garvin	Georgia	Ipswich Jaffa	FJ		446			446
Braverman	Diana	Cambridge & Coleridge AC	FV 55+	446				446
Wright	Maureen	Stowmarket Striders	FV 55+	445				445
Wright	Victoria	Unattached	FS	443				443
Mckenna	Sue	Unattached	FV35	442				442
Ogilvie	Bianca	Unattached	FS		441			441
Gross	Samantha	St Edmund Pacers	FV40	441				441

* Denotes dropped race

LADIES OVERALL

Booker	Frances	Unattached	FV35	439				439
Banks	Tracy	Hadleigh Hares	FV40		439			439
Sauerzapf	Bobbie	Bungay Black Dog RC	FV45	438				438
Dolan	Jane	Stowmarket Striders	FV45		438			438
Tyler	Rosemary	Stowmarket Striders	FV55		437			437
Van der Merwe	Ronel	Unattached	FV45		436			436
Wing	Tracey	Thetford AC	FJ	435				435
Neil	Jennifer	Harwich Runners	FS		433			433
Hones	Linda	St Edmund Pacers	FV40	433				433
Meador	Ailsa	Unattached	FV40		432			432
Delf	Jackie	Unattached	FV40	432				432
Holland	Jane	Unattached	FV45	431				431
Donovan	Clare	North Norfolk Beach Runners	FS	430				430
Villa	Trudy	Unattached	FV35		429			429
Bedford	Katie	St Edmund Pacers	FV40	428				428
Konrath	Joliet	St Edmund Pacers	FV35	427				427
Taylor	Jane	Unattached	FV45		426			426
Morrish	Trudi	Haverhill Running Club	FS	424				424
Kokes	Carol	Hadleigh Hares AC	FV45	423				423
Robinson	Jan	Unattached	FV55		422			422
Waters	Helen	Unattached	FS	421				421
Graham	Pat	Ipswich Jaffa	FV55		419			419
Thomson	Heidi	Unattached	FS		418			418
Dunn	Claire	St Edmund Pacers	FS	418				418
Law	Barbara	Gt Bentley Running Club	FV 55+	417				417
Law	Victoria	Gt Bentley Running Club	FV35	416				416
Collins	Angela	Unattached	FV35		416			416
Trudgett	Mary	Unattached	FV35		415			415
Jewby	Petra	Unattached	FV40	415				415
Ridgeon	Pamela	Unattached	FV 55+	414				414
Day	Liz	Unattached	FV50		414			414
Dove	Jane	Stowmarket Striders	FV45	411				411
Adams	Janet	Brandon Fern Hoppers	FV40	410				410
Terry	Rachael	Unattached	FV35	408				408
Merwe	Ronel van der	Unattached	FV45	406				406
Brimson	Sharon	Unattached	FV35	405				405

* Denotes dropped race

LADIES OVERALL

Qulahen	Nadia	Unattached	FS	402					402
Whiby	Sally	Ryston Runners	FV40	401					401
Rue	Steven	Unattached	FV50	399					399
Stone	Julia	Unattached	FV45	398					398
Bell	Kerrie	Yaxley Runners & Joggers	FS	396					396
Rue	Rita	Unattached	FV45	394					394
Reynolds	Lisa	Unattached	FS	390					390
Todayner	Katy	Unattached	FS	389					389
Hughes	Wendy	Stowmarket Striders	FV45	388					388
Wright	Maureen	Unattached	FV35	385					385
Chubb	Jacqueline Riley	Ipswich Triathlon Club	FV40	384					384
Taylor	Alison	Stowmarket Striders	FV40	383					383
Chrystall	Samantha	Unattached	FV40	382					382
George	Sue	Unattached	FV45	381					381
Lee	Rachel	Unattached	FS	380					380
Beeton	Angela	Unattached	FV40	378					378
Trodd	Bernice	St Edmund Pacers	FV 55+	377					377
Ferrar	Diana	Unattached	FV35	376					376
Dunne	Susan	Unattached	FV45	373					373
O'Connor	Andrea	Stowmarket Striders	FS	372					372
Flint	Maureen	Tone Zone Runners	FV 55+	371					371
Merriam	Jill	Unattached	FV45	370					370
Wombwell	Dianne	Unattached	FV40	369					369
Clifford	Suzy	Unattached	FV50	367					367
Lewis	Sue	Stowmarket Striders	FV45	365					365
Martin	Amanda	St Edmund Pacers	FV40	364					364
Crabtree	Sarah	St Edmund Pacers	FV45	363					363
Freeman	Lorna	Unattached	FV35	362					362
Springthorpe	Rachel	Unattached	FS	361					361
Earnett	Joan	Unattached	FV 55+	360					360
Bourne	Daniella	Unattached	FS	359					359
Steward	Linda	Stowmarket Striders	FV 55+	358					358
Swift	Rebecca	Unattached	FJ	357					357
Devine	Mary	Unattached	FV40	356					356
West	Jane	Unattached	FV35	355					355
Short	Erica	St Edmund Pacers	FV 55+	354					354

* Denotes dropped race

LADIES OVERALL

O'Brian	Elodie	Unattached	FS	353					353
Wagner	Sarah	Unattached	FS	352					352
Aung	Melody	Unattached	FV50	351					351
Brais	Rebecca	Unattached	FV35	350					350
Watt	Lesley	Stowmarket Striders	FV45	349					349
Morlom	Jenny	Woodbridge Shufflers	FV45	347					347
Owen	Suzanne	Unattached	FS	345					345
Swift	Anita	Unattached	FV45	344					344
Clarke	Sara	Unattached	FS	343					343
Moggan	Sue	Stowmarket Striders	FV 55+	342					342
Child	Jennifer	Tri Anglia	FV40	341					341
Grinham	Angela	Unattached	FV 55+	340					340
Convey	Anne	Unattached	FV45	339					339
Hayward	Christine	St Edmund Pacers	FV 55+	337					337
Clements	Jemma	Unattached	FS	336					336
Collins	Angela	Unattached	FV35	335					335
Lefebvre	Emillie	Unattached	FS	334					334
Moran	Sarah	Unattached	FJ	333					333