

SUFFOLK COUNTY ATHLETIC ASSOCIATION
GRAND PRIX 2013
SPONSORED BY "RUNABILITY" OF BURY ST. EDMUNDS
Individual, Mens and Ladies Results

Best 5 results from 7 races, no minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 24/02/2013	Race 2 Sudbury 5 Mile 29/03/2013	Race 3 Stowmarket Half Marathon 07/04/2013	Race 4 Ipswich 5 Mile 31/05/2013	Race 5 Newmarket 10K 07/07/2013	Race 6 Lowestoft Scores 08/09/2013	Race 7 Thurlow 10 Mile 20/10/2013	TOTAL
Female Senior										
1	Emily Gooderham	Saint Edmund Pacers	99	100		98	98	100		495
2	Michelle Barnes	Newmarket Joggers	94	98		85	92			369
3	Sarah Pennock	Sudbury Joggers AC	95			88	91			274
4	Rachel Bodsworth	Hadleigh Hares AC	97	99						196
5	Jessie Gooderham	Saint Edmund Pacers				92	97			189
6	Lucy Driver	Ipswich JAFFA RC			98		89			187
7	Donna Talbot	Saint Edmund Pacers	96			87				183
8	Carla Wiggins	Felixstowe RRC			99	81				180
9	Anneli Ostler	Felixstowe RRC	93			83				176
10	Marina Almendros	Ipswich JAFFA RC				100				100
11	Lucy Burt	Saint Edmund Pacers			100					100
12	Rebecca Jordan	Stowmarket Striders RC	100							100
13	Maxine Lane	Newmarket Cycling and Triathlon Club					100			100
14	Faye Ellis	Bungay Black Dog RC						99		99
15	Chloe Jennings	Saint Edmund Pacers					99			99
16	Emma Watts	Saint Edmund Pacers				99				99
17	Laura Hicks	Stowmarket Striders RC	98							98
18	Karla Read	Felixstowe Road Runners						98		98
19	Louise Johnson	Ipswich JAFFA RC				97				97
20	Jennifer Devaney	Stowmarket Striders RC				96				96
21	Sian-Marie Lucas	Haverhill Running Club					96			96
22	Wendy McLaughlin	Newmarket Joggers					95			95
23	Jayne Wright	Framlingham Flyers				95				95
24	Juliette Hodges	Ipswich JAFFA RC				94				94
25	Sophie Hope	Stowmarket Striders RC					94			94
26	Siobhan Dockerill	Haverhill Running Club					93			93
27	Hannah Hine	Ipswich Harriers				93				93
28	Naomi Edwards	Saint Edmund Pacers				91				91
29	Kayleigh Chenery	Ipswich JAFFA RC				90				90
30	Sam Metcalfe	Stowmarket Striders RC					90			90
31	Rachael Hamblyn	Ipswich JAFFA RC				89				89
32	Zoe Chapman	Haverhill Running Club					88			88
33	Helen Finegan	Felixstowe RRC				86				86
34	Sarah Severwright	Felixstowe RRC				84				84
35	Jayne Burman	Felixstowe RRC				82				82
Female Master 35										
1	Alex Smith	Stowmarket Striders RC	96		98	99	100			393
2	Tamara Jordan	Stowmarket Striders RC			100	100				200
3	Carolynn Anderson	Newmarket Joggers	98			98				196
4	Anna Blackwell	Newmarket Cycling and Triathlon Club	100							100
5	Abby Gaeta	Ipswich JAFFA RC	99							99
6	Sarah Hanlon	Framlingham Flyers			99					99
7	Corinna Hussey	Hadleigh Hares AC	97							97
8	Hazel Kurz	Felixstowe RRC			97					97
9	Anna Smith	Stowmarket Striders RC				97				97
10	Caroline Stafford	Felixstowe RRC				96				96
11	Frances Wakeling	Stowmarket Striders RC			96					96
12	Jacqui Howes	Capel Cheetahs				95				95
13	Emma Lucas	Stowmarket Striders RC			95					95
14	Liz Long	Felixstowe RRC				94				94
15	Claire Bardsley	Stowmarket Striders RC				93				93
Female Master 40										
1	Odette Robson	St Edmund Pacers		100	100	100	100	100		500
2	Lesley Euston	St Edmund Pacers		96		91	96	98		381
3	Andrea Friend	Stowmarket Striders	94		95	90	95			374
4	Mandy Bunn	Haverhill Running Club	98		98	99				295
5	Sharon White	Sudbury Joggers			97	97	98			292
6	Sarah Vick	The Saxons				98		99		197
7	Lorraine Mills	Stowmarket Striders	96		96					192
8	Nicola Vaughan	Haverhill Running Club	95				93			188
9	Jane Skoulding	Stowmarket Striders RC				89	94			183
10	Jayne Williams	Ipswich JAFFA RC	100							100
11	Natalia Allen	Newmarket Joggers					99			99
12	Angie Joiner-Handy	Saint Edmund Pacers	99							99
13	Fiona Mumford	Sudbury Joggers AC		99						99
14	Becky Overy-Owen	Woodbridge Shufflers RC			99					99
15	Pauline Adams	Ipswich JAFFA RC		98						98
16	Kym Cromarty	Haverhill Running Club					97			97
17	Alison Myles	Ipswich JAFFA RC		97						97
18	Becky Sturgeon	Bungay Black Dog RC						97		97

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Individual, Mens and Ladies Results**

Best 5 results from 7 races, no minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile	Race 2 Sudbury 5 Mile	Race 3 Stowmarket Half Marathon	Race 4 Ipswich 5 Mile	Race 5 Newmarket 10K	Race 6 Lowestoft Scores	Race 7 Thurlow 10 Mile	TOTAL
19	Emma Yarrow	Stowmarket Striders	97							97
20	Sandra Bumphrey	Capel Cheetahs				96				96
21	Suzanne Heath	Ipswich JAFFA RC				95				95
22	Anja Scaife	Hadleigh Hares A.C.		95						95
23	Paula Coleman	Stowmarket Striders			94					94
24	Claire Foxhall	Capel Cheetahs				94				94
25	Michelle Jarrett	Ipswich JAFFA RC		94						94
26	Kathryn Gerry	Woodbridge Shufflers RRC				93				93
27	Lisa Bond	Ipswich JAFFA RC				92				92
28	Jo Dickinson	Felixstowe RRC				88				88
Female Master 45										
1	Jo Parden	Framlingham Flyers	94		99	92	98			383
2	Susan Bloomfield	Stowmarket Striders RC	93		97	91	95			376
3	Dee St-Ledger	Sudbury Joggers AC		100		95	97			292
4	Val Jennings	Ipswich JAFFA RC	100			100				200
5	Sarah Golding	Saint Edmund Pacers			100	99				199
6	Mary Narey	Stowmarket Striders RC	97			96				193
7	Amanda Martin	Saint Edmund Pacers	95			97				192
8	Sara Bloor	The Saxons						100		100
9	Claire Hoblyn	Saint Edmund Pacers					100			100
10	Sil Clay	Haverhill Running Club					99			99
11	Haley Suttle	Stowmarket Striders	99							99
12	Michelle Constable	Ipswich Triathlon Club				98				98
13	Karen Gedge	Bungay Black Dog RC			98					98
14	Penny Waggott	Stowmarket Striders	98							98
15	Shirley Fowler	Haverhill Running Club					96			96
16	Julia Jepson	Saint Edmund Pacers	96							96
17	Rebecca Clare	Woodbridge Shufflers RRC				94				94
18	Tracy North	Haverhill Running Club					94			94
19	Bee Chapman	Newmarket Joggers				93				93
20	Sarah Jarvis	Haverhill Running Club					93			93
21	Angela Burdett	Stowmarket Striders	92							92
22	Teresa Franklin	Haverhill Running Club	91							91
23	Annabel Bennett	Felixstowe RRC				90				90
24	Alison Darke	Haverhill Running Club	90							90
25	Jenny Jarrett	Felixstowe RRC				89				89
26	Kirsty Weavers	Saint Edmund Pacers	89							89
27	Liz Capasso	Ipswich Triathlon Club				88				88
28	Deborah Chappell	Framlingham Flyers				87				87
29	Eloise Bird	Saint Edmund Pacers				86				86
30	Mandy Spurgeon	Framlingham Flyers				85				85
31	Cindi Speedman	Framlingham Flyers				84				84
Female Master 50										
1	Bobbie Sauerzapf	Bungay Black Dog RC		99	100	99	100	99		497
2	Angela Whiting	Stowmarket Striders RC	99		98	97	99			393
3	Denise Wright	Stowmarket Striders RC	96				97			193
4	Sandie Oxborrow	Stowmarket Striders RC				94	98			192
5	Sandra Hiscox	Haverhill Running Club	93				96			189
6	Christine Anthony	West Suffolk A.C.		100						100
7	Carol Fowles	Stowmarket Striders RC	100							100
8	Annette Manning	Bungay Black Dog Running Club						100		100
9	Marion Parker	Felixstowe RRC				100				100
10	Dawn Marshall	Saint Edmund Pacers			99					99
11	Karen Hatton	Saint Edmund Pacers				98				98
12	Gill James	Hadleigh Hares A.C.		98						98
13	Jackie Wareham	Haverhill Running Club	98							98
14	Wendy Hughes	Stowmarket Striders RC	97							97
15	Belinda Godbold	Ipswich JAFFA RC				96				96
16	Jacqueline Delf	Newmarket Joggers	95							95
17	Frances Saville	Stowmarket Striders RC				95				95
18	Debbie McDowall	Stowmarket Striders RC	94							94
19	Maggie Flatt	Bungay Black Dog Running Club				93				93
Female Master 55										
1	Cheryl Trundle	Haverhill Running Club	99				100			199
2	Belinda Schofield	Newmarket Joggers	100							100
3	Hazel Spalding	Ipswich JAFFA RC			100					100
4	Julie Thurlow	Ipswich JAFFA RC		100						100
5	Lesley Buckle	Stowmarket Striders			99					99
6	Christine Hall	Stowmarket Striders	98							98
Female Master 60										
1	Pat Partridge	St Edmund Pacers		100						100

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2	Sheila Shead	Newmarket Cycling and Triathlon Club	100							100
3	Vivienne Taylor	Framlingham Flyers				100				100
Female Master 65+										
1	Maureen Wright	Ipswich JAFFA RC				100				100
2	Wendy Merfield	The Saxons				99				99
Male Senior										
1	Scott Williams	Stowmarket Striders RC	93		93	85	96	96		463
2	Ian Elden	Haverhill Running Club	85	97	90	72	89	93		454
3	Thomas White	Saint Edmund Pacers	94			91	99	98		382
4	Matthew Spencer	Ipswich JAFFA RC	100		100	100				300
5	Chris Eyre	Newmarket Joggers	83	96		68				247
6	Alan Cooney	The Saxons	99			99				198
7	John Scaife	Hadleigh Hares A.C.		100		96				196
8	Tom Cresswell	Sudbury Joggers AC		98		93				191
9	Robin Harper	Felixstowe RRC			92	86				178
10	Jem Smith	Sudbury Joggers			91	87				178
11	Tim Larke	Stowmarket Striders RC	90			88				178
12	Matt Hunter	Hadleigh Hares AC	88			89				177
13	Paul Brand	Saint Edmund Pacers	82				91			173
14	Derek Hood	Ipswich JAFFA RC		95		70				165
15	Stewart White	Saint Edmund Pacers	86			77				163
16	James Hayward	Stowmarket Striders RC	81		81					162
17	John Craddock	Stowmarket Striders RC			85	76				161
18	Jason Allard	Stowmarket Striders RC	84			75				159
19	Matt Tomkins	Stowmarket Striders RC				64	88			152
20	Martin Gear	Newmarket Joggers					100			100
21	Ted Oldman	Bungay Black Dog RC						100		100
22	Pete Davy	Sudbury Joggers AC		99						99
23	Robert Kett	Stowmarket Striders RC			99					99
24	Kieran McMorran	Bungay Black Dog RC						99		99
25	Tom Kingsnorth	Saint Edmund Pacers					98			98
26	Jim Last	Framlingham Flyers				98				98
27	Will Law	The Saxons	98							98
28	Gary Thompson	Ipswich JAFFA RC			98					98
29	Paul Game	Haverhill Running Club	97							97
30	David Grover	Newmarket Cycling and Triathlon Club					97			97
31	Jonathan Ling	Ipswich JAFFA RC				97				97
32	James Maycock	Bungay Black Dog RC			97					97
33	Chris Pimlott	Waveney Valley AC						97		97
34	Mark Hayward	Stowmarket Striders RC	96							96
35	Damian Hinchcliffe	Stowmarket Striders RC			96					96
36	Simon Blackburn	Bungay Black Dog RC						95		95
37	Trevor Bunch	Haverhill Running Club					95			95
38	Thomas Jarrett	Ipswich JAFFA RC	95							95
39	Peter Kerry	Ipswich Triathlon Club				95				95
40	Sam Sadler	Newmarket Joggers			95					95
41	Jeff Almeida-King	Newmarket Joggers					94			94
42	Jon Comyn	Waveney Valley AC						94		94
43	Simon Harris	Newmarket Joggers			94					94
44	Nick Palmer	Stowmarket Striders RC				94				94
45	Douglas Hobson	Woodbridge Shufflers RRC					93			93
46	Dave Beighton	Saint Edmund Pacers					92			92
47	Ben Caisey	Ipswich Triathlon Club				92				92
48	Carl Thompson	Ipswich JAFFA RC	92							92
49	Seamus Wrigley	Waveney Valley AC						92		92
50	Stuart Lawn	Bungay Black Dog RC						91		91
51	Michael Toop	Ipswich JAFFA RC	91							91
52	Carl Ashton	Ipswich JAFFA RC				90				90
53	Adam Seymour	Saint Edmund Pacers					90			90
54	Jake Wright	The Saxons						90		90
55	Jordan Beaumont	Ipswich JAFFA RC	89							89
56	Graham Paul Thoma	Stowmarket Striders RC			89					89
57	Sam Metcalfe	Bungay Black Dog RC			88					88
58	James Briggs	Haverhill Running Club					87			87
59	Neil Catley	Felixstowe RRC			87					87
60	Dan Wood	Ipswich JAFFA RC	87							87
61	Sam Tillotson	Stowmarket Striders RC			86					86
62	Antonio Capasso	Ipswich Harriers				84				84
63	Daniel Selfe	Stowmarket Striders RC			84					84
64	Jack Tappin	Haverhill Running Club			83					83
65	Neil Williamson	Newmarket Joggers				83				83
66	Glen Curtis	Ipswich Triathlon Club			82					82
67	Benjamin Cuthbert	Sudbury Joggers				82				82

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68	Peter Bird	Saint Edmund Pacers				81				81
69	Sam Brooke	Felixstowe RRC				80				80
70	Luke Whitwell	Felixstowe RRC				79				79
71	Lee Markham	Woodbridge Shufflers RRC				78				78
72	Ben Parker	Felixstowe RRC				74				74
73	Matthew Last	Felixstowe RRC				73				73
74	Nik Chapman	Newmarket Joggers				71				71
75	Neal Bassett	Stowmarket Striders RC				69				69
76	Matthew Eveleigh	Stowmarket Striders RC				67				67
77	George Lankester	Ipswich JAFFA RC				66				66
78	Stuart Hunt	Hadleigh Hares AC				65				65
79	Matt Howe	Felixstowe RRC				63				63
80	Carl Fitch	Ipswich JAFFA RC				62				62
81	Ryan Edwards	Saint Edmund Pacers				61				61
Male Master 40										
1	Lee Morgan	Ipswich Triathlon Club	100	100	100	98	100			498
2	Jim Comber	Sudbury Joggers AC	94	98	92	90	97			471
3	Mark White	Haverhill Running Club	95			87	98	100		380
4	Clive Davey	Sudbury Joggers AC	91	97		89	96			373
5	Darren Sheppard	Framlingham Flyers	98			99	99			296
6	Thomas Haslam	The Saxons	97		97	96				290
7	David Fenton	Stowmarket Striders RC	96	99		94				289
8	Mark Goodwin	Felixstowe RRC			96	88				184
9	Simon Wiggins	Felixstowe RRC			90	86				176
10	Roger Aldis	Stowmarket Striders RC				100				100
11	Mark Furnace	Ipswich JAFFA RC	99							99
12	Andy Glass	Sudbury Joggers			99					99
13	Michael Nelhams	Stowmarket Striders RC			98					98
14	John Thorpe	Ipswich JAFFA RC				97				97
15	John Greener	Saint Edmund Pacers				95				95
16	Nigel Harrison	Ipswich JAFFA RC			95					95
17	Glenn Warren	Framlingham Flyers					95			95
18	Richard Nash	Stowmarket Striders RC			94					94
19	Horace Shuriah	Haverhill Running Club					94			94
20	Roy Fulcher	Stowmarket Striders RC			93					93
21	Ian Milligan	Saint Edmund Pacers				93				93
22	Mark Skoulding	Stowmarket Striders RC					93			93
23	Vince Webb	Saint Edmund Pacers	93							93
24	Ben Blowes	Newmarket Joggers				92				92
25	Glenn Proctor	Stowmarket Striders RC					92			92
26	Jason Walker	Stowmarket Striders RC	92							92
27	Steve Brooke	Felixstowe RRC				91				91
28	Darren Cornell	Haverhill Running Club					91			91
29	Stuart Spencer	Bungay Black Dog RC			91					91
30	Alexander Das	Stowmarket Striders RC					90			90
31	Neil Martin	Stowmarket Striders RC			89					89
32	Dominic Turner	Sudbury Joggers AC					89			89
33	Michael Lowther	Newmarket Triathlon Club					88			88
34	Chris Brant	Haverhill Running Club					87			87
35	Jeremy Smith	Ipswich Harriers				85				85
36	Andrew Smith	Saint Edmund Pacers				84				84
37	Steve Mowles	Felixstowe RRC				83				83
38	Stephen Prior	Capel Cheetahs				82				82
Male Master 45										
1	Stephen Hatten	Saint Edmund Pacers	95	99	95	91	98	99		486
2	Chris Chorley	Bungay Black Dog		100	96	93	97	97		483
3	Martin Fuller	Felixstowe Road Runners	92		89	77	86	94		438
4	Tony Roberts	Woodbridge Shufflers RC			97	96	96	100		389
5	Ian Gooderham	Saint Edmund Pacers		98	93	89	99			379
6	Jamie Randall	Haverhill Running Club	94			88	95	98		375
7	Ian St-Ledger	Sudbury Joggers AC		97		81	89			267
8	Paul Nickells	Woodbridge Shufflers RC	100			100				200
9	Paul Brown	Framlingham Flyers	98			97				195
10	Andrew Buck	Sudbury Joggers AC	97		98					195
11	Rod Prime	Ipswich JAFFA RC			94	95				189
12	Kevin Bird	Stowmarket Striders RC	96		92					188
13	Paul McAllister	Capel Cheetahs		96	91					187
14	Nick Reader	Haverhill Running Club	93				90			183
15	Neil Thomas	Bungay Black Dog RC					88	95		183
16	Wilfred Campbell	Ipswich JAFFA RC			100					100
17	Martin Lawrence	Haverhill Running Club					100			100
18	James Manning	Saint Edmund Pacers	99							99
19	Adrian Peake	Ipswich JAFFA RC				99				99

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20	Dave Solomon	Felixstowe Road Runners			99					99
21	Chris Tye	Ipswich Triathlon Club				98				98
22	Stephen Oldman	Bungay Black Dog RC						96		96
23	Daren Allen	Ipswich Triathlon Club					94			94
24	Adrian Goode	Ipswich Harriers				94				94
25	Simon Whalley	Saint Edmund Pacers					93			93
26	Philip Brown	Saint Edmund Pacers					92			92
27	Stephen Curran	Woodbridge Shufflers RRC				92				92
28	Stephen Reyes	Haverhill Running Club					91			91
29	Iain Catchpool	Ipswich JAFFA RC				90				90
30	Nigel Dadge	Felixstowe Road Runners			90					90
31	Michele Capasso	Ipswich Triathlon Club				87				87
32	Peter Rogers	Haverhill Running Club					87			87
33	Brian Airlie	Hadleigh Hares AC				86				86
34	Adrian Kite	Ipswich JAFFA RC				85				85
35	Justin Rabett	Saint Edmund Pacers				84				84
36	Mark Lankester	Ipswich JAFFA RC				83				83
37	Robert Tillyard	Saint Edmund Pacers				82				82
38	Harry Smith	Stowmarket Striders RC				80				80
39	Tony Bradfird	Woodbridge Shufflers RRC				79				79
40	David Lampard	Felixstowe RRC				78				78
Male Master 50										
1	Russel Breyer	Ipswich Triathlon Club	99	99	99		99	99		495
2	David Reid	Stowmarket Striders RC	97	97	95	87	95	95		479
3	Yusuf Firat	Haverhill Running Club	98	98			98			294
4	David Chapman	Sudbury Joggers AC	95			90	96			281
5	Robin Belsom	Ipswich JAFFA RC				98	100			198
6	Stuart Green	Stowmarket Striders		100		97				197
7	Gary Garnham	Ipswich JAFFA RC			97	93				190
8	Simon Haffenden	Haverhill Running Club	96				94			190
9	Glen Harvey	Bildeston Bounders AC			98	91				189
10	Richard Smith	Felixstowe Road Runners				84				177
11	Greg Davis	Newmarket Joggers	100							100
12	Alistair Dick	Ipswich JAFFA RC			100					100
13	Richard Rhodes	Bungay Black Dog RC						100		100
14	Chris Starmer	Stowmarket Striders RC				99				99
15	Wayne Freeman	Waveney Valley AC						98		98
16	Micky Green	Saint Edmund Pacers					97			97
17	Paul Harrold	Waveney Valley AC						97		97
18	Neil Anthony	West Suffolk A.C.		96						96
19	Hil Jennings	Stowmarket Striders			96					96
20	David Waterman	Bungay Black Dog RC						96		96
21	Mark Watts	Saint Edmund Pacers				96				96
22	Alan Jackson	Ipswich JAFFA RC				95				95
23	Tony Adolphus	Ipswich JAFFA RC	94							94
24	Duncan Chenery	Ipswich JAFFA RC				94				94
25	Douglas Gladwin	Bungay Black Dog RC			94					94
26	Bob Jack	Bungay Black Dog RC					93			93
27	Joe Naughton	Stowmarket Striders			93					93
28	Paul Schwer	Felixstowe RRC				92				92
29	Alex Morrison	Ipswich JAFFA RC				89				89
30	Gary Taylor	Woodbridge Shufflers RRC				88				88
31	Andrew Leather	Ipswich JAFFA RC				86				86
32	Tim Long	Ipswich JAFFA RC				85				85
33	Tim Finegan	Felixstowe RRC				83				83
34	Andy Wooden	Felixstowe RRC				82				82
Male Master 55										
1	Ker Macrosson	Ipswich JAFFA RC			100	99	99			298
2	Stephen Pretty	Stowmarket Striders RC			99	98		100		297
3	Mon Lee	Ipswich JAFFA RC	96			93	95			284
4	Stephen Williams	Saint Edmund Pacers				96	98			194
5	Rob Clayton	Felixstowe RRC			98	95				193
6	Philip Jarvis	Haverhill Running Club	95				94			189
7	Keith Borrett	Stowmarket Striders	97			91				188
8	Terry Back	Ipswich JAFFA RC					100			100
9	Neville Clarke	Newmarket Joggers				100				100
10	Clive Purbrook	Newmarket Joggers	100							100
11	Fred Boggis	Woodbridge Shufflers	99							99
12	David Mowor	Waveney Valley AC						99		99
13	David Punt	Bungay Black Dog RC	98							98
14	Mark Wright	The Saxons						98		98
15	Richard Farnworth	Felixstowe RRC			97					97
16	Clive Geoffrey	Ipswich JAFFA RC				97				97

**SUFFOLK COUNTY ATHLETIC ASSOCIATION
 GRAND PRIX 2013
 SPONSORED BY "RUNABILITY" OF BURY ST. EDMUNDS
 Individual, Mens and Ladies Results**

Best 5 results from 7 races, no minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile	Race 2 Sudbury 5 Mile	Race 3 Stowmarket Half Marathon	Race 4 Ipswich 5 Mile	Race 5 Newmarket 10K	Race 6 Lowestoft Scores	Race 7 Thurlow 10 Mile	TOTAL
17	Joaquim Monteiro	Haverhill Running Club					97			97
18	Rob Mawson	Framlingham Flyers					96			96
19	Richard Soer	Saint Edmund Pacers				94				94
20	Wyn Jones	Felixstowe RRC				92				92
21	Charlie Stannett	Ipswich Triathlon Club				90				90
22	Graham Page	Saint Edmund Pacers				89				89
Male Master 60										
1	Raymond Hill	Ipswich JAFFA RC			100	100				200
2	Charles Shoolbred	Newmarket Joggers	98				100			198
3	Jonathan Price	Sudbury Joggers				98		99		197
4	Peter Edmunds	Bungay Black Dog RC						100		100
5	Bill Kingaby	Waveney Valley AC	100							100
6	John Turnbull	Hadleigh Hares A.C.		100						100
7	Roger Brand	Saint Edmund Pacers					99			99
8	Peter Mills	Stowmarket Striders RC				99				99
9	Mike Munson	Stowmarket Striders RC			99					99
10	John Squirrell	Stowmarket Striders RC	99							99
11	Stephen Morley	Brandon Fern Hoppers					98			98
12	Phillip Neave	Bungay Black Dog RC						98		98
13	Michael Stollery	The Saxons	97							97
14	Christopher Cook	Saint Edmund Pacers	96							96
15	Frank Moggan	Stowmarket Striders RC				96				96
16	David Taylor	Framlingham Flyers				95				95
17	Chris Cox	Saint Edmund Pacers				94				94
18	David Coley	Ipswich JAFFA RC				93				93
Male Master 65+										
1	Roger Hobson	Woodbridge Shufflers RC			100	100	99	100		399
2	Phillip Nutley	St Edmund Pacers		99		99	97			295
3	Terry Braverman	Haverhill Running Club	99				96			195
4	David Cheese	Newmarket Joggers					100			100
5	Ron McCullough	Ipswich JAFFA RC	100							100
6	Brian West	Sudbury Joggers AC		100						100
7	Mike Deacon	Felixstowe RRC				98				98
8	Lester Pearson	Diss & District AC	98							98
9	Graham Sampson	Bungay Black Dog RC					98			98
10	David Peck	Newmarket Triathlon Club					95			95