

**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
<b>Female Senior</b>										
1	Emily Gooderham	Saint Edmund Pacers	99	100		98	98	100		495
2	Michelle Barnes	Newmarket Joggers	94	98		85	92			369
3	Jessie Gooderham	Saint Edmund Pacers				92	97		99	288
4	Sarah Pennock	Sudbury Joggers AC	95			88	91			274
5	Rachel Bodsworth	Hadleigh Hares AC	97	99						196
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	Susie Covey	Haverhill Running Club							100	100
13	Rebecca Jordan	Stowmarket Striders RC	100							100
14	Maxine Lane	Newmarket Cycling and Triathlon Club					100			100
15	Faye Ellis	Bungay Black Dog RC						99		99
16	Chloe Jennings	Saint Edmund Pacers					99			99
17	Emma Watts	Saint Edmund Pacers				99				99
18	Laura Hicks	Stowmarket Striders RC	98							98
19	Karla Read	Felixstowe Road Runners						98		98
20	Louise Johnson	Ipswich JAFFA RC				97				97
21	Jennifer Devaney	Stowmarket Striders RC				96				96
22	Sian-Marie Lucas	Haverhill Running Club					96			96
23	Wendy McLaughlin	Newmarket Joggers					95			95
24	Jayne Wright	Framlingham Flyers				95				95
25	Juliette Hodges	Ipswich JAFFA RC				94				94
26	Sophie Hope	Stowmarket Striders RC					94			94
27	Siobhan Dockerill	Haverhill Running Club					93			93
28	Hannah Hine	Ipswich Harriers				93				93
29	Naomi Edwards	Saint Edmund Pacers				91				91
30	Kayleigh Chenery	Ipswich JAFFA RC				90				90
31	Sam Metcalfe	Stowmarket Striders RC					90			90
32	Rachael Hamblyn	Ipswich JAFFA RC				89				89
33	Zoe Chapman	Haverhill Running Club					88			88
34	Helen Finegan	Felixstowe RRC				86				86
35	Sarah Severwright	Felixstowe RRC				84				84
36	Jayne Burman	Felixstowe RRC				82				82
<b>Female Master 35</b>										
1	Alex Smith	Stowmarket Striders RC	96		98	99	100		100	493
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	Melissa Clarke	Saint Edmund Pacers							99	99
6	Abby Gaeta	Ipswich JAFFA RC	99							99
7	Sarah Hanlon	Framlingham Flyers			99					99
8	Corinna Hussey	Hadleigh Hares AC	97							97
9	Hazel Kurz	Felixstowe RRC			97					97
10	Anna Smith	Stowmarket Striders RC				97				97
11	Caroline Stafford	Felixstowe RRC				96				96
12	Frances Wakeling	Stowmarket Striders RC			96					96
13	Jacqui Howes	Capel Cheetahs				95				95
14	Emma Lucas	Stowmarket Striders RC			95					95
15	Liz Long	Felixstowe RRC				94				94
16	Claire Bardsley	Stowmarket Striders RC				93				93
<b>Female Master 40</b>										
1	Odette Robson	St Edmund Pacers		100	100	100	100	100		500
2	Lesley Euston	St Edmund Pacers		96		91	96	98	98	479
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	Nicola Vaughan	Haverhill Running Club	95				93		95	283
7	Sarah Vick	The Saxons				98		99		197
8	Kym Cromarty	Haverhill Running Club					97		97	194
9	Lorraine Mills	Stowmarket Striders	96		96					192
10	Jane Skoulding	Stowmarket Striders RC				89	94			183
11	Alison Couldry	Haverhill Running Club							100	100
12	Jayne Williams	Ipswich JAFFA RC	100							100
13	Natalia Allen	Newmarket Joggers					99			99
14	Jill Bunch	Haverhill Running Club							99	99
15	Angie Joiner-Handy	Saint Edmund Pacers	99							99
16	Fiona Mumford	Sudbury Joggers AC		99						99

**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	Becky Overy-Owen	Woodbridge Shufflers RC			99					99
18	Pauline Adams	Ipswich JAFFA RC		98						98
19	Alison Myles	Ipswich JAFFA RC		97						97
20	Becky Sturgeon	Bungay Black Dog RC						97		97
21	Emma Yarrow	Stowmarket Striders	97							97
22	Cartherine Abbott	Stowmarket Striders RC							96	96
23	Sandra Bumphrey	Capel Cheetahs				96				96
24	Suzanne Heath	Ipswich JAFFA RC				95				95
25	Anja Scaife	Hadleigh Hares A.C.		95						95
26	Paula Coleman	Stowmarket Striders			94					94
27	Claire Foxhall	Capel Cheetahs				94				94
28	Michelle Jarrett	Ipswich JAFFA RC		94						94
29	Lisa Spence	Haverhill Running Club							94	94
30	Kathryn Gerry	Woodbridge Shufflers RRC				93				93
31	Theresa Jones	Haverhill Running Club							93	93
32	Lisa Bond	Ipswich JAFFA RC				92				92
33	Jo Dickinson	Felixstowe RRC				88				88
<b>Female Master 45</b>										
1	Susan Bloomfield	Stowmarket Striders RC	93		97	91	95		98	474
2	Jo Parden	Framlingham Flyers	94		99	92	98			383
3	Mary Narey	Stowmarket Striders RC	97			96			100	293
4	Dee St-Ledger	Sudbury Joggers AC		100		95	97			292
5	Val Jennings	Ipswich JAFFA RC	100			100				200
6	Sarah Golding	Saint Edmund Pacers			100	99				199
7	Sil Clay	Haverhill Running Club					99		99	198
8	Shirley Fowler	Haverhill Running Club					96		97	193
9	Amanda Martin	Saint Edmund Pacers	95			97				192
10	Sara Bloor	The Saxons						100		100
11	Claire Hoblyn	Saint Edmund Pacers					100			100
12	Haley Suttle	Stowmarket Striders	99							99
13	Michelle Constable	Ipswich Triathlon Club				98				98
14	Karen Gedge	Bungay Black Dog RC			98					98
15	Penny Waggott	Stowmarket Striders	98							98
16	Tina Belsom	Stowmarket Striders RC							96	96
17	Julia Jepson	Saint Edmund Pacers	96							96
18	Andrea Friend	Stowmarket Striders RC							95	95
19	Rebecca Clare	Woodbridge Shufflers RRC				94				94
20	Tracy North	Haverhill Running Club					94			94
21	Bee Chapman	Newmarket Joggers				93				93
22	Sarah Jarvis	Haverhill Running Club					93			93
23	Angela Burdett	Stowmarket Striders	92							92
24	Teresa Franklin	Haverhill Running Club	91							91
25	Annabel Bennett	Felixstowe RRC				90				90
26	Alison Darke	Haverhill Running Club	90							90
27	Jenny Jarrett	Felixstowe RRC				89				89
28	Kirsty Weavers	Saint Edmund Pacers	89							89
29	Liz Capasso	Ipswich Triathlon Club				88				88
30	Deborah Chappell	Framlingham Flyers				87				87
31	Eloise Bird	Saint Edmund Pacers				86				86
32	Mandy Spurgeon	Framlingham Flyers				85				85
33	Cindi Speedman	Framlingham Flyers				84				84
<b>Female Master 50</b>										
1	Bobbie Sauerzapf	Bungay Black Dog RC		99	100	99	100	99	99	497
2	Angela Whiting	Stowmarket Striders RC	99		98	97	99		97	490
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	Sue Turley	West Suffolk A.C.							100	100
11	Dawn Marshall	Saint Edmund Pacers			99					99
12	Karen Hatton	Saint Edmund Pacers				98				98
13	Gill James	Hadleigh Hares A.C.		98						98
14	Lynda McCormack	Newmarket Joggers							98	98
15	Jackie Wareham	Haverhill Running Club	98							98
16	Wendy Hughes	Stowmarket Striders RC	97							97
17	Belinda Godbold	Ipswich JAFFA RC				96				96
18	Jacqueline Delf	Newmarket Joggers	95							95
19	Frances Saville	Stowmarket Striders RC				95				95
20	Debbie McDowall	Stowmarket Striders RC	94							94
21	Maggie Flatt	Bungay Black Dog Running Club				93				93

**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
<b>Female Master 55</b>										
1	Belinda Schofield	Newmarket Joggers	100						100	200
2	Cheryl Trundle	Haverhill Running Club	99				100			199
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
<b>Female Master 60</b>										
1	Mary Marsh	Newmarket Joggers							100	100
2	Pat Partridge	St Edmund Pacers		100						100
3	Sheila Shead	Newmarket Cycling and Triathlon Club	100							100
4	Vivienne Taylor	Framlingham Flyers				100				100
<b>Female Master 65+</b>										
1	Maureen Wright	Ipswich JAFFA RC				100				100
2	Wendy Merfield	The Saxons				99				99
<b>Male Senior</b>										
1	Scott Williams	Stowmarket Striders RC	93		93	85	96	96	98	476
2	Ian Elden	Haverhill Running Club	85	97	90	72	89	93	95	464
3	Thomas White	Saint Edmund Pacers	94			91	99	98		382
4	Matthew Spencer	Ipswich JAFFA RC	100		100	100				300
5	Stewart White	Saint Edmund Pacers	86			77			96	259
6	Chris Eyre	Newmarket Joggers	83	96		68				247
7	Alan Cooney	The Saxons	99			99				198
8	John Scaife	Hadleigh Hares A.C.		100		96				196
9	Tom Cresswell	Sudbury Joggers AC		98		93				191
10	James Briggs	Haverhill Running Club					87		93	180
11	Robin Harper	Felixstowe RRC			92	86				178
12	Tim Larke	Stowmarket Striders RC	90			88				178
13	Jem Smith	Sudbury Joggers			91	87				178
14	Matt Hunter	Hadleigh Hares AC	88			89				177
15	Paul Brand	Saint Edmund Pacers	82				91			173
16	Derek Hood	Ipswich JAFFA RC		95		70				165
17	James Hayward	Stowmarket Striders RC	81		81					162
18	John Craddock	Stowmarket Striders RC			85	76				161
19	Jason Allard	Stowmarket Striders RC	84			75				159
20	Matt Tomkins	Stowmarket Striders RC				64	88			152
21	Ton Ames	Stowmarket Striders RC							100	100
22	Martin Gear	Newmarket Joggers					100			100
23	Ted Oldman	Bungay Black Dog RC						100		100
24	Pete Davy	Sudbury Joggers AC		99						99
25	Ben Jay	Newmarket Joggers							99	99
26	Robert Kett	Stowmarket Striders RC			99					99
27	Kieran McMorrان	Bungay Black Dog RC						99		99
28	Tom Kingsnorth	Saint Edmund Pacers					98			98
29	Jim Last	Framlingham Flyers				98				98
30	Will Law	The Saxons	98							98
31	Gary Thompson	Ipswich JAFFA RC			98					98
32	Paul Game	Haverhill Running Club	97							97
33	David Grover	Newmarket Cycling and Triathlon Club					97			97
34	Jonathan Ling	Ipswich JAFFA RC				97				97
35	James Maycock	Bungay Black Dog RC			97					97
36	Chris Perry	Saint Edmund Pacers							97	97
37	Chris Pimlott	Waveney Valley AC						97		97
38	Mark Hayward	Stowmarket Striders RC	96							96
39	Damian Hinchcliffe	Stowmarket Striders RC			96					96
40	Simon Blackburn	Bungay Black Dog RC						95		95
41	Trevor Bunch	Haverhill Running Club					95			95
42	Thomas Jarrett	Ipswich JAFFA RC	95							95
43	Peter Kerry	Ipswich Triathlon Club				95				95
44	Sam Sadler	Newmarket Joggers			95					95
45	Jeff Almeida-King	Newmarket Joggers					94			94
46	Jon Comyn	Waveney Valley AC						94		94
47	Simon Harris	Newmarket Joggers			94					94
48	Daniel Jones	Haverhill Running Club							94	94
49	Nick Palmer	Stowmarket Striders RC				94				94
50	Douglas Hobson	Woodbridge Shufflers RRC					93			93
51	Dave Beighton	Saint Edmund Pacers					92			92
52	Ben Caisey	Ipswich Triathlon Club				92				92
53	Graham Dixon	Haverhill Running Club							92	92
54	Carl Thompson	Ipswich JAFFA RC	92							92
55	Seamus Wrigley	Waveney Valley AC						92		92

**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
56	Stuart Lawn	Bungay Black Dog RC						91		91
57	Stuart Shepherd	Haverhill Running Club							91	91
58	Michael Toop	Ipswich JAFFA RC	91							91
59	Carl Ashton	Ipswich JAFFA RC				90				90
60	Adam Seymour	Saint Edmund Pacers					90			90
61	Jake Wright	The Saxons						90		90
62	Jordan Beaumont	Ipswich JAFFA RC	89							89
63	Graham Paul Thoma	Stowmarket Striders RC			89					89
64	Sam Metcalfe	Bungay Black Dog RC			88					88
65	Neil Catley	Felixstowe RRC			87					87
66	Dan Wood	Ipswich JAFFA RC	87							87
67	Sam Tillotson	Stowmarket Striders RC			86					86
68	Antonio Capasso	Ipswich Harriers				84				84
69	Daniel Selfe	Stowmarket Striders RC			84					84
70	Jack Tappin	Haverhill Running Club			83					83
71	Neil Williamson	Newmarket Joggers				83				83
72	Glen Curtis	Ipswich Triathlon Club			82					82
73	Benjamin Cuthbert	Sudbury Joggers				82				82
74	Peter Bird	Saint Edmund Pacers				81				81
75	Sam Brooke	Felixstowe RRC				80				80
76	Luke Whitwell	Felixstowe RRC				79				79
77	Lee Markham	Woodbridge Shufflers RRC				78				78
78	Ben Parker	Felixstowe RRC				74				74
79	Matthew Last	Felixstowe RRC				73				73
80	Nik Chapman	Newmarket Joggers				71				71
81	Neal Bassett	Stowmarket Striders RC				69				69
82	Matthew Eveleigh	Stowmarket Striders RC				67				67
83	George Lankester	Ipswich JAFFA RC				66				66
84	Stuart Hunt	Hadleigh Hares AC				65				65
85	Matt Howe	Felixstowe RRC				63				63
86	Carl Fitch	Ipswich JAFFA RC				62				62
87	Ryan Edwards	Saint Edmund Pacers				61				61
<b>Male Master 40</b>										
1	Lee Morgan	Ipswich Triathlon Club	100	100	100	98	100			498
2	Mark White	Haverhill Running Club	95			87	98	100	99	479
3	Jim Comber	Sudbury Joggers AC	94	98	92	90	97		93	474
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	Vince Webb	Saint Edmund Pacers	93						96	189
9	Darren Cornell	Haverhill Running Club					91		95	186
10	Mark Goodwin	Felixstowe RRC			96	88				184
11	Simon Wiggins	Felixstowe RRC			90	86				176
12	Roger Aldis	Stowmarket Striders RC				100				100
13	Alex Cairns	Newmarket Joggers							100	100
14	Andy Glass	Sudbury Joggers			99					99
15	Mark Furnace	Ipswich JAFFA RC	99							99
16	Michael Nelhams	Stowmarket Striders RC			98					98
17	Nicholas Kirkham	Haverhill Running Club							98	98
18	John Thorpe	Ipswich JAFFA RC				97				97
19	John Waterson	Saint Edmund Pacers							97	97
20	John Greener	Saint Edmund Pacers				95				95
21	Nigel Harrison	Ipswich JAFFA RC			95					95
22	Glenn Warren	Framlingham Flyers					95			95
23	Darrel Buckley	Haverhill Running Club							94	94
24	Richard Nash	Stowmarket Striders RC			94					94
25	Horace Shuriah	Haverhill Running Club					94			94
26	Roy Fulcher	Stowmarket Striders RC			93					93
27	Ian Milligan	Saint Edmund Pacers				93				93
28	Mark Skoulding	Stowmarket Striders RC					93			93
29	Ben Blowes	Newmarket Joggers				92				92
30	Glenn Proctor	Stowmarket Striders RC					92			92
31	Jason Walker	Stowmarket Striders RC	92							92
32	Steve Brooke	Felixstowe RRC				91				91
33	Stuart Spencer	Bungay Black Dog RC			91					91
34	Alexander Das	Stowmarket Striders RC					90			90
35	Neil Martin	Stowmarket Striders RC			89					89
36	Dominic Turner	Sudbury Joggers AC					89			89
37	Michael Lowther	Newmarket Triathlon Club					88			88
38	Chris Brant	Haverhill Running Club					87			87
39	Jeremy Smith	Ipswich Harriers				85				85
40	Andrew Smith	Saint Edmund Pacers				84				84
41	Steve Mowles	Felixstowe RRC				83				83

**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
42	Stephen Prior	Capel Cheetahs				82				82
<b>Male Master 45</b>										
1	Tony Roberts	Woodbridge Shufflers RC			97	96	96	100	99	488
2	Chris Chorley	Bungay Black Dog		100	96	93	97	97	96	486
3	Stephen Hatten	Saint Edmund Pacers	95	99	95	91	98	99	94	486
4	Ian Gooderham	Saint Edmund Pacers		98	93	89	99		93	472
5	Jamie Randall	Haverhill Running Club	94			88	95	98	97	472
6	Martin Fuller	Felixstowe Road Runners	92		89	77	86	94		438
7	Kevin Bird	Stowmarket Striders RC	96		92				95	283
8	Ian St-Ledger	Sudbury Joggers AC		97		81	89			267
9	Paul Nickells	Woodbridge Shufflers RC	100			100				200
10	Paul Brown	Framlingham Flyers	98			97				195
11	Andrew Buck	Sudbury Joggers AC	97		98					195
12	Rod Prime	Ipswich JAFFA RC			94	95				189
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	Lawrence Martin	Haverhill Running Club							100	100
19	James Manning	Saint Edmund Pacers	99							99
20	Adrian Peake	Ipswich JAFFA RC				99				99
21	Dave Solomon	Felixstowe Road Runners			99					99
22	Julian Grubb	Haverhill Running Club							98	98
23	Chris Tye	Ipswich Triathlon Club				98				98
24	Stephen Oldman	Bungay Black Dog RC						96		96
25	Daren Allen	Ipswich Triathlon Club					94			94
26	Adrian Goode	Ipswich Harriers				94				94
27	Simon Whalley	Saint Edmund Pacers					93			93
28	Philip Brown	Saint Edmund Pacers					92			92
29	Stephen Curran	Woodbridge Shufflers RRC				92				92
30	Neil Darracott	Haverhill Running Club							92	92
31	Stephen Reyes	Haverhill Running Club					91			91
32	Iain Catchpool	Ipswich JAFFA RC				90				90
33	Nigel Dadge	Felixstowe Road Runners			90					90
34	Michele Capasso	Ipswich Triathlon Club				87				87
35	Peter Rogers	Haverhill Running Club					87			87
36	Brian Airlie	Hadleigh Hares AC				86				86
37	Adrian Kite	Ipswich JAFFA RC				85				85
38	Justin Rabett	Saint Edmund Pacers				84				84
39	Mark Lankester	Ipswich JAFFA RC				83				83
40	Robert Tillyard	Saint Edmund Pacers				82				82
41	Harry Smith	Stowmarket Striders RC				80				80
42	Tony Bradfird	Woodbridge Shufflers RRC				79				79
43	David Lampard	Felixstowe RRC				78				78
<b>Male Master 50</b>										
1	Russel Breyer	Ipswich Triathlon Club	99	99	99		99	99	98	495
2	David Reid	Stowmarket Striders RC	97	97	95	87	95	95		479
3	Yusuf Firat	Haverhill Running Club	98	98			98		97	391
4	Robin Belsom	Ipswich JAFFA RC				98	100		99	297
5	Simon Haffenden	Haverhill Running Club	96				94		93	283
6	David Chapman	Sudbury Joggers AC	95			90	96			281
7	Greg Davis	Newmarket Joggers	100						100	200
8	Stuart Green	Stowmarket Striders		100		97				197
9	David Waterman	Bungay Black Dog RC						96	95	191
10	Gary Garnham	Ipswich JAFFA RC			97	93				190
11	Glen Harvey	Bildeston Bounders AC			98	91				189
12	Richard Smith	Felixstowe Road Runners	93			84				177
13	Alistair Dick	Ipswich JAFFA RC			100					100
14	Richard Rhodes	Bungay Black Dog RC						100		100
15	Chris Starmer	Stowmarket Striders RC				99				99
16	Wayne Freeman	Waveney Valley AC						98		98
17	Micky Green	Saint Edmund Pacers					97			97
18	Paul Harrold	Waveney Valley AC						97		97
19	Neil Anthony	West Suffolk A.C.		96						96
20	Hil Jennings	Stowmarket Striders			96					96
21	Steve Miller	Haverhill Running Club							96	96
22	Mark Watts	Saint Edmund Pacers				96				96
23	Alan Jackson	Ipswich JAFFA RC				95				95
24	Tony Adolphus	Ipswich JAFFA RC	94							94
25	Duncan Chenery	Ipswich JAFFA RC				94				94
26	David Daniels	Stowmarket Striders RC							94	94
27	Douglas Gladwin	Bungay Black Dog RC			94					94

**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
28	Bob Jack	Bungay Black Dog RC					93			93
29	Joe Naughton	Stowmarket Striders			93					93
30	Paul Schwer	Felixstowe RRC				92				92
31	Alex Morrison	Ipswich JAFFA RC				89				89
32	Gary Taylor	Woodbridge Shufflers RRC				88				88
33	Andrew Leather	Ipswich JAFFA RC				86				86
34	Tim Long	Ipswich JAFFA RC				85				85
35	Tim Finegan	Felixstowe RRC				83				83
36	Andy Wooden	Felixstowe RRC				82				82
<b>Male Master 55</b>										
1	Stephen Pretty	Stowmarket Striders RC			99	98		100	100	397
2	Ker Macrosson	Ipswich JAFFA RC			100	99	99			298
3	Mon Lee	Ipswich JAFFA RC	96			93	95			284
4	Clive Purbrook	Newmarket Joggers	100						99	199
5	Joaquim Monteiro	Haverhill Running Club					97		98	195
6	Stephen Williams	Saint Edmund Pacers				96	98			194
7	Rob Clayton	Felixstowe RRC			98	95				193
8	Philip Jarvis	Haverhill Running Club	95				94			189
9	Keith Borrett	Stowmarket Striders	97			91				188
10	Terry Back	Ipswich JAFFA RC					100			100
11	Neville Clarke	Newmarket Joggers				100				100
12	Fred Boggis	Woodbridge Shufflers	99							99
13	David Mowor	Waveney Valley AC						99		99
14	David Punt	Bungay Black Dog RC	98							98
15	Mark Wright	The Saxons						98		98
16	Richard Farnworth	Felixstowe RRC			97					97
17	Chriss Gladwell	Stowmarket Striders RC							97	97
18	Clive Geoffrey	Ipswich JAFFA RC				97				97
19	Rob Mawson	Framlingham Flyers					96			96
20	Richard Soer	Saint Edmund Pacers				94				94
21	Wyn Jones	Felixstowe RRC				92				92
22	Charlie Stannett	Ipswich Triathlon Club				90				90
23	Graham Page	Saint Edmund Pacers				89				89
<b>Male Master 60</b>										
1	Raymond Hill	Ipswich JAFFA RC			100	100			100	300
2	Charles Shoobred	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	David Greenham	Haverhill Running Club							99	99
9	Peter Mills	Stowmarket Striders RC				99				99
10	Mike Munson	Stowmarket Striders RC			99					99
11	John Squirrell	Stowmarket Striders RC	99							99
12	Stephen Morley	Brandon Fern Hoppers					98			98
13	Philip Neave	Bungay Black Dog RC						98		98
14	Michael Stollery	The Saxons	97							97
15	Christopher Cook	Saint Edmund Pacers	96							96
16	Frank Moggan	Stowmarket Striders RC				96				96
17	David Taylor	Framlingham Flyers				95				95
18	Chris Cox	Saint Edmund Pacers				94				94
19	David Coley	Ipswich JAFFA RC				93				93
<b>Male Master 65+</b>										
1	Roger Hobson	Woodbridge Shufflers RC			100	100	99	100		399
2	Phillip Nutley	St Edmund Pacers		99		99	97			295
3	David Cheese	Newmarket Joggers					100		99	199
4	Terry Braverman	Haverhill Running Club	99				96			195
5	Ron Ames	Stowmarket Striders RC							100	100
6	Ron McCullough	Ipswich JAFFA RC	100							100
7	Brian West	Sudbury Joggers AC		100						100
8	Mike Deacon	Felixstowe RRC				98				98
9	Lester Pearson	Diss & District AC	98							98
10	Graham Sampson	Bungay Black Dog RC					98			98
11	David Peck	Newmarket Triathlon Club					95			95