

Suffolk County Athletic Association  
2015 Grand Prix Series  
Individual Results

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**  
**GRAND PRIX 2015**  
**Individual, Mens and Ladies Results**

Best 5 results will score towards the series. No minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurlow 5 Mile 18/10/2015	Race 8 Thurlow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
<b>Female Senior</b>												
1	Sian-Marie Lucas	Haverhill Running Club	97	0	98	100	99	100	100	0		497
2	Charlotte Acheson	Haverhill Running Club	0	94	89	92	95	95	99	0		475
3	Hayley Brodrick	Haverhill Running Club	86	0	83	86	94	88	0	99		453
4	Gemma Porch	Stowmarket Striders RC	0	0	87	95	98	96	0	0		376
5	Emily Gooderham	Saint Edmund Pacers	96	0	93	99	0	0	0	0		288
6	Jessie Gooderham	Saint Edmund Pacers	0	97	0	94	97	0	0	0		288
7	Jayne Burman	Felixstowe Road Runners	91	0	85	89	0	0	0	0		265
8	Anneli Ostler	Felixstowe Road Runners	0	93	0	82	0	84	0	0		259
9	Pippa Cresdee	Ipswich JAFFA	89	0	84	85	0	0	0	0		258
10	Nicky Chapman	Newmarket Joggers	0	100	0	0	0	98	0	0		198
11	Isobel Renn	Ipswich JAFFA	98	0	100	0	0	0	0	0		198
12	Lucy Sheehan	Felixstowe Road Runners	0	98	0	97	0	0	0	0		195
13	Sarah Miller	Haverhill Running Club	0	0	0	0	0	94	0	100		194
14	Laura Hicks	Stowmarket Striders	95	0	96	0	0	0	0	0		191
15	Kirsty Morgan	Ipswich JAFFA	0	0	94	0	0	97	0	0		191
16	Kirsty Millard	Haverhill Running Club	94	0	0	96	0	0	0	0		190
17	Emma Mortimer	Ipswich JAFFA RC	0	0	91	98	0	0	0	0		189
18	Lynsey Chenery	Ipswich JAFFA RC	0	0	0	91	96	0	0	0		187
19	Georgia Garvin	Ipswich JAFFA	0	0	97	0	0	86	0	0		183
20	Michelle Hewitt	Framlingham Flyers	0	0	0	87	93	0	0	0		180
21	Melanie Catten	Haverhill Running Club	0	0	86	0	0	91	0	0		177
22	Jordan Barfield	Haverhill Running Club	85	0	0	77	0	0	0	0		162
23	Sarah Severwright	Felixstowe Road Runners	0	0	81	81	0	0	0	0		162
24	Nicole Bailey	Haverhill Running Club	0	0	82	79	0	0	0	0		161
25	Rose Nicholson	Waveney Valley AC	0	0	0	0	100	0	0	0		100
26	Laura Thomas	Ipswich JAFFA	100	0	0	0	0	0	0	0		100
27	Elisa Bostock	Hadleigh Hares AC	0	0	99	0	0	0	0	0		99
28	Grainne Brennan	Newmarket Joggers	0	0	0	0	0	99	0	0		99
29	Michelle Gordon	Felixstowe Road Runners	0	99	0	0	0	0	0	0		99
30	Victoria Kenny	Hadleigh Hares AC	99	0	0	0	0	0	0	0		99
31	Louise Cousins	Haverhill Running Club	0	0	0	0	0	0	0	98		98
32	Gemma Irvine	Newmarket Cycling & Triathlon	0	0	0	0	0	0	98	0		98
33	Charlotte Stanley	Haverhill Running Club	0	0	0	0	0	0	97	0		97
34	Bridget Shaw	Bungay Black Dog RC	0	96	0	0	0	0	0	0		96
35	Davina Greenwell	Hadleigh Hares AC	0	0	95	0	0	0	0	0		95
36	Victoria Pearson	Woodbridge Shufflers	0	95	0	0	0	0	0	0		95
37	Kate Adams	Newmarket Joggers	93	0	0	0	0	0	0	0		93
38	Katie Peake	Ipswich Jaffa RC	0	0	0	0	0	93	0	0		93
39	Louise Webb	Saint Edmund Pacers	0	0	0	93	0	0	0	0		93
40	Sian Abbott	Ipswich Jaffa RC	0	0	0	0	0	92	0	0		92
41	Siobhan Dockerill	Haverhill Running Club	0	0	92	0	0	0	0	0		92
42	Alice Kirk	Bungay Black Dog RC	92	0	0	0	0	0	0	0		92
43	Doris Wilmont	Framlingham Flyers	0	0	0	0	92	0	0	0		92
44	Laura Button	Bungay Black Dog RC	0	0	0	0	91	0	0	0		91
45	Emma Attwood	Stowmarket Striders RC	0	0	0	90	0	0	0	0		90
46	Chloe Jennings	Saint Edmund Pacers	0	0	0	0	0	90	0	0		90
47	Karen Martin	Haverhill Running Club	0	0	90	0	0	0	0	0		90
48	Lena Wright	Haverhill Running Club	90	0	0	0	0	0	0	0		90
49	Elaine Mann	Hadleigh Hares AC	0	0	0	0	0	89	0	0		89
50	Charlie Hopkinson	Saint Edmund Pacers	88	0	0	0	0	0	0	0		88
51	Claire Reach	Stowmarket Striders RC	0	0	0	88	0	0	0	0		88
52	Kirsty Thorndyke	Ipswich Harriers	0	0	88	0	0	0	0	0		88
53	Bianca Burman	Sudbury Joggers AC	87	0	0	0	0	0	0	0		87
54	Laura Woods	Stowmarket Striders RC	0	0	0	0	0	87	0	0		87
55	Kelly Mann	Ipswich Jaffa RC	0	0	0	0	0	85	0	0		85
56	Michaela Kadanikova	Ipswich JAFFA RC	0	0	0	84	0	0	0	0		84
57	Kathryn Ross	Sudbury Joggers AC	84	0	0	0	0	0	0	0		84
58	Joanne Harper	Felixstowe RRC	0	0	0	83	0	0	0	0		83
59	Karen Hinton	Stowmarket Striders RC	0	0	0	0	0	83	0	0		83
60	Sarah Cousins	Woodbridge Shufflers RC	0	0	80	0	0	0	0	0		80
61	Jessica Thorpe	Stowmarket Striders RC	0	0	0	80	0	0	0	0		80
62	Kate Long	Felixstowe Road Runners	0	0	79	0	0	0	0	79		79
63	Kerry Elmer	Stowmarket Striders RC	0	0	0	78	0	0	0	0		78
64	Carla Wiggins	Felixstowe RRC	0	0	0	76	0	0	0	0		76
65	Emily Tricker	Stowmarket Striders RC	0	0	0	75	0	0	0	0		75
66	Emma Bailey	Felixstowe RRC	0	0	0	74	0	0	0	0		74
<b>F35</b>												
1	Katrina Rigby	Hadleigh Hares AC	98	0	0	96	100	94	100	0		488
2	Dawn Dixon	Haverhill Running Club	90	0	95	86	94	90	98	0		467
3	Janet Symonds	Haverhill Running Club	91	0	96	87	0	91	0	100		465
4	Rachel Bodsworth	Hadleigh Hares AC	99	0	98	97	0	0	0	0		391
5	Rebecca Langford	Waveney Valley AC	0	99	0	0	99	0	0	0		198
6	Ruth Palmer	Saint Edmund Pacers	0	0	0	99	0	0	99	0		198
7	Vicky McTaggart	Woodbridge Shufflers RC	0	0	100	0	0	97	0	0		197
8	Natalie Chu	Ipswich JAFFA RC	0	0	0	98	0	95	0	0		193
9	Amanda Dunn	Hadleigh Hares AC	97	0	0	94	0	0	0	0		191
10	Hayley Harper	Ipswich JAFFA	96	0	0	93	0	0	0	0		189
11	Eispath Gilmour	Framlingham Flyers	0	0	0	91	96	0	0	0		187
12	Sarah Pennock	Sudbury Joggers AC	95	0	0	89	0	0	0	0		184
13	Carol Kemp	Felixstowe RRC	0	0	0	90	0	93	0	0		183
14	Helen Davies	Ipswich Jaffa RC	0	0	0	0	0	100	0	0		100
15	Tamara Jordan	Stowmarket Striders	100	0	0	0	0	0	0	0		100
16	Sabrina Norton	Bungay Black Dog RC	0	100	0	0	0	0	0	0		100
17	Mel Sherman	Ipswich JAFFA RC	0	0	0	100	0	0	0	0		100
18	Elise Daykin-Colombel	Ipswich JAFFA	0	0	99	0	0	0	0	0		99
19	Abby Gaeta	Ipswich Jaffa RC	0	0	0	0	0	99	0	0		99
20	Samantha Banks	Ipswich Jaffa RC	0	0	0	0	0	98	0	0		98
21	Jayne Wright	Framlingham Flyers	0	0	0	0	98	0	0	0		98
22	Cheryl Claydon	Haverhill Running Club	0	0	0	0	0	0	97	0		97
23	Samantha Linassi	Ipswich JAFFA	0	0	97	0	0	0	0	0		97
24	Jennifer Wright	Ipswich Jaffa RC	0	0	0	0	0	96	0	0		96
25	Jenny Alton	Saint Edmund Pacers	0	0	0	95	0	0	0	0		95
26	Annabel Leech	Woodbridge Shufflers RC	0	0	0	0	95	0	0	0		95
27	Charlotte Richardson	Ipswich JAFFA	0	0	94	0	0	0	0	0		94
28	Stephanie Whyte	Bungay Black Dog RC	94	0	0	0	0	0	0	0		94
29	Cherilyn Lane	Haverhill Running Club	93	0	0	0	0	0	0	0		93

Suffolk County Athletic Association  
2015 Grand Prix Series  
Individual Results

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**  
**GRAND PRIX 2015**  
**Individual, Mens and Ladies Results**

Best 5 results will score towards the series. No minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurlow 5 Mile 18/10/2015	Race 8 Thurlow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
30	Jo Harris	Capel Cheetahs	0	0	0	0	0	92	0	0		92
31	Carol Le Roy	Haverhill Running Club	0	0	0	92	0	0	0	0		92
32	Donna Talbot	Saint Edmund Pacers	92	0	0	0	0	0	0	0		92
33	Emily Barclay	Bungay Black Dog RC	89	0	0	0	0	0	0	0		89
34	Zoe Chapman	Haverhill Running Club	88	0	0	0	0	0	0	0		88
35	Jennifer Devaney	Stowmarket Striders RC	0	0	0	88	0	0	0	0		88
<b>F40</b>												
1	Odette Robson	Saint Edmund Pacers	0	100	0	100	100	100	0	100		500
2	Mary-Ann Moseley	Haverhill Running Club	0	98	100	98	99	0	100	0		495
3	Catherine Belsom	Stowmarket Striders RC	97	0	97	0	98	97	0	0		389
4	Suzanne Heath	Ipswich JAFFA	99	0	98	96	0	0	0	0		293
5	Liz Beighton	Stowmarket Striders RC	0	91	91	0	96	0	0	0		278
6	Marianne Hedge	Felixstowe Road Runners	0	0	89	90	0	91	0	0		270
7	Tina Church	The Saxons	0	0	86	87	94	0	0	0		267
8	Becky Overy-Owen	Woodbridge Shufflers RC	0	0	99	0	0	99	0	0		198
9	Melody-Anne Neville	Stowmarket Striders RC	0	0	0	97	97	0	0	0		194
10	Sandra Bumphrey	Capel Cheetahs	0	0	0	95	0	96	0	0		191
11	Kate Woodridge	Ipswich JAFFA	0	0	93	0	0	98	0	0		191
12	Corinna Hussey	Hadleigh Hares AC	98	0	92	0	0	0	0	0		190
13	Carolynn Anderson	Newmarket Joggers	96	0	0	92	0	0	0	0		188
14	Anna Smith	Stowmarket Striders RC	0	0	94	93	0	0	0	0		187
15	Alison Leech	Stowmarket Striders RC	0	0	87	0	95	0	0	0		182
16	Sharon Breward	Sudbury Joggers AC	90	0	0	86	0	0	0	0		176
17	Hannah Wood	Ipswich JAFFA	100	0	0	0	0	0	0	0		100
18	Jacquelyn Cobbold	Hadleigh Hares AC	0	0	0	0	0	0	0	99		99
19	Alison Coudry	Haverhill Running Club	0	99	0	0	0	0	0	0		99
20	Ursula Ransom	Newmarket Joggers	0	0	0	99	0	0	0	0		99
21	Fiona Short	Haverhill Running Club	0	0	0	0	0	0	99	0		99
22	Sandra Webb	Saint Edmund Pacers	0	97	0	0	0	0	0	0		97
23	Emma Meiring	Woodbridge Shufflers RC	0	0	96	0	0	0	0	0		96
24	Lisa Redman	Newmarket Cycling and Triathlon Club	0	96	0	0	0	0	0	0		96
25	Louise Goddard	Stowmarket Striders RC	0	0	0	94	0	0	0	0		94
26	Claire Pallfrey	Ipswich JAFFA	0	0	0	0	0	95	0	0		95
27	Claire Parkins	Stowmarket Striders	0	95	0	0	0	0	0	0		95
28	Melanie Snare	Framlingham Flyers	0	0	95	0	0	0	0	0		95
29	Emma Yarrow	Stowmarket Striders	95	0	0	0	0	0	0	0		95
30	Helen Cain	Stowmarket Striders	94	0	0	0	0	0	0	0		94
31	Melissa Rittimut-Mak	Saint Edmund Pacers	0	94	0	0	0	0	0	0		94
32	Sarah Watkins	Hadleigh Hares AC	0	0	0	0	0	94	0	0		94
33	Fiona Hunt	Ipswich JAFFA	0	93	0	0	0	0	0	0		93
34	Sue Lowther	Bungay Black Dog RC	0	0	0	0	0	93	0	0		93
35	Nicola Vaughan	Haverhill Running Club	93	0	0	0	0	0	0	0		93
36	Liz Beighton	Felixstowe RRC	0	0	0	91	0	0	0	0		91
37	Clare Gillibrand	Sudbury Joggers AC	92	0	0	0	0	0	0	0		92
38	Lisa-Jayne Joyce	Waveney Valley AC	0	92	0	0	0	0	0	0		92
39	Heidi Knight	Capel Cheetahs	0	0	0	0	0	92	0	0		92
40	Debbie Harman	Sudbury Joggers AC	91	0	0	0	0	0	0	0		91
41	Jo Bowman	Ipswich JAFFA RC	0	0	0	89	0	0	0	0		89
42	Belinda Dawson	Ipswich Triathlon Club	0	0	0	0	0	90	0	0		90
43	Alison French	Felixstowe Road Runners	0	0	90	0	0	0	0	0		90
44	Chrissie Baxter	Hadleigh Hares AC	89	0	0	0	0	0	0	0		89
45	Heidi Knight	Capel Cheetahs	0	0	88	0	0	0	0	0		88
46	Karen Murphy	Hadleigh Hares AC	88	0	0	0	0	0	0	0		88
47	Liz O'riordan	Stowmarket Striders RC	0	0	0	88	0	0	0	0		88
48	Julie Richardson	Ipswich JAFFA RC	0	0	0	85	0	0	0	0		85
49	Amanda Smith	Felixstowe Road Runners	0	0	85	0	0	0	0	0		85
<b>F45</b>												
1	Jackie Hann	Sudbury Joggers	0	0	100	99	99	100	0	100		498
2	Kate Beer	Stowmarket Striders	0	98	95	0	97	97	100	0		487
3	Jo Parden	Framlingham Flyers	0	0	96	96	0	98	0	99		389
4	Helen Spooner	Haverhill Running Club	95	0	0	90	95	0	98	0		378
5	Jo Dickinson	Felixstowe Road Runners	86	0	91	83	0	0	0	98		358
6	Mandy Godbold	Ipswich Harriers	0	0	97	97	0	96	0	0		290
7	Eloise Bird	Saint Edmund Pacers	0	0	93	0	0	93	97	0		283
8	Geraldine Clarke	Framlingham Flyers	100	0	0	0	100	0	0	0		200
9	Amanda Martin	Saint Edmund Pacers	0	100	0	100	0	0	0	0		200
10	Sarah Vick	The Saxons	98	0	0	98	0	0	0	0		196
11	Gin Craig	Sudbury Joggers AC	0	99	0	95	0	0	0	0		194
12	Teresa Bailey	Framlingham Flyers	0	0	94	94	0	0	0	0		188
13	Lesley Gooderham	Saint Edmund Pacers	0	0	0	91	96	0	0	0		187
14	Lindsay Hobden	Sudbury Joggers AC	93	0	0	93	0	0	0	0		186
15	Angela Burdett	Stowmarket Striders	87	0	0	0	0	0	94	0		181
16	Melonie Evans	Sudbury Joggers AC	89	0	0	81	0	0	0	0		170
17	Kym Cromarty	Haverhill Running Club	0	0	0	0	0	0	99	0		99
18	Amanda Mallett	Ipswich Triathlon Club	0	0	0	0	0	99	0	0		99
19	Anna Sinclair	Woodbridge Shufflers RC	0	0	99	0	0	0	0	0		99
20	Jo Stephenson	Stowmarket Striders	99	0	0	0	0	0	0	0		99
21	Rebecca Clare	Woodbridge Shufflers RC	0	0	0	0	98	0	0	0		98
22	Lesley Cooper	Felixstowe Road Runners	0	0	98	0	0	0	0	0		98
23	Julia Baldwin	Stowmarket Striders	97	0	0	0	0	0	0	0		97
24	Joanne Rosenwold	Haverhill Running Club	0	97	0	0	0	0	0	0		97
25	Sheila Buck	Sudbury Joggers	0	0	0	0	0	0	96	0		96
26	Jean Newlands	Haverhill Running Club	96	0	0	0	0	0	0	0		96
27	Wendy Aldhouse	Haverhill Running Club	0	0	0	0	0	0	95	0		95
28	Helen Yellop	Capel Cheetahs	0	0	0	0	0	95	0	0		95
29	Rebecca Jennings	Saint Edmund Pacers	0	0	0	0	0	94	0	0		94
30	Tracey Rose	Stowmarket Striders	94	0	0	0	0	0	0	0		94
31	Tracy North	Haverhill Running Club	0	0	0	0	0	0	93	0		93
32	Sil Clay	Haverhill Running Club	0	0	0	0	0	0	92	0		92
33	Lisa Dalton	Sudbury Joggers AC	92	0	0	0	0	0	0	0		92
34	Lyn Goodwin	Brandon Fern Hoppers	0	0	0	92	0	0	0	0		92
35	Amanda Prior	Capel Cheetahs	0	0	0	0	0	92	0	0		92
36	Sally Solomon	Felixstowe Road Runners	0	0	92	0	0	0	0	0		92
37	Isabel Vicente	Newmarket Joggers	91	0	0	0	0	0	0	0		91
38	Samantha Grose	Saint Edmund Pacers	90	0	0	0	0	0	0	0		90
39	Karen Chamberlain	Ipswich JAFFA RC	0	0	0	89	0	0	0	0		89
40	Susan Bloomfield	Stowmarket Striders RC	0	0	0	88	0	0	0	0		88

Suffolk County Athletic Association  
2015 Grand Prix Series  
Individual Results

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**  
**GRAND PRIX 2015**  
**Individual, Mens and Ladies Results**

Best 5 results will score towards the series. No minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurlow 5 Mile 18/10/2015	Race 8 Thurlow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
41	Michelle Gardner	Haverhill Running Club	88	0	0	0	0	0	0	0		88
42	Steve Brodie	Brandon Fern Hoppers	0	0	0	87	0	0	0	0		87
43	Janis Taylor	Ipswich JAFFA RC	0	0	0	86	0	0	0	0		86
44	Kim Abson	Stowmarket Striders RC	0	0	0	85	0	0	0	0		85
45	Susan Whiting	Ipswich JAFFA RC	0	0	0	84	0	0	0	0		84
46	Alyson Limpkin-Challis	Felixstowe RRC	0	0	0	82	0	0	0	0		82
<b>F50</b>												
1	Marion Parker	Felixstowe Road Runners	0	0	100	97	100	100	0	0		397
2	Jackie Collins	Felixstowe RRC	0	0	0	0	97	98	0	99		294
3	Angela Brinkley	Stowmarket Striders RC	0	0	0	95	99	0	99	0		293
4	Sandra Mayhew	Stowmarket Striders RC	0	0	0	94	98	0	98	0		290
5	Jo Whelan	Felixstowe Road Runners	92	0	97	0	0	96	0	0		285
6	Sandy Thorogood	Sudbury Joggers	0	0	0	99	0	0	100	0		199
7	Claire Hoblyn	Saint Edmund Pacers	0	100	0	98	0	0	0	0		198
8	Teresa Franklin	Haverhill Running Club	96	0	0	0	0	0	0	100		196
9	Dee St Ledger	Sudbury Joggers AC	0	98	0	96	0	0	0	0		194
10	Ann Granger	The Saxons	0	0	0	0	96	97	0	0		193
11	Angela Whiting	Stowmarket Striders RC	95	0	0	90	0	0	0	0		185
12	Val Jennings	Ipswich JAFFA RC	0	0	0	100	0	0	0	0		100
13	Haley Suttle	Stowmarket Striders	100	0	0	0	0	0	0	0		100
14	Tina Belsom	Stowmarket Striders RC	0	0	0	0	0	99	0	0		99
15	Sarah Golding	Saint Edmund Pacers	0	99	0	0	0	0	0	0		99
16	Bella Lewendon	Ipswich JAFFA	0	0	99	0	0	0	0	0		99
17	Maire O'Brien	Saint Edmund Pacers	99	0	0	0	0	0	0	0		99
18	Sue Garrod	Stowmarket Striders	98	0	0	0	0	0	0	0		98
19	Jenny Jarrett	Felixstowe Road Runners	0	0	98	0	0	0	0	0		98
20	Shirley Fowler	Haverhill Running Club	0	97	0	0	0	0	0	0		97
21	Brigitte Heard	Haverhill Running Club	0	0	0	0	0	0	97	0		97
22	Sara Taylor-Balls	Hadleigh Hares AC	97	0	0	0	0	0	0	0		97
23	Karen Gedge	Bungay Black Dog RC	0	96	0	0	0	0	0	0		96
24	Jacqueline Hewitt	Haverhill Running Club	0	0	0	0	0	0	96	0		96
25	Jane Garvin	Ipswich Jaffa RC	0	0	0	0	0	95	0	0		95
26	Alison Hunt	Haverhill Running Club	0	0	0	0	0	0	95	0		95
27	Claire Jay	Stowmarket Striders RC	0	0	0	0	95	0	0	0		95
28	Aynur Karakus	Saint Edmund Pacers	0	95	0	0	0	0	0	0		95
29	Lindsay Matthews	Haverhill Running Club	94	0	0	0	0	0	0	0		94
30	Arabella Lewendon	Ipswich JAFFA RC	0	0	0	93	0	0	0	0		93
31	Kirsty Weavers	Saint Edmund Pacers	93	0	0	0	0	0	0	0		93
32	Rita Rue	Saint Edmund Pacers	0	0	0	92	0	0	0	0		92
33	Annabel Bennett	Felixstowe RRC	0	0	0	91	0	0	0	0		91
34	Claire Mortimer	Hadleigh Hares AC	91	0	0	0	0	0	0	0		91
35	Susannah Rosenberg	Ipswich Triathlon Club	90	0	0	0	0	0	0	0		90
36	Jacqueline Delf	Newmarket Joggers	89	0	0	0	0	0	0	0		89
37	Anne Killett	Hadleigh Hares AC	0	0	0	89	0	0	0	0		89
38	Sarah Jarvis	Haverhill Running Club	88	0	0	0	0	0	0	0		88
39	Jenny Lynch	Felixstowe RRC	0	0	0	88	0	0	0	0		88
<b>F55</b>												
1	Belinda Godbold	Ipswich JAFFA	0	0	100	100	100	100	0	0		400
2	Wendy Hughes	Stowmarket Striders	100	0	0	98	99	0	100	0		397
3	Bobbie Sauerzapf	Bungay Black Dog RC	0	100	0	99	0	0	0	0		199
4	Sandra Hiscox	Haverhill Running Club	98	0	0	0	0	0	99	0		197
5	Nicola Stevenson	Felixstowe RRC	0	0	0	97	0	98	0	0		195
6	Jane Bailey	Felixstowe RRC	0	0	0	95	0	97	0	0		192
7	Belinda Schofield	Newmarket Joggers	0	0	0	0	0	0	0	100		100
8	Alison Beech	Ipswich JAFFA	0	0	99	0	0	0	0	0		99
9	Karen Hatton	Saint Edmund Pacers	0	0	0	0	0	99	0	0		99
10	Melanie Roberts	Woodbridge Shufflers RC	0	0	0	0	0	0	0	99		99
11	Carina Sewell	Woodbridge Shufflers	0	99	0	0	0	0	0	0		99
12	Deborah Stewart	Hadleigh Hares AC	99	0	0	0	0	0	0	0		99
13	Rebecca Bowen	Hadleigh Hares AC	97	0	0	0	0	0	0	0		97
14	Susan Wilshaw	Capel Cheetahs	0	0	0	96	0	0	0	0		96
<b>F60</b>												
1	Marion Walker	Framlingham Flyers	0	0	100	0	99	0	100	0		299
2	Vivienne Taylor	Framlingham Flyers	0	0	99	99	0	0	0	0		198
3	Julie Haselwood	Ipswich JAFFA RC	0	0	0	100	97	0	0	0		197
4	Moir Pinkney	Ipswich Triathlon Club	0	0	98	0	98	0	0	0		196
5	Corinne Shoolbred	Newmarket Joggers	100	0	0	0	96	0	0	0		196
6	Hazel Garrity	Bungay Black Dog RC	0	0	0	0	100	0	0	0		100
7	Mary Marsh	Newmarket Joggers	0	0	0	0	0	0	0	100		100
8	Cheryl Trundle	Haverhill Running Club	0	100	0	0	0	0	0	0		100
9	Susan Wilshaw	Capel Cheetahs	0	0	0	0	0	100	0	0		100
10	Joan Nevin	Haverhill Running Club	99	0	0	0	0	0	0	0		99
11	Pat Atwood	Hadleigh Hares AC	0	0	97	0	0	0	0	0		97
<b>F65+</b>												
1	Anne Fish	Stowmarket Striders RC	0	0	0	0	100	0	0	0		100
2	Maureen Wright	Ipswich JAFFA RC	0	0	0	100	0	0	0	0		100
3	Pamela Brown	Bungay Black Dog RC	0	0	0	0	99	0	0	0		99
4	Jean Cox	Woodbridge Shuffler RC	0	0	0	99	0	0	0	0		99
<b>Male Senior</b>												
1	Samuel Burdett	Stowmarket Striders RC	95	0	93	90	89	0	98	0		465
2	Robin Harper	Felixstowe Road Runners	0	93	92	86	92	88	0	0		451
3	Craig Sisson	Haverhill Running Club	87	0	83	87	0	84	97	0		438
4	Andrew Bell	Haverhill Running Club	0	0	0	98	100	99	100	0		397
5	Graham Dixon	Haverhill Running Club	82	0	69	72	79	68	95	0		397
6	Jim Last	Framlingham Flyers	99	0	94	92	99	0	0	0		384
7	Thomas Challenger	Sudbury Joggers AC	0	97	0	93	95	96	0	0		381
8	James Wilson	The Saxons	93	0	90	0	93	87	0	0		363
9	Alex Jacobs	Felixstowe Road Runners	0	82	73	64	77	65	0	0		361
10	Marcus Catlin	Ipswich JAFFA	0	96	80	88	0	86	0	0		350
11	Peter Woods	Felixstowe Road Runners	0	0	84	82	81	79	0	0		326
12	Mark Austin	Woodbridge Shufflers RC	0	0	70	71	78	0	0	98		317
13	Keelan Smith	The Saxons	75	0	63	0	74	58	0	0		270
14	Sean Kennedy	Woodbridge Shufflers RC	0	0	85	0	87	83	0	0		255
15	Will Schwer	Felixstowe Road Runners	74	0	62	61	0	57	0	0		254

Suffolk County Athletic Association  
2015 Grand Prix Series  
Individual Results

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**

**GRAND PRIX 2015**

**Individual, Mens and Ladies Results**

Best 5 results will score towards the series. No minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurlow 5 Mile 18/10/2015	Race 8 Thurlow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
16	Tom Wake	Ipswich JAFFA RC	0	92	81	78	0	0	0	0	0	251
17	Jake Church	The Saxons	0	0	76	85	85	0	0	0	0	246
18	Paul Wright	Woodbridge Shufflers	0	84	0	0	80	80	0	0	0	244
19	Jonathan Scott	Ipswich JAFFA	0	81	65	0	0	59	0	0	0	205
20	Robert Chenery	Ipswich JAFFA	0	98	0	0	0	98	0	0	0	196
21	Gavin Davies	Ipswich JAFFA	0	0	99	0	0	97	0	0	0	196
22	Tom Kingsnorth	Saint Edmund Pacers	98	0	0	97	0	0	0	0	0	195
23	Adam Wade	Ipswich JAFFA	0	0	97	0	98	0	0	0	0	195
24	Thomas White	Saint Edmund Pacers	97	0	0	94	0	0	0	0	0	191
25	Mark Leeks	Ipswich JAFFA	89	0	0	0	0	0	96	0	0	185
26	Ian Old	Ipswich JAFFA	0	0	91	0	0	94	0	0	0	185
27	Matthew Crane	Saint Edmund Pacers	92	0	0	0	91	0	0	0	0	183
28	Benjamin Cuthbert	Sudbury Joggers AC	0	89	0	91	0	0	0	0	0	180
29	Matthew Eveleigh	Stowmarket Striders	86	0	0	0	0	0	94	0	0	180
30	Philip Green	Stowmarket Striders	94	0	0	0	0	85	0	0	0	179
31	Neil Gillingham	Ipswich Harriers	0	0	86	83	0	0	0	0	0	169
32	David Neeve	Bungay Black Dog RC	84	0	0	0	82	0	0	0	0	166
33	Neil Catley	Felixstowe Road Runners	0	87	0	0	0	76	0	0	0	163
34	Lee Markham	Woodbridge Shufflers RC	0	0	75	0	84	0	0	0	0	159
35	Benjamin Jacobs	Felixstowe Road Runners	0	0	79	0	0	77	0	0	0	156
36	Ashley Smy	Ipswich JAFFA	0	0	74	0	0	81	0	0	0	155
37	Matt Tomkins	Stowmarket Striders	85	0	0	70	0	0	0	0	0	155
38	Christopher Bing	Ipswich JAFFA	0	0	78	0	0	73	0	0	0	151
39	Darran Sands	Framlingham Flyers	77	0	67	0	0	0	0	0	0	144
40	Tim Davies	Ipswich JAFFA RC	0	0	0	67	76	0	0	0	0	143
41	Simon Wallis	Haverhill Running Club	78	0	0	0	0	63	0	0	0	141
42	James Briggs	Haverhill Running Club	76	0	0	63	0	0	0	0	0	139
43	Jamie Payne	Framlingham Flyers	0	0	0	0	75	62	0	0	0	137
44	Michael Shelldrake	Ipswich JAFFA RC	0	0	0	68	0	66	0	0	0	134
45	Macaulay Delo	West Suffolk AC	0	0	0	100	0	0	0	0	0	100
46	Joshua Entwistle	Felixstowe RRC	0	0	0	0	0	100	0	0	0	100
47	Tom Hale	Saint Edmund Pacers	100	0	0	0	0	0	0	0	0	100
48	Denys Olefir	Newmarket Joggers	0	0	0	0	0	0	0	100	0	100
49	Theo Passmore	Ipswich Harriers	0	0	100	0	0	0	0	0	0	100
50	Martyn Taylor	Newmarket Joggers	0	100	0	0	0	0	0	0	0	100
51	Tom Fairbrother	Woodbridge Shuffler RC	0	0	0	99	0	0	0	0	0	99
52	Michael Gilbert	Haverhill Running Club	0	0	0	0	0	0	0	99	0	99
53	Gordon Irvine	Newmarket Cycling And Triathlon Clu	0	0	0	0	0	0	99	0	0	99
54	Nick Smith	Saint Edmund Pacers	0	99	0	0	0	0	0	0	0	99
55	Jonathan Ling	Ipswich JAFFA	0	0	98	0	0	0	0	0	0	98
56	Alan Cooney	The Saxons	0	0	0	0	97	0	0	0	0	97
57	Carl Mynott	Haverhill Running Club	0	0	0	0	0	0	0	97	0	97
58	Thomas Adams	Ipswich Harriers	0	0	0	96	0	0	0	0	0	96
59	Joe Carr	Framlingham Flyers	0	0	0	0	96	0	0	0	0	96
60	Chris Gay	Newmarket Joggers	96	0	0	0	0	0	0	0	0	96
61	Paul Wain	Ipswich Harriers	0	0	96	0	0	0	0	0	0	96
62	Nicholas Clarke	Ipswich JAFFA RC	0	0	0	95	0	0	0	0	0	95
63	Ryan Ostler	Ipswich JAFFA RC	0	0	0	0	0	95	0	0	0	95
64	Joe Sadler	Newmarket Joggers	0	95	0	0	0	0	0	0	0	95
65	Benjamin Turley	Ipswich JAFFA	0	0	95	0	0	0	0	0	0	95
66	Jon Sidebotham	Saint Edmund Pacers	0	94	0	0	0	0	0	0	0	94
67	Alex Tripp	Ipswich Harriers	0	0	0	0	94	0	0	0	0	94
68	Mark Hayward	Stowmarket Striders RC	0	0	0	0	0	93	0	0	0	93
69	Marc Briggs	Ipswich Jaffa RC	0	0	0	0	0	92	0	0	0	92
70	Kevin Connolly	Newmarket Joggers	0	91	0	0	0	0	0	0	0	91
71	Shaun Jones	Stowmarket Striders	91	0	0	0	0	0	0	0	0	91
72	Christopher Witmore	Bungay Black Dog RC	0	0	0	0	0	91	0	0	0	91
73	Ben Churchman	Diss & District AC	0	90	0	0	0	0	0	0	0	90
74	George Dixon	Ipswich Jaffa RC	0	0	0	0	0	90	0	0	0	90
75	Chris Hall	Bungay Black Dog RC	90	0	0	0	0	0	0	0	0	90
76	Peter Rogers	Waveney Valley AC	0	0	0	0	90	0	0	0	0	90
77	Craig Fiddaman	Ipswich Jaffa RC	0	0	0	0	0	89	0	0	0	89
78	Graham Jenvey	Bungay Black Dog RC	0	0	0	89	0	0	0	0	0	89
79	Henry Milldown	Ipswich Harriers	0	0	89	0	0	0	0	0	0	89
80	Carl Ashton	Ipswich JAFFA	0	0	88	0	0	0	0	0	0	88
81	Dave Beighton	Saint Edmund Pacers	0	0	0	0	88	0	0	0	0	88
82	Oliver Riches	Ipswich JAFFA	88	0	0	0	0	0	0	0	0	88
83	Stewart White	Saint Edmund Pacers	0	88	0	0	0	0	0	0	0	88
84	Ben Wharnsby	Ipswich Harriers	0	0	87	0	0	0	0	0	0	87
85	Shaun Button	Bungay Black Dog RC	0	86	0	0	0	0	0	0	0	86
86	Ben Jacobs	Felixstowe RRC	0	0	0	0	86	0	0	0	0	86
87	Peter Woods	Stowmarket Striders	0	85	0	0	0	0	0	0	0	85
88	Elliot Burdett	Stowmarket Striders RC	0	0	0	84	0	0	0	0	0	84
89	Jordan Beaumont	Ipswich JAFFA	83	0	0	0	0	0	0	0	0	83
90	Thomas Hunnisett	The Saxons	0	0	0	0	83	0	0	0	0	83
91	Jack Tappin	Haverhill Running Club	0	83	0	0	0	0	0	0	0	83
92	Sam Brooke	Felixstowe Road Runners	0	0	82	0	0	0	0	0	0	82
93	Dalton Coe	Ipswich Harriers	0	0	0	0	0	82	0	0	0	82
94	Andrew Collett	Stowmarket Striders	81	0	0	0	0	0	0	0	0	81
95	Dominic Mason	Ipswich Harriers	0	0	0	81	0	0	0	0	0	81
96	Ben Hammond	Stowmarket Striders RC	0	0	0	80	0	0	0	0	0	80
97	Richard Leeder	Stowmarket Striders	80	0	0	0	0	0	0	0	0	80
98	Adam Clarke	Saint Edmund Pacers	0	0	0	79	0	0	0	0	0	79
99	Andrew Martin	Haverhill Running Club	79	0	0	0	0	0	0	0	0	79
100	Garry Cullum	Ipswich Jaffa RC	0	0	0	0	0	78	0	0	0	78
101	Ricky Peacher	Framlingham Flyers	0	0	77	0	0	0	0	0	0	77
102	Neil Williamson	Newmarket Joggers	0	0	0	77	0	0	0	0	0	77
103	George Lankester	Ipswich JAFFA RC	0	0	0	76	0	0	0	0	0	76
104	Marcus Boon	Ipswich JAFFA RC	0	0	0	75	0	0	0	0	0	75
105	Paul Osborne	Felixstowe RRC	0	0	0	0	0	75	0	0	0	75
106	Matthew Everett	Saint Edmund Pacers	0	0	0	74	0	0	0	0	0	74
107	Ben Jennings	Saint Edmund Pacers	0	0	0	0	0	74	0	0	0	74
108	Alex Taylor	Saint Edmund Pacers	0	0	0	73	0	0	0	0	0	73
109	Adam Brett	Felixstowe RRC	0	0	0	0	0	72	0	0	0	72
110	Rossi Copsey	Ipswich JAFFA	0	0	72	0	0	0	0	0	0	72
111	Thomas Alexander	Woodbridge Shufflers RC	0	0	71	0	0	0	0	0	0	71
112	Richard Wilkins	Felixstowe RRC	0	0	0	0	0	71	0	0	0	71
113	Jason Smith	Sudbury Joggers	0	0	0	0	0	70	0	0	0	70
114	Peter Jenkyn	Saint Edmund Pacers	0	0	0	69	0	0	0	0	0	69

Suffolk County Athletic Association  
2015 Grand Prix Series  
Individual Results

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**  
**GRAND PRIX 2015**  
**Individual, Mens and Ladies Results**

Best 5 results will score towards the series. No minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurlow 5 Mile 18/10/2015	Race 8 Thurlow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
115	Peter Reach	Stowmarket Striders RC	0	0	0	0	0	69	0	0	0	69
116	James Fox	The Saxons	0	0	68	0	0	0	0	0	0	68
117	Terry Bennington	Stowmarket Striders RC	0	0	0	0	0	67	0	0	0	67
118	Stephen Collins	Ipswich JAFFA RC	0	0	66	0	0	0	0	0	0	66
119	Kenneth Wright	Ipswich JAFFA RC	0	0	0	66	0	0	0	0	0	66
120	Alan Huggins	Diss and District AC	0	0	0	65	0	0	0	0	0	65
121	James Smith	Woodbridge Shufflers RC	0	0	64	0	0	0	0	0	0	64
122	Rohit Upasani	Ipswich Triathlon Club	0	0	0	0	0	64	0	0	0	64
123	Shane Tilstone	Brandon Fern Hoppers	0	0	0	62	0	0	0	0	0	62
124	Jonathan Jenkyn	Felixstowe Road Runners	0	0	61	0	0	0	0	0	0	61
125	David Mayes	Felixstowe RRC	0	0	0	0	0	61	0	0	0	61
126	Rob Harrow	Sudbury Joggers	0	0	0	0	0	60	0	0	0	60
<b>M40</b>												
1	Adam Howlett	Framlingham Flyers	100	0	100	100	100	0	100	0	0	500
2	Darren Cook	Felixstowe Road Runners	0	96	97	98	0	99	0	100	0	490
3	Mark White	Haverhill Running Club	0	94	95	96	95	0	99	0	0	479
4	Ian Elden	Haverhill Running Club	0	89	96	95	0	0	97	0	0	377
5	Darren Sheppard	Framlingham Flyers	98	0	99	0	99	0	0	0	0	296
6	John Thorpe	Ipswich JAFFA RC	0	0	0	97	96	98	0	0	0	291
7	Thomas Haslam	The Saxons	97	0	92	94	0	0	0	0	0	283
8	Daniel Shanks	Felixstowe Road Runners	0	92	93	0	0	96	0	0	0	281
9	Mark Furnace	Ipswich JAFFA	99	0	0	0	98	0	0	0	0	197
10	Nick Palmer	Stowmarket Striders RC	0	0	0	0	97	100	0	0	0	197
11	Tim Larke	Stowmarket Striders	0	98	98	0	0	0	0	0	0	196
12	Peter Bird	Saint Edmund Pacers	0	0	94	0	0	0	98	0	0	192
13	Mathew Cowell	Haverhill Running Club	0	93	0	0	0	0	0	99	0	192
14	Lee Crisp	Felixstowe RRC	0	0	0	92	0	97	0	0	0	189
15	Steve McNamara	Stowmarket Striders	92	0	0	0	91	0	0	0	0	183
16	Guy Hayward	Framlingham Flyers	0	0	0	88	94	0	0	0	0	182
17	Simon Wiggins	Felixstowe Road Runners	0	0	90	91	0	0	0	0	0	181
18	Paul Lacey	Hadleigh Hares AC	0	0	0	87	93	0	0	0	0	180
19	Chris Backhouse	Bungay Black Dog RC	0	0	85	0	0	94	0	0	0	179
20	Simon Merrick	Felixstowe Road Runners	91	0	88	0	0	0	0	0	0	179
21	Daniel Gould	Felixstowe Road Runners	0	87	0	86	0	0	0	0	0	173
22	Glenn Proctor	Stowmarket Striders RC	0	0	87	85	0	0	0	0	0	172
23	Dominic Turner	Sudbury Joggers AC	0	85	0	84	0	0	0	0	0	169
24	John Scaife	Hadleigh Hares AC	0	100	0	0	0	0	0	0	0	100
25	Trevor Bunch	Haverhill Running Club	0	0	0	99	0	0	0	0	0	99
26	Jason Taylor	Felixstowe Road Runners	0	99	0	0	0	0	0	0	0	99
27	Darren Cornell	Haverhill Running Club	0	0	0	0	0	0	0	98	0	98
28	Ben Blowes	Newmarket Joggers	0	97	0	0	0	0	0	0	0	97
29	Paul Game	Haverhill Running Club	96	0	0	0	0	0	0	0	0	96
30	Jason Allard	Stowmarket Striders	95	0	0	0	0	0	0	0	0	95
31	Matt Walls	Ipswich Jaffa RC	0	0	0	0	0	95	0	0	0	95
32	Jon Wiles	Bungay Black Dog RC	0	95	0	0	0	0	0	0	0	95
33	Jason Walker	Stowmarket Striders	94	0	0	0	0	0	0	0	0	94
34	Clive Davey	Sudbury Joggers	0	0	0	93	0	0	0	0	0	93
35	Steven King	Felixstowe RRC	0	0	0	0	0	93	0	0	0	93
36	Michael Rushton	Saint Edmund Pacers	93	0	0	0	0	0	0	0	0	93
37	Michael Carpenter	Ipswich Jaffa RC	0	0	0	0	0	92	0	0	0	92
38	Mark Rose	Ipswich Jaffa RC	0	0	0	0	92	0	0	0	0	92
39	Mark Goodwin	Felixstowe Road Runners	0	0	91	0	0	0	0	0	0	91
40	Justin Long	Newmarket Joggers	0	91	0	0	0	0	0	0	0	91
41	Jim Comber	Sudbury Joggers AC	0	90	0	0	0	0	0	0	0	90
42	Nick Hammond	Stowmarket Striders RC	0	0	0	0	90	0	0	0	0	90
43	Wayne Moore	Haverhill Running Club	90	0	0	0	0	0	0	0	0	90
44	Chris Sugars	Ipswich Harriers	0	0	0	90	0	0	0	0	0	90
45	Simon Tinkler	Framlingham Flyers	0	0	89	0	0	0	0	0	0	89
46	Mark Vince	Woodbridge Shuffler RC	0	0	0	89	0	0	0	0	0	89
47	Mark Skoulding	Stowmarket Striders	0	88	0	0	0	0	0	0	0	88
48	Hugh Langley	Framlingham Flyers	0	0	86	0	0	0	0	0	0	86
49	Anthony Maclean	Framlingham Flyers	0	86	0	0	0	0	0	0	0	86
50	Gary Reeve	Ipswich Triathlon Club	0	0	84	0	0	0	0	0	0	84
51	Stuart Shepherd	Haverhill Running Club	0	84	0	0	0	0	0	0	0	84
52	Ian Bradford	Saint Edmund Pacers	0	0	0	83	0	0	0	0	0	83
53	Adrian Frost	Sudbury Joggers	0	0	0	82	0	0	0	0	0	82
<b>M45</b>												
1	Charles Hann	Sudbury Joggers	0	0	92	98	96	100	0	99	0	485
2	Stephen Hatten	Saint Edmund Pacers	96	0	91	0	90	94	0	97	0	468
3	Richard Dempsey	Woodbridge Shufflers RC	89	0	81	87	88	0	0	95	0	440
4	Will Aldred	Framlingham Flyers	98	0	93	0	98	98	0	0	0	387
5	Jamie Randall	Haverhill Running Club	0	91	0	92	0	0	0	96	0	279
6	Rod Prime	Ipswich JAFFA RC	0	0	89	90	0	91	0	0	0	270
7	Ian Gooderham	Saint Edmund Pacers	0	0	87	91	89	0	0	0	0	267
8	Iain Catchpool	Ipswich JAFFA RC	0	0	85	88	91	0	0	0	0	264
9	Paul McAllister	Capel Cheetahs	0	0	84	86	0	90	0	0	0	260
10	Ian Stockley	Stowmarket Striders RC	0	0	80	0	87	89	0	0	0	256
11	Dave Solomon	Felixstowe Road Runners	0	100	100	0	0	0	0	0	0	200
12	Scott Macsephney	Ipswich JAFFA RC	0	0	99	100	0	0	0	0	0	199
13	Adam Johnson	Hadleigh Hares AC	0	0	98	0	100	0	0	0	0	198
14	Mark Ford	Felixstowe Road Runners	0	0	97	99	0	0	0	0	0	196
15	Richard Webster	Woodbridge Shufflers RC	0	0	95	0	99	0	0	0	0	194
16	Nigel Harrison	Ipswich JAFFA	0	96	0	0	0	97	0	0	0	193
17	Alan Sansom	Woodbridge Shufflers	0	98	0	0	95	0	0	0	0	193
18	Paul Brown	Framlingham Flyers	0	0	0	95	97	0	0	0	0	192
19	Andy Barber	Haverhill Running Club	93	0	0	0	0	0	0	98	0	191
20	Rakesh Raja	Saint Edmund Pacers	0	97	0	94	0	0	0	0	0	191
21	Richard Clark	The Saxons	92	0	0	0	0	96	0	0	0	188
22	Martin Little	Stowmarket Striders	94	0	0	0	94	0	0	0	0	188
23	Vince Webb	Saint Edmund Pacers	97	0	90	0	0	0	0	0	0	187
24	Richard Grimsdell	Saint Edmund Pacers	0	0	88	0	92	0	0	0	0	180
25	Kevin Whelan	Felixstowe Road Runners	0	0	86	0	0	92	0	0	0	178
26	Phil Davies	Ipswich JAFFA RC	0	0	82	89	0	0	0	0	0	171
27	Darren Bond	Ipswich JAFFA RC	0	0	79	85	0	0	0	0	0	164
28	Richard Sore	Ipswich JAFFA RC	0	0	75	81	0	0	0	0	0	156
29	John Greener	Saint Edmund Pacers	0	0	0	0	0	0	0	100	0	100
30	Steven Parry	Ipswich JAFFA RC	100	0	0	0	0	0	0	0	0	100

Suffolk County Athletic Association  
2015 Grand Prix Series  
Individual Results

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**  
**GRAND PRIX 2015**  
**Individual, Mens and Ladies Results**

Best 5 results will score towards the series. No minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurlow 5 Mile 18/10/2015	Race 8 Thurlow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
31	Warren Birch	Ipswich JAFFA RC	99	0	0	0	0	0	0	0	99	
32	Vince Calver	Felixstowe RRC	0	0	0	0	0	99	0	0	99	
33	Paul Holley	Newmarket Joggers	0	99	0	0	0	0	0	0	99	
34	Chris Tye	Ipswich Tri Club	0	0	0	97	0	0	0	0	97	
35	Steve Brooke	Felixstowe Road Runners	0	0	96	0	0	0	0	0	96	
36	Darren Lee	Stowmarket Striders RC	0	0	0	96	0	0	0	0	96	
37	Chris Fox	Woodbridge Shufflers RC	0	0	0	0	0	95	0	0	95	
38	Stuart Spencer	Bungay Black Dog RC	0	95	0	0	0	0	0	0	95	
39	Tim Watson	Stowmarket Striders	95	0	0	0	0	0	0	0	95	
40	Stephen Atkins	Saint Edmund Pacers	0	94	0	0	0	0	0	0	94	
41	Ian Duggan	Felixstowe Road Runners	0	0	94	0	0	0	0	0	94	
42	Ian Bareham	Sudbury Joggers	0	0	0	0	0	93	0	0	93	
43	Mark Lankester	Ipswich JAFFA	0	93	0	0	0	0	0	0	93	
44	Steven Neal	Brandon Fern Hoppers	0	0	0	93	0	0	0	0	93	
45	Kenneth Tovell	Framlingham Flyers	0	0	0	0	93	0	0	0	93	
46	Philip Brown	Saint Edmund Pacers	0	92	0	0	0	0	0	0	92	
47	John Gibbons	The Saxons	91	0	0	0	0	0	0	0	91	
48	Philip Grose	Saint Edmund Pacers	90	0	0	0	0	0	0	0	90	
49	Benjamin Solway	Woodbridge Shufflers	0	90	0	0	0	0	0	0	90	
50	Pete Rogers	Haverhill Running Club	0	89	0	0	0	0	0	0	89	
51	Robert Edge	Sudbury Joggers	0	0	0	0	0	88	0	0	88	
52	Andrew Smith	Saint Edmund Pacers	88	0	0	0	0	0	0	0	88	
53	James Mackay	Stowmarket Striders	87	0	0	0	0	0	0	0	87	
54	Dean Hearn	Stowmarket Striders RC	0	0	0	84	0	0	0	0	84	
55	Simon Hedge	Felixstowe Road Runners	0	0	83	0	0	0	0	0	83	
56	Jimmy Russell	Felixstowe RRC	0	0	0	83	0	0	0	0	83	
57	David Hicks	Saint Edmund Pacers	0	0	0	82	0	0	0	0	82	
58	Gabriel Martins	Ipswich JAFFA	0	0	78	0	0	0	0	0	78	
59	Nick Good	Ipswich JAFFA	0	0	77	0	0	0	0	0	77	
60	Andy Wright	Stowmarket Striders RC	0	0	76	0	0	0	0	0	76	
<b>M50</b>												
1	Martin Lawrence	Haverhill Running Club	0	98	100	99	99	0	100	0	496	
2	Andrew Buck	Sudbury Joggers AC	0	99	0	98	97	99	0	99	492	
3	Robin Belsom	Ipswich JAFFA RC	0	96	96	94	95	98	0	0	479	
4	Philip Beer	Stowmarket Striders RC	0	85	81	0	85	84	0	98	433	
5	Paul Nickells	Woodbridge Shufflers RC	0	0	99	100	0	100	0	100	399	
6	Alistair Dick	Ipswich JAFFA RC	0	97	97	96	96	0	0	0	386	
7	Steve Whittaker	Woodbridge Shufflers RC	0	95	95	0	94	95	0	0	379	
8	Paul Schwer	Felixstowe Road Runners	0	88	86	88	0	92	0	0	354	
9	Adrian Goode	Felixstowe Road Runners	99	0	90	92	0	0	0	0	281	
10	Howard Revell	Framlingham Flyers	0	0	92	93	93	0	0	0	278	
11	Ian Kennedy	Framlingham Flyers	0	0	88	0	89	91	0	0	268	
12	Joe Naughton	Stowmarket Striders RC	0	86	0	84	0	90	0	0	260	
13	Peter Jay	Saint Edmund Pacers	0	87	0	83	82	0	0	0	252	
14	Wilfred Campbell	Ipswich JAFFA	0	100	0	0	100	0	0	0	200	
15	Russel Breyer	Ipswich JAFFA	100	0	0	0	92	0	0	0	192	
16	Tim Ryder	Hadleigh Hares AC	0	0	94	0	0	94	0	0	188	
17	Dave Alley	Woodbridge Shufflers RC	0	94	0	0	0	93	0	0	187	
18	Robin Mackenzie	Framlingham Flyers	0	0	93	0	91	0	0	0	184	
19	Malcolm Pidd	Woodbridge Shufflers	0	93	91	0	0	0	0	0	184	
20	William Burdett	Stowmarket Striders RC	0	0	83	0	0	0	98	0	181	
21	Chris Chorley	Bungay Black Dog Running Club	0	89	0	91	0	0	0	0	180	
22	Tom Hoblyn	Saint Edmund Pacers	0	90	0	87	0	0	0	0	177	
23	Nigel Schofield	Saint Edmund Pacers	0	0	0	90	84	0	0	0	174	
24	Tim Long	Ipswich JAFFA	0	0	85	0	0	88	0	0	173	
25	Peter Finch	Ipswich JAFFA RC	0	0	0	86	83	0	0	0	169	
26	Duncan Chamberlain	Ipswich JAFFA RC	0	0	0	82	0	85	0	0	167	
27	Christopher Lucas	The Saxons	0	83	0	0	81	0	0	0	164	
28	Andy Stanhope	Felixstowe RRC	0	0	0	0	80	83	0	0	163	
29	Steven Hughes	Stowmarket Striders RC	0	0	0	0	0	0	99	0	99	
30	Greg Davis	Newmarket Joggers	0	0	0	0	98	0	0	0	98	
31	Glynn Thomas	Ipswich JAFFA	0	0	98	0	0	0	0	0	98	
32	Martin Archer	Stowmarket Striders RC	0	0	0	97	0	0	0	0	97	
33	Stephen Dixon	Ipswich JAFFA RC	0	0	0	0	0	97	0	0	97	
34	Stephen Rulton	Sudbury Joggers AC	97	0	0	0	0	0	0	0	97	
35	Steve Cox	Hadleigh Hares AC	0	0	0	0	0	96	0	0	96	
36	Stephen Curran	Woodbridge Shuffler RC	0	0	0	95	0	0	0	0	95	
37	Yusuf Firat	Haverhill Running Club	0	92	0	0	0	0	0	0	92	
38	Mike Hankinson	Saint Edmund Pacers	0	91	0	0	0	0	0	0	91	
39	Gary Garnham	Ipswich JAFFA RC	0	0	0	0	90	0	0	0	90	
40	Gary Clark	Ipswich Triathlon Club	0	0	0	0	0	89	0	0	89	
41	Dave Lumby	Ipswich JAFFA	0	0	89	0	0	0	0	0	89	
42	Brian Munns	Newmarket Joggers	0	0	0	89	0	0	0	0	89	
43	Michael Banner	Haverhill Running Club	0	0	0	0	88	0	0	0	88	
44	Nick Falconer	Woodbridge Shufflers RC	0	0	87	0	0	0	0	0	87	
45	Shaun Good	Felixstowe RRC	0	0	0	0	0	87	0	0	87	
46	Richard Higgins	Framlingham Flyers	0	0	0	0	87	0	0	0	87	
47	Paul Harrod	Waveney Valley AC	0	0	0	0	0	86	0	0	86	
48	Glenn Smith	Diss and District AC	0	0	0	0	86	0	0	0	86	
49	Dave Chapman	Sudbury Joggers	0	0	0	85	0	0	0	0	85	
50	Mark Carpenter	Haverhill Running Club	0	84	0	0	0	0	0	0	84	
51	Andrew Covell	Woodbridge Shufflers RC	0	0	84	0	0	0	0	0	84	
52	Huw Jones	Saint Edmund Pacers	0	0	82	0	0	0	0	0	82	
53	Adrian Cole	Stowmarket Striders RC	0	0	0	81	0	0	0	0	81	
54	Dave Lampard	Felixstowe Road Runners	0	0	80	0	0	0	0	0	80	
55	Robert Tillyard	Saint Edmund Pacers	0	0	0	80	0	0	0	0	80	
56	Paul Meader	Brandon Fern Hoppers	0	0	0	79	0	0	0	0	79	
57	Tim Finegan	Felixstowe RRC	0	0	0	78	0	0	0	0	78	
<b>M55</b>												
1	Stephen Pretty	Stowmarket Striders RC	0	100	0	95	97	97	0	98	487	
2	Malcolm Penn	Sudbury Joggers	0	0	0	99	100	100	0	100	399	
3	Roger Ackerley	Woodbridge Shufflers	100	0	100	0	0	98	0	99	397	
4	Stephen Hicks	Ipswich Harriers	0	0	99	98	99	99	0	0	395	
5	Richard Smith	Felixstowe Road Runners	96	0	95	92	94	0	0	0	377	
6	Mon Lee	Ipswich JAFFA RC	94	0	96	90	93	0	0	0	373	
7	Stephen Pugh	Ipswich JAFFA	0	99	0	0	98	0	0	0	197	
8	Alan Jackson	Ipswich JAFFA RC	99	0	0	97	0	0	0	0	196	

Suffolk County Athletic Association  
2015 Grand Prix Series  
Individual Results

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**

**GRAND PRIX 2015**

**Individual, Mens and Ladies Results**

Best 5 results will score towards the series. No minimum to qualify

Individual Position	Name	Club	Race 1 Tarpley 10 Mile 22/02/2015	Race 2 Tarpley 20 Mile 22/02/2015	Race 3 Woodbridge 10K 17/05/2015	Race 4 Stowmarket Friday 5 19/06/2015	Race 5 Framlingham 10K 06/09/2015	Race 6 Ipswich Half Marathon 20/09/2015	Race 7 Thurlow 5 Mile 18/10/2015	Race 8 Thurlow 10 Mile 18/10/2015	Race 9 Waveney Turkey Trot 13/12/2015	TOTAL
9	Clive Purbrook	Newmarket Joggers	98	0	0	0	0	0	0	97		195
10	Fred Boggis	Felixstowe Road Runners	95	0	94	0	0	0	0	0		189
11	Charlie Stannett	Ipswich Triathlon Club	0	95	92	0	0	0	0	0		187
12	Mark Allen	Woodbridge Shufflers RC	0	0	90	0	92	0	0	0		182
13	John Clough	Framlingham Flyers	0	0	91	88	0	0	0	0		179
14	Terry Back	Ipswich JAFFA RC	0	0	0	100	0	0	0	0		100
15	Steven Seinet-Martin	Felixstowe Road Runners	0	0	98	0	0	0	0	0		98
16	Paul Wigens	Woodbridge Shufflers	0	98	0	0	0	0	0	0		98
17	Steve Bowen	Hadleigh Hares AC	97	0	0	0	0	0	0	0		97
18	Mik Carr	Bungay Black Dog RC	0	97	0	0	0	0	0	0		97
19	Clive Gardiner	Ipswich JAFFA	0	0	97	0	0	0	0	0		97
20	Duncan Chenery	Ipswich Jaffa RC	0	0	0	0	96	0	0	0		96
21	David Edwards	Haverhill Running Club	0	0	0	96	0	0	0	0		96
22	Steve Halls	Haverhill Running Club	0	96	0	0	0	0	0	0		96
23	Stephen Miller	Haverhill Running Club	0	0	0	0	0	96	0	0		96
24	Stuart Smith	Waveney Valley AC	0	0	0	0	0	0	0	96		96
25	Ian MacE	Woodbridge Shufflers RC	0	0	0	0	95	0	0	0		95
26	David Seymour	Felixstowe RRC	0	0	0	0	0	95	0	0		95
27	Dave Gardner	Ipswich Jaffa RC	0	0	0	0	0	94	0	0		94
28	Paul Gilson	Ipswich JAFFA RC	0	0	0	94	0	0	0	0		94
29	Phil Marsden	Ipswich JAFFA RC	0	0	0	93	0	0	0	0		93
30	Ian Sillett	Capel Cheetahs	0	0	0	0	0	93	0	0		93
31	Philip Unwin	Ipswich Triathlon Club	0	0	93	0	0	0	0	0		93
32	Steven Whilding	Ipswich JAFFA RC	0	0	0	91	0	0	0	0		91
33	Iain Hunter	Stowmarket Striders RC	0	0	0	89	0	0	0	0		89
<b>M60</b>												
1	Bill Kingaby	Waveney Valley AC	100	0	0	98	100	0	0	0		298
2	John Nevin	Haverhill Running Club	99	0	0	0	99	100	0	0		298
3	Neville Clarke	Newmarket Joggers	0	0	0	99	0	0	0	100		199
4	Ker MacRosson	Ipswich Jaffa RC	0	0	0	0	99	0	0	99		198
5	Keith Borrett	Stowmarket Striders	0	99	98	0	0	0	0	0		197
6	Terry Hunter	Stowmarket Striders RC	0	0	0	0	97	0	99	0		196
7	Robin Ashe	Bungay Black Dog RC	0	100	0	0	0	0	0	0		100
8	Chris Aylmer	Newmarket Joggers	0	0	0	0	0	0	100	0		100
9	David Fordham	The Saxons	0	0	100	0	0	0	0	0		100
10	David Vaughan	Saint Edmund Pacers	0	0	0	100	0	0	0	0		100
11	David Mower	Waveney Valley AC	0	0	0	0	0	99	0	0		99
12	Mark Sargeantson	Framlingham Flyers	0	0	99	0	0	0	0	0		99
13	Peter Brunning	Haverhill Running Club	98	0	0	0	0	0	0	0		98
14	Miles Johnson	Newmarket Joggers	0	0	0	0	0	0	0	98		98
15	Philip Jarvis	Haverhill Running Club	97	0	0	0	0	0	0	0		97
16	Tim Newton	Ipswich JAFFA RC	0	0	0	97	0	0	0	0		97
17	Stephen Williams	Saint Edmund Pacers	0	0	0	96	0	0	0	0		96
18	Steve Robinson	Stowmarket Striders RC	0	0	0	95	0	0	0	0		95
19	Jonathan Price	Sudbury Joggers	0	0	0	94	0	0	0	0		94
20	Steven Rue	Saint Edmund Pacers	0	0	0	93	0	0	0	0		93
21	Jim Withers	Newmarket Joggers	0	0	0	92	0	0	0	0		92
22	David Riedel	Saint Edmund Pacers	0	0	0	91	0	0	0	0		91
<b>M65+</b>												
1	Roger Hobson	Woodbridge Shufflers	99	0	0	99	98	100	0	100		496
2	Philip Nutley	Saint Edmund Pacers	0	97	0	95	94	95	0	0		381
3	John Cullum	Saint Edmund Pacers	96	0	0	98	0	0	100	0		294
4	Charles Shoolbred	Newmarket Joggers	100	0	0	0	100	0	0	0		200
5	David Taylor	Framlingham Flyers	0	0	99	100	0	0	0	0		199
6	Leslie Basham	Stowmarket Striders RC	0	0	100	0	0	98	0	0		198
7	Roger Brand	Saint Edmund Pacers	0	99	0	0	97	0	0	0		196
8	Alan Richardson	Waveney Valley AC	0	0	96	0	0	99	0	0		195
9	Mike Rosbrook	Hadleigh Hares AC	97	0	0	97	0	0	0	0		194
10	Terry Braverman	Haverhill Running Club	95	0	0	96	0	0	0	0		191
11	Peter Edmunds	Bungay Black Dog RC	0	100	0	0	0	0	0	0		100
12	Ron Ames	Stowmarket Striders RC	0	0	0	0	99	0	0	0		99
13	David Coley	Ipswich JAFFA	0	0	98	0	0	0	0	0		98
14	Graham Sampson	Bungay Black Dog RC	98	0	0	0	0	0	0	0		98
15	Donald Tiffin	Bungay Black Dog RC	0	98	0	0	0	0	0	0		98
16	Richard Fellingham	Stowmarket Striders RC	0	0	0	0	0	97	0	0		97
17	Chris Slemmings	Ipswich Triathlon Club	0	0	97	0	0	0	0	0		97
18	Graham Bush	Woodbridge Shufflers RC	0	0	0	0	0	96	0	0		96
19	Peter Russell	Framlingham Flyers	0	0	0	0	96	0	0	0		96
20	Grayhame Fish	Stowmarket Striders RC	0	0	0	0	95	0	0	0		95