

Premiership Division	Score	League Division One	Score	League Division Two	Score	League Division Three	Score	League Division Four	Score
Phil Sanderson	322	Nicola Challis	243	Lauren Race	272	Ann Piercy	223	Lil ODea	222
Alison Evans	308	Tom Hancock	207	Helen Benham	266	Mark Pretty	153	Jean Wier	179
Nick Lawrie	286	Simon Garner	200	Michael Knowles	159	Ellen Sitton	143	Julie Lambert	79
Anne Herbert	246	Kevin Fitchett	140	Jo Higgon	154	Holly Gooding	111	Andy Rich	77
Richard Newman	241	Valentina Burley	127	Harry Young	126	Jodi Thomas	105	Clare Richardson	74
Simon Day	236	David Rout	121	Julian Cordwell	104	Matt Doran	104	Rebecca McCrea	74
Robin Brookes	231	Trevor Ballard	113	Gina Jaballah	76	Alan Gardner	78	Hayley Bennett	61
Elsbeth Knott	226	Joe Belshaw	95	Catie Mattock	68	Ian Bolton	71	Ruth Benham	56
Kim Pretty	215	Rachel Caldwell	94	Matthew Pumfrey	68	Shaun Tye	56	Zoe Oswick	56
Christina Pretty	194	Harry Tilley	72	Paul Birtchnell	63	Sarah RoxbyClarke	49	Bethany Godfrey	55
Jeff Higgon	183	Charlie McCarthy	58	Ruby Francis	62	Kathryn Scrivener	47	Lis Standen	42
Chris Barker	173	John Francis	58	Aidan Downs	58	Myles Doran	44	Lisa Rawlings	42
Karen Stapleton	124	Sam Gooding Matthews	56	Ben Swan	54	Eleanor Newman	35	Vanessa Davis	40
Christopher Payne	90	Mark Rutter	46	Rema Eagle	51	Julie Manning	28	Zoe Orr	36
Will Haining	85	Marcus Poston	43	Peter Fraser-Hopewell	47	Penny Barrington	27	Miranda Rayner	31
Claire Mathieson	78	Francis Mills	40	Tracy Lawrie	43	Katie Holmes	20	Anthony Gillies	13
Ian Cannons	69	Jack Howlett	29	Martin Standen	40	Roly Knott	18	Clare Fraser Hopewell	10
Richard Tilley	40	Steve Manley	27	Ben Smith	33	Emma Duffy	13	Deborah Smith	10
Nick Beales	30	Matthew Friend	10	Jon Burls	21	Amos Sedden	10	Martha Spooner	10
Mark Higgs	10	Simon Harrison	4	Jamie Carter	20	Justin CooperKeeble	10	Anna Anderson	3
Sean Smith	10	Andrew Williamson		Sean Avenell	20	Lee Smith	10	Georgia Lawrie	3
		Gavin Race		Sam Taylor	13	Scott Luckey	10	Leon Swann	3
		Graeme Knott		Owen Wynne Jones	12	William Davidson	10	Alison Manley	
		Karl Eastwell		Peter Clarke	10	Anthony Anderson		Kate Hodgkiss	
		Keith Bretton		Owen Goldsmith	7	Jack Koppenaal		Maggie Harvey	
				Jo Maasz		Jenny Evans		Marcus Turner	
				Tim Brand		Sarah Cross		Nicola Gooding	
				William RoxbyClarke		Stuart Raffle		Robert Brewster	
Races 2024		Date		Scored on					
Stephen Williams 10k	Done	12th May		Age Related					
Summer Handicap Race	Done	4th June		Club Standards					
Hadleigh 10	Done	24th November		Club Standards					
Harwich 5k (Number 3)	Done	18th June		Handicap					
First Cross Country	Done	27th October		Finish positions					
Wix 5	Done	10th November		Club Standards					
Bentley 10 mile	Done	3rd March		Bonus points					
Parkrun 5k	Done	3rd August		Bonus points					
Plus 5 points for every cross country finished in the NESS cross country league.									