

**Stowmarket Strider**  
**Club Championship / Handicap Race Results 2004**

Name	Surname	M/F	Race 1 Time	Race 1 Age related	Race 1 Finish Pos.	Race 1 Points	Race 1 Bonus points	Race 2 Time	Race 2 Age related	Race 2 Finish Pos.	Race 2 Points	Race 2 Bonus points	Race 3 Time	Race 3 Age related	Race 3 Finish Pos.	Race 3 Points	Race 3 Bonus points	Race 4 Time	Race 4 Age related	Race 4 Finish Pos.	Race 4 Points	Race 4 Bonus points	Race 5 Time	Race 5 Age related	Race 5 Finish Pos.	Race 5 Points	Race 5 Bonus points	Race 6 Times	Race 6 Age related	Race 6 Finish Pos.	Race 6 Points	Race 6 Bonus Points	Season Best 5k	Total Points	
Lorraine	Philips	F	23.28	23.28	3	19	12	23.16	23.16	18	7	12	23.26	23.26	15	8	11	23.18	23.18	26	1	11	23.03	23.03	23	4	12	22.44	22.44	18	14	12	22.44	123	
Les	King	M	23.03	21.24	8	17	12	22.45	21.07	17	8	12	22.45	21.07	10	13	12	22.17	20.41	8	15	12	22.22	20.46	28	1	11						22.17	113	
Frank	Moggan	M	25.23	21.56	9	16	12	26.37	23.00	34	1	7	25.48	22.18	12	11	10	25.07	21.42	10	13	12	25.22	21.55	34	1	11	25.17	21.51	27	6	11	25.07	111	
Becky	Jack	F						25.06	25.06	26	1	11	24.56	24.56	9	14	12	24.22	24.22	6	17	12	24.10	24.10	19	8	12	24.19	24.19	20	12	11	24.10	110	
Les	Basham	M	24.02	20.46	28	6	11	23.49	20.35	28	1	11	24.04	20.48	19	4	10	23.33	20.21	20	6	12	23.07	20.00	9	18	12	23.18	20.08	29	4	11	23.07	106	
Anne	Fish	F	24.54	20.44	26	1		24.33	20.26	11	14	12						24.18	20.14	15	10	12	23.59	19.58	13	14	12	24.10	20.07	24	8	11	23.59	94	
Jan	Starmer	F	26.12	24.33	5	18	12	25.31	23.54	8	16	12											25.18	23.42	15	12	12	26.13	24.34	48	1	8	25.18	91	
Tamara	Jordon	F	19.47	19.47	25	7	10	19.25	19.25	20	5	12	21.09	21.09	27	1	3	19.40	19.40	22	4	10	19.23	19.23	18	9	12	19.42	19.42	25	7	10	19.23	90	
Richard	Sellars	M	27.39	27.39	39	1							26.49	26.49	5	18	12	26.19	26.19	9	14	12	26.03	26.03	14	13	12	28.07	28.07	57	1	4	26.03	87	
Chris	Gladwell	M						20.44	19.06	22	3	12	20.49	19.10	11	12	11	20.33	18.56	16	9	12	20.29	18.52	21	6	12						20.29	77	
Jane	Fellingham Boyce	F	25.10	24.22	14	14	12						25.31	24.42	25	1	10	25.31	24.42	25	1	10	25.27	24.38	31	1	10	25.22	24.33	23	9	11	25.10	77	
Grayhame	Fish	M	24.44	21.22	22	9	11						26.02	25.12	23	8	1	24.41	21.20	23	3	12	24.36	21.16	27	1	12	24.31	21.11	19	13	12	24.31	73	
Robbie	McPhlips	M						22.03	20.28	19	6	12	21.53	20.19	8	15	12	21.32	19.59	7	16	12												21.32	73
Heidi	Bingham	F	25.35	25.35	31	1		23.57	23.57	1	20	12						23.29	23.29	19	7	12	23.11	23.11	20	7	12						23.11	71	
Adrian	Doig	M	19.56	19.56	2	20	12						20.13	20.13	17	6	10											19.50	19.50	22	10	12	19.50	70	
Katy	Nash	F	26.35	26.35	13	1							26.05	26.05	7	16	12	25.19	25.19	3	19	12					25.52	25.52	44	1	9	25.19	70		
Bob	Ratiffe	M	21.28	18.14	16	13	12											21.37	18.22	21	5	11	21.34	18.19	24	3	11	21.51	18.34	30	3	10	21.28	68	
Anne	Fellingham	F	25.28	21.12	33	3	9	25.05	20.53	29	1	11	25.24	21.09	21	3	10	25.11	20.58	27	1	10	25.27	21.11	39	1	9	25.26	21.10	37	1	9	25.05	68	
Gemma	Porch	F	23.29	23.29	7	1		23.06	23.06	13	12	12						22.19	22.19	4	18	12	22.28	22.28	32	1	12						22.19	68	
Uta	Bride	F	25.36	25.36	46	1		24.34	24.34	4	18	12											24.13	24.13	12	15	12	25.24	25.24	51	1	7	24.13	66	
John	Squirrell	M	19.28	17.15	21	1		19.13	17.01	16	9	12						19.29	17.16	24	2	10	18.49	16.40	8	19	12						18.49	65	
Nick	Stephens	M	18.14	17.33	17	12	12	17.53	17.13	14	11	12	18.42	18.00	22	2	7											19.07	18.24	49	1	5	17.53	62	
Colin	Thomas	M	22.39	21.39	20	10	11						21.51	20.53	6	17	12											21.51					21.51	62	
Richard	Fellingham	M	21.15	18.13	11	1		22.00	18.51	31	1	8	21.33	18.28	13	10	10	21.42	18.36	28	1	9	21.20	18.17	25	2	11	23.03	19.45	55	1	4	21.15	58	
Chris	Oliver	M	19.35	19.35	12	15	12	19.46	19.46	27	1	11	19.50	19.50	14	9	10																	19.35	58
Maggie	Tabley	F	28.53	24.17	32	1							27.30	23.07	2	20	12						27.18	22.57	33	1	12	27.31	23.08	33	1	11	27.18	58	
Kevin	Mortimer	M																23.27	22.34	13	1		23.09	22.17	10	17	12	23.13	22.21	17	15	11	23.09	56	
David	West	M						29.04	24.15	41	1		27.31	22.58	3	19	12	27.07	22.38	37	1	12						27.35	23.01	42	1	10	27.07	56	
Peter	Tricker	M	21.26	18.22	36	1	8	20.35	17.38	25	1	12						20.17	17.23	14	11	12	20.39	17.42	36	1	10						20.17	56	
Sue	Seggars	F						28.16	23.46	24	2	12	29.04	24.26	24	1	9	28.57	24.20	34	1	9	28.56	24.19	38	1	9	29.10	24.31	46	1	8	28.16	53	
Sanchia	Bettany	F	24.06	24.06	19	11	11	23.40	23.40	15	10	12						24.41	24.41	38	1	8												23.40	53
Stuart	Green	M											19.53	18.44	11	12	12											19.56	19.56	15	16	11	19.53	51	
Rachel	Champion	F	24.18	22.57	29	4	10						25.18	23.54	26	1	6	24.16	22.55	31	1	10	24.35	23.13	40	1	8	24.21	23.00	35	1	9	24.16	51	
Louise	Bunch	F						21.56	21.56	35	1							21.56	21.56	18	8	12	22.03	22.03	22	5	11	22.42	22.42	38	1	8	21.56	46	
Simon	Brummit	M						27.16	24.21	39	1	3											19.51	19.51	26	1	12	19.08	19.08	10	19	12	19.08	45	
Mike	Goodwin	M	25.00	22.20	10	1		27.16	24.21	39	1	3						25.51	22.43	36	1	8					24.49	24.49	14	17	12	24.49	43		
Adam	Howley	M																20.24	20.24	12	1		19.57	19.57	7	20	12	20.39	20.39	45	1	8	19.57	42	
Ro	Thurston	F	28.46	24.39	42	1	5	27.33	23.37	32	1	10	27.44	23.46	25	1	9						28.35	24.30	43	1	6	28.29	24.25	53	1	6	27.33	41	
Andrew	Green	M	19.30	19.18	23	8	10											21.06	21.06	41	1	3	19.46	19.46	37	1	9	20.28	20.28	50	1	6	19.30	39	
Ali	Bunting	M						19.14	19.14	7	17	12						19.42	19.42	29	1	9												19.14	39
Tracey	Lee	F						28.52	28.52	40	1	3						28.53	28.53	42	1	3	27.25	27.25	41	1	8	26.35	26.35	21	11	11	26.35	39	
Olwyn	Clayden	F	24.31	22.35	34	2	9						24.12	22.18	16	7	10	24.19	22.24	32	1	10											24.12	39	
David	Hartley	M	22.42	22.42	38	1	3											21.14	21.14	30	1	9	20.38	20.38	17	10	12	26.18	26.18	43	1	9	20.38	36	
Donna	Bridges	F																28.57	27.34	33	1		28.52	27.30	16	11	12	29.36	28.12	43	1	9	28.52	34	
Kim	Levett	F																					27.24	27.24	2	1	12	26.18	26.04	9	20	12	26.18	33	
Rachel	Toogood	F						24.38	24.38	5	1							23.59	23.59	2	20	12												23.59	33
Jean	Lynch-Aird	F	26.11	23.17	4	1		25.32	22.43	9	15	12						27.54	24.49	43	1	3												25.32	32
Kirsty	Denwood	F	24.55	24.55	15	1		23.43	23.43	2	19	12																						23.43	32
Sue	Garrod	F						23.05	22.10	30	1	9											23.26	22.3	42	1	8	22.57	22.02	31	2	10	22.57	31	
Alison	Halestrap	F																					28.27	28.27	5	1		27.55	27.55	11	18	12	27.55	31	
Leni	Andrews	M</																																	

