

## **EACCL 2016-17 Final Results**

### ***Age Category winners***

FJ	Eloise Platt
FS	Colleen-Nicole Mukuya
F35	Louise Marsden
F40	Nadine Heseltine
F45	Julia Baldwin
F50	Sandra Mayhew
F55	Bobbie Sauerzapf
F60	Jenny Morgan
F65	Christine Muttitt
F70	Jean Cox
F75	Eva Osborne
MJ	Harrison Meek
MS	Dan Middleton
M40	Matthew Allen
M45	Carl Prewer
M50	Karl Sherry
M55	Roger Ackerley
M60	Steve Rolfe
M65	Frank Ellis
M70	Mike Smith
M75	Rodney Freeburn

### ***Davy Blyth Memorial Trophy***

Steve Langley

### ***Long standing participation award – 30 years of miles, blood, sweat and beer***

Pete Thompson

### ***Completed all 10 "The perfect 10"***

Roger	Ackerley	Individual
Andrew	Baker	GYRR
Chris	Chorley	Sportlink
Jonathon	Cordle	Tri-Anglia
Richard	Evans	Tri-Anglia
Nick	Gurney	Road Runners
Mike	Munson	Stowmarket Striders
Mark	Philo	Tri-Anglia
Steve	Rolfe	Gazelles
Karl	Sherry	Road Runners
Adrian	Simmonds	RAF Honington
Michael	Smith	Individual
Ian	Tooley	GYRR
Eloise	Bird	St Edmund Pacers
Pat	Brightman	Sportlink
Cindy	Burgess	Sportlink
Jean	Cox	Individual
Jude	Durrant	Sportlink
Chris	Gay	Stowmarket Striders
Bobbie	Sauerzapf	Sportlink

### ***Top Ten Men***

<b>Position</b>	<b>Name</b>		<b>Club</b>	<b>Category</b>
1	Matthew	Allen	RAF Marham	M40
2	Dan	Middleton	Road Runners	MS
3	Carl	Prewer	GYRR	M45
4	Karl	Sherry	Road Runners	M50
5	Jonathon	Cordle	Tri-Anglia	M50
6	Ben	Churchman	RAF Marham	MS
7	Adrian	Hall	Individual	M50
8	Adrian	Simmonds	RAF Honington	M45
9	Matt	Dawson	RAF Marham	MS
10	Andrew	Baker	GYRR	M45

### ***Top Ten Ladies***

<b>Position</b>	<b>Name</b>		<b>Club</b>	<b>Category</b>
1	Colleen Nicole	Mukuya	GYRR	FS
2	Nadine	Heseltine	GYRR	F40
3	Eloise	Platt	GYRR	FJ
4	Tessa	Killingbeck	Tri-Anglia	FS
5	Katie	King	St Edmund Pacers	FS
6	Jenny	Morgan	St Edmund Pacers	F60
7	Julia	Baldwin	Stowmarket Striders	F45

8	Anne	Ellen	Gazelles	F60
9	Louise	Marsden	Tri-Anglia	F35
10	Iona	Brett	GYRR	FJ

### ***Mens Team awards***

Team Members	
1 <sup>st</sup> - RAF Marham	
	Matthew Allen
	Matt Dawson
	Ben Churchman
	Jermaine Rudd
2 <sup>nd</sup> - GYRR	
	Carl Prewer
	Andrew Baker
	Ian Tooley
	Harrison Meek
3 <sup>rd</sup> - Tri-Anglia	
	Jonathon Cordle
	Mark Philo
	Richard Evans
	Frank Ellis

### ***Ladies Team Awards***

Team members	
1 <sup>st</sup> - GYRR	Colleen-Nicole Mukuya
	Nadine Heseltine
	Eloise Platt
2 <sup>nd</sup> - St Edmund Pacers	Katie King
	Jenny Morgan
	Eloise Bird
3 <sup>rd</sup> - Tri-Anglia	Tessa Killingbeck
	Louise Marsden
	Janice Coglein-Hibbert