



YOU CAN BE SURE IT'S RIGHT

SUFFOLK COUNTY ATHLETIC ASSOCIATION
THE RYAN'S SUFFOLK GRAND PRIX 2019
Club, Mens and Ladies Results

Scoring: Top 5 men and top 5 Ladies to score, no minimum runners to score.
The 7 highest scoring races will make up a clubs final score

	Race 1 Tarpley 10 24/02/2019	Race 2 Tarpley 20 24/02/2019	Race 3 Bungay 10K 14/04/2019	Race 4 Bungay HM 14/04/2019	Race 5 Bury Fri 5 21/06/2019	Race 6 Twilight 10K 26/07/2019	Race 7 Coastal 10 15/09/2019	Race 8 Saxon 5 13/10/2019	Race 9 Scenic 7 10/11/2019	TOTAL
Overall Club Team Results										
1 Felixstowe RRC	4784	4889	4269	3797						17739
2 Bungay Black Dog RC	2258	3750	4904	4910						15822
3 Stowmarket Striders Running Club	4881	2331	2362	4341						13915
4 Saint Edmund Pacers	4772	2939	4368	1459						13538
5 Waveney Valley AC	458	2893	4862	4706						12919
6 Haverhill Running Club	4886	3378	3345	970						12579
7 Ipswich Jaffa RC	4348	3365	2372	2434						12519
8 Sudbury Joggers	4557	4359	0	1935						10851
9 Framlingham Flyers	2448	1925	448	3337						8158
10 Woodbridge Shufflers Running Club	0	3781	1944	0						5725
11 Saxmundham Running & Fitness	450	492	1376	2827						5145
12 Ipswich Triathlon Club	888	0	1427	1440						3755
13 Diss & District AC	0	0	2367	954						3321
14 Hadleigh Hares AC	1399	434	0	1409						3242
15 Newmarket Joggers	439	1384	472	459						2754
16 Ipswich Harriers	888	0	929	0						1817
17 Capel Cheetahs	945	0	0	466						1411
18 Brandon Fern Hoppers	829	0	0	0						829
19 Sudbury Tri Club	0	0	466	0						466
20 West Suffolk AC	0	0	0	0						0



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Men's Results										
1	Felixstowe RRC	2423	2471	1923	2394					9211
2	Saint Edmund Pacers	2334	2449	2416	475					7674
3	Ipswich Jaffa RC	2430	2377	988	1469					7264
4	Stowmarket Striders Running Club	2419	1352	969	2411					7151
5	Bungay Black Dog RC	882	1343	2442	2440					7107
6	Haverhill Running Club	2447	2396	943	970					6756
7	Waveney Valley AC	458	950	2423	2389					6220
8	Sudbury Joggers	2231	2405	0	494					5130
9	Framlingham Flyers	989	1432	448	925					3794
10	Saxmundham Running & Fitness	450	492	919	1874					3735
11	Woodbridge Shufflers Running Club	0	2343	493	0					2836
12	Diss & District AC	0	0	1430	954					2384
13	Ipswich Triathlon Club	455	0	966	945					2366
14	Newmarket Joggers	439	913	472	459					2283
15	Hadleigh Hares AC	932	434	0	0					1366
16	Ipswich Harriers	433	0	456	0					889
17	Capel Cheetahs	0	0	0	466					466
18	Brandon Fern Hoppers	0	0	0	0					0
19	Sudbury Tri Club	0	0	0	0					0
20	West Suffolk AC	0	0	0	0					0



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Ladies Results										
1 Bungay Black Dog RC	1376	2407	2462	2470						8715
2 Felixstowe RRC	2361	2418	2346	1403						8528
3 Stowmarket Striders Running Club	2462	979	1393	1930						6764
4 Waveney Valley AC	0	1943	2439	2317						6699
5 Saint Edmund Pacers	2438	490	1952	984						5864
6 Haverhill Running Club	2439	982	2402	0						5823
7 Sudbury Joggers	2326	1954	0	1441						5721
8 Ipswich Jaffa RC	1918	988	1384	965						5255
9 Framlingham Flyers	1459	493	0	2412						4364
10 Woodbridge Shufflers Running Club	0	1438	1451	0						2889
11 Hadleigh Hares AC	467	0	0	1409						1876
12 Saxmundham Sports Running & FC	0	0	457	953						1410
13 Ipswich Triathlon Club	433	0	461	495						1389
14 Capel Cheetahs	945	0	0	0						945
15 Diss & District AC	0	0	937	0						937
16 Ipswich Harriers	455	0	473	0						928
17 Brandon Fern Hoppers	829	0	0	0						829
18 Newmarket Joggers	0	471	0	0						471
19 Sudbury Tri Club	0	0	466	0						466
20 West Suffolk AC	0	0	0	0						0