



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	4794	4826				27359
2 Stowmarket Striders Running Club	4881	2331	2362	4341	4686	4676				23277
3 Ipswich Jaffa RC	4348	3365	2372	2434	4877	4935				22331
4 Haverhill Running Club	4886	3378	3345	970	4736	3781				21096
5 Saint Edmund Pacers	4772	2939	4368	1459	4845	2294				20677
6 Sudbury Joggers	4557	4359	0	1935	4682	3017				18550
7 Bungay Black Dog RC	2258	3750	4904	4910	2333	389				18544
8 Framlingham Flyers	2448	1925	448	3337	4788	4831				17777
9 Waveney Valley AC	458	2893	4862	4706	0	797				13716
10 Woodbridge Shufflers Running Club	0	3781	1944	0	2112	3520				11357
11 Hadleigh Hares AC	1399	434	0	1409	1776	4589				9607
12 Saxmundham Running & Fitness	450	492	1376	2827	2443	954				8542
13 Ipswich Harriers	888	0	929	0	2309	3162				7288
14 Ipswich Triathlon Club	888	0	1427	1440	749	2642				7146
15 Beccles & Bungay Harriers	0	0	4719	454	1651	0				6824
16 Newmarket Joggers	439	1384	472	459	3320	402				6476
17 Capel Cheetahs	945	0	0	466	1240	3078				5729
18 Diss and District AC	0	0	2367	954	460	921				4702
19 TriSudbury	0	0	466	0	2148	1246				3860
20 Brandon Fern Hoppers	829	0	0	0	341	0				1170
21 West Suffolk AC	0	0	0	0	939	0				939



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
Men's Results										
1 Felixstowe RRC	2423	2471	1923	2394	2432	2451				14094
2 Ipswich Jaffa RC	2430	2377	988	1469	2450	2453				12167
3 Saint Edmund Pacers	2334	2449	2416	475	2449	1800				11923
4 Stowmarket Striders Running Club	2419	1352	969	2411	2325	2352				11828
5 Haverhill Running Club	2447	2396	943	970	2326	2128				11210
6 Sudbury Joggers	2231	2405		494	2270	1295				8695
7 Framlingham Flyers	989	1432	448	925	2403	2427				8624
8 Bungay Black Dog RC	882	1343	2442	2440	1479	0				8586
9 Saxmundham Running & Fitness	450	492	919	1874	1609	954				6298
10 Woodbridge Shufflers Running Club		2343	493		1215	2235				6286
11 Waveney Valley AC	458	950	2423	2389		0				6220
12 Ipswich Triathlon Club	455		966	945	354	2255				4975
13 Hadleigh Hares AC	932	434			1303	2192				4861
14 Newmarket Joggers	439	913	472	459	1617	402				4302
15 Ipswich Harriers	433		456		1375	1736				4000
16 Diss and District AC			1430	954	460	921				3765
17 Beccles & Bungay Harriers			2356	454	380	0				3190
18 Capel Cheetahs				466	841	738				2045
19 West Suffolk AC					458	0				458
20 Brandon Fern Hoppers					341	0				341
21 TriSudbury						0				0



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
Ladies Results										
1	Felixstowe RRC	2361	2418	2346	1403	2362	2375			13265
2	Stowmarket Striders Running Club	2462	979	1393	1930	2361	2324			11449
3	Ipswich Jaffa RC	1918	988	1384	965	2427	2482			10164
4	Bungay Black Dog RC	1376	2407	2462	2470	854	389			9958
5	Haverhill Running Club	2439	982	2402		2410	1653			9886
6	Sudbury Joggers	2326	1954		1441	2412	1722			9855
7	Framlingham Flyers	1459	493		2412	2385	2404			9153
8	Saint Edmund Pacers	2438	490	1952	984	2396	494			8754
9	Waveney Valley AC		1943	2439	2317		797			7496
10	Woodbridge Shufflers Running Club		1438	1451		897	1285			5071
11	Hadleigh Hares AC	467			1409	473	2397			4746
12	TriSudbury			466		2148	1246			3860
13	Capel Cheetahs	945				399	2340			3684
14	Beccles & Bungay Harriers			2363	0	1271	0			3634
15	Ipswich Harriers	455		473		934	1426			3288
16	Saxmundham Sports Running & FC			457	953	834	0			2244
17	Newmarket Joggers		471			1703	0			2174
18	Ipswich Triathlon Club	433		461	495	395	387			2171
19	Diss and District AC			937			0			937
20	Brandon Fern Hoppers	829					0			829
21	West Suffolk AC					481	0			481