



SUFFOLK COUNTY ATHLETIC ASSOCIATION  
 THE RYAN'S SUFFOLK GRAND PRIX 2022  
 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 27/02/2022	Race 2 Tarpley 20 27/02/2022	Race 3 Bungay 10K 10/04/2022	Race 4 Bungay HM 10/04/2022	Race 5 Kirton Friday 5 20/05/2022	Race 6 Sudbury Friday 5 27/05/2022	Race 7 Fram 10K TBC	Race 8 Martlesham 7 09/10/2022	Race 9 Thurlow 5 23/10/2022	Race 10 Thurlow 10 23/10/2022	TOTAL
<b>Overall Club Team Results</b>											
1 Felixstowe RRC	4864	4832	3901	3359	0	0	0	0	0	0	16956
2 Stowmarket Striders Running Club	4895	3779	4367	2873	0	0	0	0	0	0	15914
3 Bungay Black Dog RC	2366	1820	4817	4886	0	0	0	0	0	0	13889
4 Saint Edmund Pacers	4900	3879	2900	1930	0	0	0	0	0	0	13609
5 Haverhill Running Club	4742	2804	3383	2433	0	0	0	0	0	0	13362
6 Ipswich Jaffa RC	3329	4865	2418	1489	0	0	0	0	0	0	12101
7 Waveney Valley AC	447	0	4739	3327	0	0	0	0	0	0	8513
8 Sudbury Joggers	2767	1925	497	1439	0	0	0	0	0	0	6628
9 Framlingham Flyers	943	3344	950	969	0	0	0	0	0	0	6206
10 Newmarket Joggers	2240	2892	500	462	0	0	0	0	0	0	6094
11 Saxmundham Running & Fitness	463	481	1444	3382	0	0	0	0	0	0	5770
12 Diss and District AC	0	938	2896	1446	0	0	0	0	0	0	5280
13 Hadleigh Hares AC	1847	1898	0	0	0	0	0	0	0	0	3745
14 TriSudbury	479	2338	475	0	0	0	0	0	0	0	3292
15 Woodbridge Shufflers Running Club	0	1850	480	0	0	0	0	0	0	0	2330
16 Capel Cheetahs	0	484	0	0	0	0	0	0	0	0	484
17 Brandon Fern Hoppers	0	476	0	0	0	0	0	0	0	0	476
18 Ipswich Harriers	0	0	0	0	0	0	0	0	0	0	0



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<b>Men's Results</b>											
1 Felixstowe RRC	2432	2441	1940	2416							9229
2 Saint Edmund Pacers	2435	2443	1941	1431							8250
3 Stowmarket Striders Running Club	2447	2298	1923	1416							8084
4 Ipswich Jaffa RC	2386	2439	961	989							6775
5 Haverhill Running Club	2394	1851	958	1448							6651
6 Bungay Black Dog RC	449	1338	2418	2425							6630
7 Waveney Valley AC	447	0	2379	1874							4700
8 Newmarket Joggers	933	2412	500	462							4307
9 Framlingham Flyers	471	1871	950	478							3770
10 Diss and District AC	0	938	1481	966							3385
11 Saxmundham Running & Fitness	463	0	478	2422							3363
12 Sudbury Joggers	959	936	497	944							3336
13 Woodbridge Shufflers Running Club	0	1850	0	0							1850
14 Hadleigh Hares AC	1372	0	0	0							1372
15 TriSudbury	479	873	0	0							1352
16 Brandon Fern Hoppers	0	476	0	0							476
17 Capel Cheetahs	0	0	0	0							0
18 Ipswich Harriers	0	0	0	0							0



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		27/02/2022	27/02/2022	10/04/2022	10/04/2022	20/05/2022	27/05/2022	TBC	09/10/2022	23/10/2022	23/10/2022	
<b>Ladies Results</b>												
1	Stowmarket Striders Running Club	2448	1481	2444	1457							7830
2	Felixstowe RRC	2432	2391	1961	943							7727
3	Bungay Black Dog RC	1917	482	2399	2461							7259
4	Haverhill Running Club	2348	953	2425	985							6711
5	Saint Edmund Pacers	2465	1436	959	499							5359
6	Ipswich Jaffa RC	943	2426	1457	500							5326
7	Waveney Valley AC	0	0	2360	1453							3813
8	Sudbury Joggers	1808	989	0	495							3292
9	Framlingham Flyers	472	1473	0	491							2436
10	Saxmundham Sports Running & FC	0	481	966	960							2407
11	Hadleigh Hares AC	475	1898	0	0							2373
12	TriSudbury	0	1465	475	0							1940
13	Diss and District AC	0	0	1415	480							1895
14	Newmarket Joggers	1307	480	0	0							1787
15	Capel Cheetahs	0	484	0	0							484
16	Woodbridge Shufflers Running Club	0	0	480	0							480
17	Brandon Fern Hoppers	0	0	0	0							0
18	Ipswich Harriers	0	0	0	0							0