



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	Race 2 Tarpley 20	Race 3 Bungay 10K	Race 4 Bungay HM	Race 5 Kirton Friday 5	Race 6 Sudbury Friday 5	Race 7 Fram 10K	Race 8 Martlesham 7	Race 9 Thurlow 5	Race 10 Thurlow 10	TOTAL
	27/02/2022	27/02/2022	10/04/2022	10/04/2022	20/05/2022	27/05/2022	04/09/2022	09/10/2022	23/10/2022	23/10/2022	
Overall Club Team Results											
1 Felixstowe RRC	4861	4832	3901	3356	4926	4880					26756
2 Stowmarket Striders Running Club	4891	3779	4367	2871	4739	4858					25505
3 Saint Edmund Pacers	4896	3879	2900	1928	4751	4865					23219
4 Haverhill Running Club	4734	2804	3383	2431	4341	4719					22412
5 Ipswich Jaffa RC	3324	4865	2418	1488	4882	4782					21759
6 Bungay Black Dog RC	2364	1820	4817	4881	858	892					15632
7 Framlingham Flyers	941	3344	950	968	4476	3609					14288
8 Sudbury Joggers	2763	1925	497	1437	3662	3697					13981
9 Newmarket Joggers	2236	2892	500	461	2236	3704					12029
10 Saxmundham Running & Fitness	462	481	1444	3378	3100	1779					10644
11 Woodbridge Shufflers Running Club	0	1850	480	0	4605	1779					8714
12 Waveney Valley AC	446	0	4739	3324	0	0					8509
13 Diss and District AC	0	938	2896	1444	455	466					6199
14 Capel Cheetahs	0	484	0	0	2516	2237					5237
15 Hadleigh Hares AC	1843	1898	0	0	948	475					5164
16 Ipswich Harriers	0	0	0	0	3129	1808					4937
17 TriSudbury	955	2338	475	0	0	906					4674
18 Ipswich Triathlon Club	492	0	0	492	1694	834					3512
19 Brandon Fern Hoppers	0	476	0	0	0	0					476



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Men's Results												
1	Felixstowe RRC	2430	2441	1940	2413	2462	2425					14111
2	Saint Edmund Pacers	2431	2443	1941	1429	2356	2427					13027
3	Stowmarket Striders Running Club	2443	2298	1923	1414	2316	2393					12787
4	Ipswich Jaffa RC	2382	2439	961	988	2447	2421					11638
5	Haverhill Running Club	2389	1851	958	1446	2136	2372					11152
6	Newmarket Joggers	932	2412	500	461	2236	2406					8947
7	Framlingham Flyers	470	1871	950	477	2228	2246					8242
8	Bungay Black Dog RC	448	1338	2418	2420	421	434					7479
9	Sudbury Joggers	958	936	497	942	1390	1794					6517
10	Saxmundham Running & Fitness	462	0	478	2418	1825	863					6046
11	Woodbridge Shufflers Running Club	0	1850	0	0	2245	1295					5390
12	Waveney Valley AC	446	0	2379	1871	0	0					4696
13	Diss and District AC	0	938	1481	964	0	0					3383
14	Ipswich Harriers	0	0	0	0	1799	1363					3162
15	Ipswich Triathlon Club	492	0	0	492	1285	407					2676
16	Capel Cheetahs	0	0	0	0	1235	891					2126
17	Hadleigh Hares AC	1369	0	0	0	489	0					1858
18	TriSudbury	478	873	0	0	0	464					1815
19	Brandon Fern Hoppers	0	476	0	0	0	0					476



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Ladies Results												
1	Stowmarket Striders Running Club	2448	1481	2444	1457	2423	2465					12718
2	Felixstowe RRC	2431	2391	1961	943	2464	2455					12645
3	Haverhill Running Club	2345	953	2425	985	2205	2347					11260
4	Saint Edmund Pacers	2465	1436	959	499	2395	2438					10192
5	Ipswich Jaffa RC	942	2426	1457	500	2435	2361					10121
6	Bungay Black Dog RC	1916	482	2399	2461	437	458					8153
7	Sudbury Joggers	1805	989	0	495	2272	1903					7464
8	Framlingham Flyers	471	1473	0	491	2248	1363					6046
9	Saxmundham Sports Running & FC	0	481	966	960	1275	916					4598
10	Waveney Valley AC	0	0	2360	1453	0	0					3813
11	Woodbridge Shufflers Running Club	0	0	480	0	2360	484					3324
12	Hadleigh Hares AC	474	1898	0	0	459	475					3306
13	Capel Cheetahs	0	484	0	0	1281	1346					3111
14	Newmarket Joggers	1304	480	0	0	0	1298					3082
15	TriSudbury	477	1465	475	0	0	442					2859
16	Diss and District AC	0	0	1415	480	455	466					2816
17	Ipswich Harriers	0	0	0	0	1330	445					1775
18	Ipswich Triathlon Club	0	0	0	0	409	427					836
19	Brandon Fern Hoppers	0	0	0	0	0	0					0