



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	TOTAL TOP 7 RACES	
Overall Club Team Results												
1	Felixstowe RRC	4784	4889	4269	3797	4794	4826	4903	4958	4922	42142	34076
2	Stowmarket Striders Running Club	4881	2331	2362	4341	4686	4676	4649	4638	4826	37390	32697
3	Ipswich Jaffa RC	4348	3365	2372	2434	4877	4935	4916	3744	4751	35742	30936
4	Haverhill Running Club	4886	3378	3345	970	4736	3781	3783	4274	4671	33824	29509
5	Framlingham Flyers	2448	1925	448	3337	4788	4831	3386	4916	3840	29919	27546
6	Sudbury Joggers	4557	4359	0	1935	4682	3017	2359	2897	4653	28459	26524
7	Saint Edmund Pacers	4772	2939	4368	1459	4845	2294	2271	2359	4792	30099	26369
8	Bungay Black Dog RC	2258	3750	4904	4910	2333	389	436	2713	1336	23029	22204
9	Woodbridge Shufflers Running Club	0	3781	1944	0	2112	3520	4570	2752	3125	21804	21804
10	Waveney Valley AC	458	2893	4862	4706	0	797	0	0	0	13716	13716
11	Hadleigh Hares AC	1399	434	0	1409	1776	4589	874	0	2613	13094	13094
12	Saxmundham Running & Fitness	450	492	1376	2827	2443	954	1326	459	833	11160	10251
13	Ipswich Harriers	888	0	929	0	2309	3162	941	925	834	9988	9988
14	Newmarket Joggers	439	1384	472	459	3320	402	0	0	1237	7713	7713
15	Capel Cheetahs	945	0	0	466	1240	3078	1933	0	0	7662	7662
16	Beccles & Bungay Harriers	0	0	4719	454	1651	0	0	442	0	7266	7266
17	Ipswich Triathlon Club	888	0	1427	1440	749	2642	0	0	0	7146	7146
18	Diss and District AC	0	0	2367	954	460	921	0	974	480	6156	6156
19	TriSudbury	0	0	466	0	2148	1246	474	0	1291	5625	5625
20	Brandon Fern Hoppers	829	0	0	0	341	0	0	0	0	1170	1170
21	West Suffolk AC	0	0	0	0	939	0	0	0	0	939	939



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Men's Results

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1	Felixstowe RRC	2423	2471	1923	2394	2432	2451	2465	2472	2480	21511	17194
2	Stowmarket Striders Running Club	2419	1352	969	2411	2325	2352	2373	2368	2357	18926	16605
3	Saint Edmund Pacers	2334	2449	2416	475	2449	1800	2271	1865	2354	18413	16138
4	Ipswich Jaffa RC	2430	2377	988	1469	2450	2453	2431	1429	2328	18355	15938
5	Haverhill Running Club	2447	2396	943	970	2326	2128	1378	1842	2301	16731	14818
6	Framlingham Flyers	989	1432	448	925	2403	2427	2453	2473	2428	15978	14605
7	Sudbury Joggers	2231	2405	0	494	2270	1295	1399	1440	2375	13909	13415
8	Woodbridge Shufflers Running Club	0	2343	493	0	1215	2235	2218	1818	2247	12569	12569
9	Bungay Black Dog RC	882	1343	2442	2440	1479	0	436	1769	880	11671	11235
10	Saxmundham Running & Fitness	450	492	919	1874	1609	954	441	459	833	8031	7140
11	Hadleigh Hares AC	932	434	0	0	1303	2192	874	0	1372	7107	7107
12	Waveney Valley AC	458	950	2423	2389	0	0	0	0	0	6220	6220
13	Ipswich Harriers	433	0	456	0	1375	1736	492	455	405	5352	5352
14	Diss and District AC	0	0	1430	954	460	921	0	974	480	5219	5219
15	Ipswich Triathlon Club	455	0	966	945	354	2255	0	0	0	4975	4975
16	Newmarket Joggers	439	913	472	459	1617	402	0	0	0	4302	4302
17	Beccles & Bungay Harriers	0	0	2356	454	380	0	0	0	0	3190	3190
18	Capel Cheetahs	0	0	0	466	841	738	0	0	0	2045	2045
19	West Suffolk AC	0	0	0	0	458	0	0	0	0	458	458
20	Brandon Fern Hoppers	0	0	0	0	341	0	0	0	0	341	341
21	TriSudbury	0	0	0	0	0	0	0	0	0	0	0



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Ladies Results											
1 Felixstowe RRC	2361	2418	2346	1403	2362	2375	2438	2486	2442	20631	16882
2 Haverhill Running Club	2439	982	2402	0	2410	1653	2405	2432	2370	17093	16111
3 Stowmarket Striders Running Club	2462	979	1393	1930	2361	2324	2276	2270	2469	18464	16092
4 Ipswich Jaffa RC	1918	988	1384	965	2427	2482	2485	2315	2423	17387	15434
5 Sudbury Joggers	2326	1954	0	1441	2412	1722	960	1457	2278	14550	13590
6 Framlingham Flyers	1459	493	0	2412	2385	2404	933	2443	1412	13941	13448
7 Saint Edmund Pacers	2438	490	1952	984	2396	494	0	494	2438	11686	11196
8 Bungay Black Dog RC	1376	2407	2462	2470	854	389	0	944	456	11358	10969
9 Woodbridge Shufflers Running Club	0	1438	1451	0	897	1285	2352	934	878	9235	9235
10 Waveney Valley AC	0	1943	2439	2317	0	797	0	0	0	7496	7496
11 Hadleigh Hares AC	467	0	0	1409	473	2397	0	0	1241	5987	5987
12 TriSudbury	0	0	466	0	2148	1246	474	0	1291	5625	5625
13 Capel Cheetahs	945	0	0	0	399	2340	1933	0	0	5617	5617
14 Ipswich Harriers	455	0	473	0	934	1426	449	470	429	4636	4636
15 Beccles & Bungay Harriers	0	0	2363	0	1271	0	0	442	0	4076	4076
16 Newmarket Joggers	0	471	0	0	1703	0	0	0	1237	3411	3411
17 Saxmundham Sports Running & FC	0	0	457	953	834	0	885	0	0	3129	3129
18 Ipswich Triathlon Club	433	0	461	495	395	387	0	0	0	2171	2171
19 Diss and District AC	0	0	937	0	0	0	0	0	0	937	937
20 Brandon Fern Hoppers	829	0	0	0	0	0	0	0	0	829	829
21 West Suffolk AC	0	0	0	0	481	0	0	0	0	481	481