



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 04/09/2022 | Race 8 Martlesham 7 09/10/2022 | Race 9 Thurlow 5 23/10/2022 | Race 10 Thurlow 10 23/10/2022 | TOTAL | TOTAL TOP 7 RACES |
|--------------------------------------|------------------------------------|------------------------------------|------------------------------------|-----------------------------------|--|---|----------------------------------|---|-----------------------------------|-------------------------------------|-------|-------------------------|
| Overall Club Team Results | | | | | | | | | | | | |
| 1 Felixstowe RRC | 4861 | 4832 | 3901 | 3356 | 4926 | 4880 | 4925 | 4943 | 4932 | 495 | 42051 | 34299 |
| 2 Stowmarket Striders Running Club | 4891 | 3779 | 4367 | 2871 | 4739 | 4858 | 4799 | 3844 | 4363 | 2433 | 40944 | 31861 |
| 3 Saint Edmund Pacers | 4896 | 3879 | 2900 | 1928 | 4751 | 4865 | 1853 | 476 | 3840 | 4907 | 34295 | 30038 |
| 4 Haverhill Running Club | 4734 | 2804 | 3383 | 2431 | 4341 | 4719 | 1414 | 2926 | 4916 | 4400 | 36068 | 29419 |
| 5 Ipswich Jaffa RC | 3324 | 4865 | 2418 | 1488 | 4882 | 4782 | 4867 | 3913 | 1460 | 470 | 32469 | 29051 |
| 6 Framlingham Flyers | 941 | 3344 | 950 | 968 | 4476 | 3609 | 4886 | 978 | 486 | 494 | 21132 | 19211 |
| 7 Newmarket Joggers | 2236 | 2892 | 500 | 461 | 2236 | 3704 | 971 | 0 | 2359 | 3945 | 19304 | 18343 |
| 8 Bungay Black Dog RC | 2364 | 1820 | 4817 | 4881 | 858 | 892 | 1347 | 466 | 479 | 480 | 18404 | 16979 |
| 9 Sudbury Joggers | 2763 | 1925 | 497 | 1437 | 3662 | 3697 | 487 | 494 | 1476 | 982 | 17420 | 15942 |
| 10 Saxmundham Running & Fitness | 462 | 481 | 1444 | 3378 | 3100 | 1779 | 3259 | 961 | 493 | 486 | 15843 | 14414 |
| 11 Woodbridge Shufflers Running Club | 0 | 1850 | 480 | 0 | 4605 | 1779 | 2301 | 1941 | 0 | 493 | 13449 | 13449 |
| 12 Waveney Valley AC | 446 | 0 | 4739 | 3324 | 0 | 0 | 433 | 0 | 0 | 483 | 9425 | 9425 |
| 13 Capel Cheetahs | 0 | 484 | 0 | 0 | 2516 | 2237 | 0 | 1413 | 0 | 0 | 6650 | 6650 |
| 14 Ipswich Harriers | 0 | 0 | 0 | 0 | 3129 | 1808 | 499 | 979 | 0 | 0 | 6415 | 6415 |
| 15 Diss and District AC | 0 | 938 | 2896 | 1444 | 455 | 466 | 0 | 0 | 0 | 0 | 6199 | 6199 |
| 16 Hadleigh Hares AC | 1843 | 1898 | 0 | 0 | 948 | 475 | 0 | 957 | 0 | 0 | 6121 | 6121 |
| 17 TriSudbury | 955 | 2338 | 475 | 0 | 0 | 906 | 0 | 0 | 472 | 482 | 5628 | 5628 |
| 18 Ipswich Triathlon Club | 492 | 0 | 0 | 492 | 1694 | 834 | 0 | 965 | 0 | 0 | 4477 | 4477 |
| 19 Brandon Fern Hoppers | 0 | 476 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 476 | 476 |



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|--------------------------------------|------------------------------------|------------------------------------|------------------------------------|-----------------------------------|--|---|----------------------------------|---|-----------------------------------|-------------------------------------|-------|-------------------------|
| Men's Results | | | | | | | | | | | | |
| 1 Felixstowe RRC | 2430 | 2441 | 1940 | 2413 | 2462 | 2425 | 2469 | 2474 | 2459 | 495 | 22008 | 17160 |
| 2 Stowmarket Striders Running Club | 2443 | 2298 | 1923 | 1414 | 2316 | 2393 | 2375 | 2395 | 2427 | 1457 | 21441 | 16647 |
| 3 Saint Edmund Pacers | 2431 | 2443 | 1941 | 1429 | 2356 | 2427 | 1853 | 476 | 2390 | 2420 | 20166 | 16408 |
| 4 Ipswich Jaffa RC | 2382 | 2439 | 961 | 988 | 2447 | 2421 | 2426 | 2448 | 488 | 470 | 17470 | 15551 |
| 5 Haverhill Running Club | 2389 | 1851 | 958 | 1446 | 2136 | 2372 | 939 | 974 | 2465 | 2438 | 17968 | 15097 |
| 6 Newmarket Joggers | 932 | 2412 | 500 | 461 | 2236 | 2406 | 500 | 0 | 0 | 2476 | 11923 | 11462 |
| 7 Framlingham Flyers | 470 | 1871 | 950 | 477 | 2228 | 2246 | 2435 | 978 | 486 | 494 | 12635 | 11202 |
| 8 Saxmundham Running & Fitness | 462 | 0 | 478 | 2418 | 1825 | 863 | 2312 | 485 | 493 | 0 | 9336 | 8874 |
| 9 Bungay Black Dog RC | 448 | 1338 | 2418 | 2420 | 421 | 434 | 870 | 466 | 479 | 480 | 9774 | 8471 |
| 10 Woodbridge Shufflers Running Club | 0 | 1850 | 0 | 0 | 2245 | 1295 | 1331 | 950 | 0 | 0 | 7671 | 7671 |
| 11 Sudbury Joggers | 958 | 936 | 497 | 942 | 1390 | 1794 | 487 | 494 | 497 | 491 | 8486 | 7014 |
| 12 Waveney Valley AC | 446 | 0 | 2379 | 1871 | 0 | 0 | 433 | 0 | 0 | 483 | 5612 | 5612 |
| 13 Ipswich Harriers | 0 | 0 | 0 | 0 | 1799 | 1363 | 0 | 500 | 0 | 0 | 3662 | 3662 |
| 14 Diss and District AC | 0 | 938 | 1481 | 964 | 0 | 0 | 0 | 0 | 0 | 0 | 3383 | 3383 |
| 15 Ipswich Triathlon Club | 492 | 0 | 0 | 492 | 1285 | 407 | 0 | 469 | 0 | 0 | 3145 | 3145 |
| 16 Capel Cheetahs | 0 | 0 | 0 | 0 | 1235 | 891 | 0 | 927 | 0 | 0 | 3053 | 3053 |
| 17 Hadleigh Hares AC | 1369 | 0 | 0 | 0 | 489 | 0 | 0 | 468 | 0 | 0 | 2326 | 2326 |
| 18 TriSudbury | 478 | 873 | 0 | 0 | 0 | 464 | 0 | 0 | 0 | 482 | 2297 | 2297 |
| 19 Brandon Fern Hoppers | 0 | 476 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 476 | 476 |



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| | | 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 | TOTAL TOP 7 RACES |
|-----------------------|-----------------------------------|----------------------|----------------------|----------------------|---------------------|------------------------------|-------------------------------|--------------------|---------------------------|---------------------|-----------------------|-------|-------------------------|
| | | 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 | | |
| Ladies Results | | | | | | | | | | | | | |
| 1 | Felixstowe RRC | 2431 | 2391 | 1961 | 943 | 2464 | 2455 | 2456 | 2469 | 2473 | 0 | 20043 | 17139 |
| 2 | Haverhill Running Club | 2345 | 953 | 2425 | 985 | 2205 | 2347 | 475 | 1952 | 2451 | 1962 | 18100 | 15687 |
| 3 | Stowmarket Striders Running Club | 2448 | 1481 | 2444 | 1457 | 2423 | 2465 | 2424 | 1449 | 1936 | 976 | 19503 | 15621 |
| 4 | Saint Edmund Pacers | 2465 | 1436 | 959 | 499 | 2395 | 2438 | 0 | 0 | 1450 | 2487 | 14129 | 13630 |
| 5 | Ipswich Jaffa RC | 942 | 2426 | 1457 | 500 | 2435 | 2361 | 2441 | 1465 | 972 | 0 | 14999 | 13557 |
| 6 | Sudbury Joggers | 1805 | 989 | 0 | 495 | 2272 | 1903 | 0 | 0 | 979 | 491 | 8934 | 8934 |
| 7 | Bungay Black Dog RC | 1916 | 482 | 2399 | 2461 | 437 | 458 | 477 | 0 | 0 | 0 | 8630 | 8630 |
| 8 | Framlingham Flyers | 471 | 1473 | 0 | 491 | 2248 | 1363 | 2451 | 0 | 0 | 0 | 8497 | 8497 |
| 9 | Newmarket Joggers | 1304 | 480 | 0 | 0 | 0 | 1298 | 471 | 0 | 2359 | 1469 | 7381 | 7381 |
| 10 | Saxmundham Sports Running & FC | 0 | 481 | 966 | 960 | 1275 | 916 | 947 | 476 | 0 | 486 | 6507 | 6031 |
| 11 | Woodbridge Shufflers Running Club | 0 | 0 | 480 | 0 | 2360 | 484 | 970 | 991 | 0 | 493 | 5778 | 5778 |
| 12 | Waveney Valley AC | 0 | 0 | 2360 | 1453 | 0 | 0 | 0 | 0 | 0 | 0 | 3813 | 3813 |
| 13 | Hadleigh Hares AC | 474 | 1898 | 0 | 0 | 459 | 475 | 0 | 489 | 0 | 0 | 3795 | 3795 |
| 14 | Capel Cheetahs | 0 | 484 | 0 | 0 | 1281 | 1346 | 0 | 486 | 0 | 0 | 3597 | 3597 |
| 15 | TriSudbury | 477 | 1465 | 475 | 0 | 0 | 442 | 0 | 0 | 472 | 0 | 3331 | 3331 |
| 16 | Diss and District AC | 0 | 0 | 1415 | 480 | 455 | 466 | 0 | 0 | 0 | 0 | 2816 | 2816 |
| 17 | Ipswich Harriers | 0 | 0 | 0 | 0 | 1330 | 445 | 499 | 479 | 0 | 0 | 2753 | 2753 |
| 18 | Ipswich Triathlon Club | 0 | 0 | 0 | 0 | 409 | 427 | 0 | 496 | 0 | 0 | 1332 | 1332 |
| 19 | Brandon Fern Hoppers | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |