



**SUFFOLK COUNTY ATHLETIC ASSOCIATION
THE JMP FURNITURE SOLUTIONS SUFFOLK GRAND PRIX 2023
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	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Total	TOTAL	
	Stow HM	Sud Fun Run	SW 10K	Nmkt 10K	Saxon 5	Hadleigh 5	Hadleigh 10		TOP 6	
	19/3/2023	7/4/2023	7/5/2023	25/6/2023	15/10/2023	19/11/2023	19/11/2023		RACES	
Overall Club Team Results										
1	Felixstowe RRC	4905	4857	4828	4886	4910	0	0	24386	24386
2	Saint Edmund Pacers	4263	4896	4958	3873	3785	0	0	21775	21775
3	Stowmarket Striders Running Club	4855	3813	4860	4824	2327	0	0	20679	20679
4	Ipswich Jaffa RC	4885	3786	3361	1470	4309	0	0	17811	17811
5	Haverhill Running Club	4100	4721	3659	2437	0	0	0	14917	14917
6	Newmarket Joggers	2839	1919	3267	4428	983	0	0	13436	13436
7	Framlingham Flyers	1909	1421	1838	481	4732	0	0	10381	10381
8	Sudbury Joggers	1399	3194	949	973	485	0	0	7000	7000
9	Bungay Black Dog RC	901	1378	424	1422	2771	0	0	6896	6896
10	Hadleigh Hares AC	4605	1366	0	0	458	0	0	6429	6429
11	TriSudbury	1869	3821	0	0	482	0	0	6172	6172
12	Capel Cheetahs	0	3748	423	0	876	0	0	5047	5047
13	Woodbridge Shufflers Running Club	440	488	0	0	3847	0	0	4775	4775
14	Waveney Valley AC	0	0	0	0	4236	0	0	4236	4236
15	Kesgrave Cruisers	424	0	0	0	2432	0	0	2856	2856
16	Saxmundham Running & Fitness	471	484	919	962	0	0	0	2836	2836
17	Ipswich Triathlon Club	1407	483	912	0	0	0	0	2802	2802
18	Brandon Fern Hoppers	0	0	0	957	0	0	0	957	957
19	Ipswich Harriers	494	0	0	0	0	0	0	494	494
20	Diss and District AC	0	0	0	0	0	0	0	0	0

Men's Results

1	Felixstowe RRC	2462	2455	2389	2432	2457	0	0	12195	12195
2	Saint Edmund Pacers	2340	2462	2478	2392	2309	0	0	11981	11981
3	Stowmarket Striders Running Club	2426	2370	2401	2377	1368	0	0	10942	10942
4	Ipswich Jaffa RC	2420	1381	2421	982	2413	0	0	9617	9617
5	Newmarket Joggers	1954	1445	1887	2475	498	0	0	8259	8259
6	Haverhill Running Club	2214	2357	2220	979	0	0	0	7770	7770
7	Framlingham Flyers	958	921	1838	481	2349	0	0	6547	6547
8	Sudbury Joggers	488	1755	949	492	485	0	0	4169	4169
9	Bungay Black Dog RC	434	906	424	940	1336	0	0	4040	4040
10	Hadleigh Hares AC	2221	1366	0	0	0	0	0	3587	3587
11	TriSudbury	1370	1426	0	0	482	0	0	3278	3278
12	Woodbridge Shufflers Running Club	0	488	0	0	2384	0	0	2872	2872
13	Capel Cheetahs	0	1345	423	0	876	0	0	2644	2644
14	Saxmundham Running & Fitness	471	0	919	962	0	0	0	2352	2352
15	Waveney Valley AC	0	0	0	0	2331	0	0	2331	2331
16	Ipswich Triathlon Club	1407	483	440	0	0	0	0	2330	2330
17	Kesgrave Cruisers	424	0	0	0	949	0	0	1373	1373
18	Brandon Fern Hoppers	0	0	0	480	0	0	0	480	480
19	Diss and District AC	0	0	0	0	0	0	0	0	0
20	Ipswich Harriers	0	0	0	0	0	0	0	0	0

Ladies Results

1	Felixstowe RRC	2443	2402	2439	2454	2453	0	0	12191	12191
2	Saint Edmund Pacers	1923	2434	2480	1481	1476	0	0	9794	9794
3	Stowmarket Striders Running Club	2429	1443	2459	2447	959	0	0	9737	9737
4	Ipswich Jaffa RC	2465	2405	940	488	1896	0	0	8194	8194
5	Haverhill Running Club	1886	2364	1439	1458	0	0	0	7147	7147
6	Newmarket Joggers	885	474	1380	1953	485	0	0	5177	5177
7	Framlingham Flyers	951	500	0	0	2383	0	0	3834	3834
8	TriSudbury	499	2395	0	0	0	0	0	2894	2894
9	Bungay Black Dog RC	467	472	0	482	1435	0	0	2856	2856
10	Hadleigh Hares AC	2384	0	0	0	458	0	0	2842	2842
11	Sudbury Joggers	911	1439	0	481	0	0	0	2831	2831
12	Capel Cheetahs	0	2403	0	0	0	0	0	2403	2403
13	Waveney Valley AC	0	0	0	0	1905	0	0	1905	1905
14	Woodbridge Shufflers Running Club	440	0	0	0	1463	0	0	1903	1903
15	Kesgrave Cruisers	0	0	0	0	1483	0	0	1483	1483
16	Ipswich Harriers	494	0	0	0	0	0	0	494	494
17	Saxmundham Sports Running & FC	0	484	0	0	0	0	0	484	484
18	Brandon Fern Hoppers	0	0	0	477	0	0	0	477	477
19	Ipswich Triathlon Club	0	0	472	0	0	0	0	472	472
20	Diss and District AC	0	0	0	0	0	0	0	0	0