



**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	
<b>Overall Club Team Results</b>										
1	Felixstowe RRC	4905	4857	4828	4886	4910	4909	4923	34218	29390
2	Stowmarket Striders Running Club	4855	3813	4860	4824	2327	3867	4817	29363	27036
3	Saint Edmund Pacers	4263	4896	4958	3873	3785	4433	2392	28600	26208
4	Ipswich Jaffa RC	4885	3786	3361	1470	4309	1974	4799	24584	23114
5	Haverhill Running Club	4100	4721	3659	2437	0	982	0	15899	15899
6	Newmarket Joggers	2839	1919	3267	4428	983	0	477	13913	13913
7	Framlingham Flyers	1909	1421	1838	481	4732	1470	1382	13233	12752
8	Hadleigh Hares AC	4605	1366	0	0	458	2418	3326	12173	12173
9	Sudbury Joggers	1399	3194	949	973	485	487	3341	10828	10343
10	Bungay Black Dog RC	901	1378	424	1422	2771	475	941	8312	7888
11	TriSudbury	1869	3821	0	0	482	0	1439	7611	7611
12	Capel Cheetahs	0	3748	423	0	876	1432	0	6479	6479
13	Kesgrave Kruisers	424	0	0	0	2432	959	1900	5715	5715
14	Ipswich Triathlon Club	1407	483	912	0	0	485	2271	5558	5558
15	Woodbridge Shufflers Running Club	440	488	0	0	3847	0	483	5258	5258
16	Saxmundham Running & Fitness	471	484	919	962	0	483	1456	4775	4775
17	Waveney Valley AC	0	0	0	0	4236	0	0	4236	4236
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

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		19/3/2023	7/4/2023	7/5/2023	25/6/2023	15/10/2023	19/11/2023	19/11/2023		RACES
<b>Men's Results</b>										
1	Felixstowe RRC	2462	2455	2389	2432	2457	2456	2486	17137	14748
2	Saint Edmund Pacers	2340	2462	2478	2392	2309	2465	911	15357	14446
3	Stowmarket Striders Running Club	2426	2370	2401	2377	1368	1430	2354	14726	13358
4	Ipswich Jaffa RC	2420	1381	2421	982	2413	1479	2402	13498	12516
5	Framlingham Flyers	958	921	1838	481	2349	1470	1382	9399	8918
6	Haverhill Running Club	2214	2357	2220	979	0	494	0	8264	8264
7	Newmarket Joggers	1954	1445	1887	2475	498	0	0	8259	8259
8	Sudbury Joggers	488	1755	949	492	485	0	2394	6563	6563
9	Hadleigh Hares AC	2221	1366	0	0	0	473	1388	5448	5448
10	Bungay Black Dog RC	434	906	424	940	1336	475	463	4978	4554
11	Saxmundham Running & Fitness	471	0	919	962	0	483	1456	4291	4291
12	TriSudbury	1370	1426	0	0	482	0	960	4238	4238
13	Ipswich Triathlon Club	1407	483	440	0	0	0	1799	4129	4129
14	Capel Cheetahs	0	1345	423	0	876	1432	0	4076	4076
15	Woodbridge Shufflers Running Club	0	488	0	0	2384	0	483	3355	3355
16	Kesgrave Cruisers	424	0	0	0	949	479	918	2770	2770
17	Waveney Valley AC	0	0	0	0	2331	0	0	2331	2331
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

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	19/3/2023	7/4/2023	7/5/2023	25/6/2023	15/10/2023	19/11/2023	19/11/2023		RACES
<b>Ladies Results</b>									
1	Felixstowe RRC	2443	2402	2439	2454	2453	2437	17081	14679
2	Stowmarket Striders Running Club	2429	1443	2459	2447	959	2437	14637	13678
3	Saint Edmund Pacers	1923	2434	2480	1481	1476	1968	13243	11767
4	Ipswich Jaffa RC	2465	2405	940	488	1896	495	2397	11086
5	Haverhill Running Club	1886	2364	1439	1458	0	488	0	7635
6	Hadleigh Hares AC	2384	0	0	0	458	1945	1938	6725
7	Newmarket Joggers	885	474	1380	1953	485	0	477	5654
8	Sudbury Joggers	911	1439	0	481	0	487	947	4265
9	Framlingham Flyers	951	500	0	0	2383	0	0	3834
10	TriSudbury	499	2395	0	0	0	0	479	3373
11	Bungay Black Dog RC	467	472	0	482	1435	0	478	3334
12	Kesgrave Kruisers	0	0	0	0	1483	480	982	2945
13	Capel Cheetahs	0	2403	0	0	0	0	0	2403
14	Waveney Valley AC	0	0	0	0	1905	0	0	1905
15	Woodbridge Shufflers Running Club	440	0	0	0	1463	0	0	1903
16	Ipswich Triathlon Club	0	0	472	0	0	485	472	1429
17	Ipswich Harriers	494	0	0	0	0	0	0	494
18	Saxmundham Sports Running & FC	0	484	0	0	0	0	0	484
19	Brandon Fern Hoppers	0	0	0	477	0	0	0	477
20	Diss and District AC	0	0	0	0	0	0	0	0