



**SUFFOLK COUNTY ATHLETIC ASSOCIATION  
THE JMP FURNITURE SOLUTIONS SUFFOLK GRAND PRIX 2024  
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	Race 8	Race 9	Total	TOTAL
		Tarpley 10	Tarpley 20	Bungay 10K	Bungay HM	Fram Fri 5	Twilight 10K	Coastal 10	Capel 5	Scenic 7		TOP 7
		25/2/2024	25/2/2024	14/4/2024	14/4/2024	7/6/2024	26/7/2024	8/9/2024	13/10/2024	10/11/2024		RACES
<b>Overall Club Team Results</b>												
1	Felixstowe RRC	4846	4891	4816	2888	0	0	0	0	0	17441	17441
2	Stowmarket Striders RC	4796	4207	3905	2938	0	0	0	0	0	15846	15846
3	Ipswich Jaffa RC	4291	4836	3351	0	0	0	0	0	0	12478	12478
4	Saint Edmund Pacers	4916	4881	943	1482	0	0	0	0	0	12222	12222
5	Waveney Valley AC	1342	957	4794	4922	0	0	0	0	0	12015	12015
6	Bungay Black Dog RC	878	1348	4772	4892	0	0	0	0	0	11890	11890
7	Newmarket Joggers	4703	2803	1489	496	0	0	0	0	0	9491	9491
8	Kesgrave Cruisers	2746	4388	907	0	0	0	0	0	0	8041	8041
9	Haverhill Running Club	3757	3177	983	0	0	0	0	0	0	7917	7917
10	The Saxons	2854	0	3409	992	0	0	0	0	0	7255	7255
11	Framlingham Flyers	3156	2260	476	489	0	0	0	0	0	6381	6381
12	Hadleigh Hares AC	2279	0	495	957	0	0	0	0	0	3731	3731
13	Woodbridge Shufflers Running Club	915	2297	491	0	0	0	0	0	0	3703	3703
14	Sudbury Joggers	2280	928	0	0	0	0	0	0	0	3208	3208
15	Diss and District AC	479	482	1928	0	0	0	0	0	0	2889	2889
16	Ipswich Triathlon Club	918	932	958	0	0	0	0	0	0	2808	2808
17	BLC on the Run	488	453	494	499	0	0	0	0	0	1934	1934
18	Capel Cheetahs	1366	0	0	0	0	0	0	0	0	1366	1366
19	Brandon Fern Hoppers	0	0	0	0	0	0	0	0	0	0	0
20	Ipswich Harriers	0	0	0	0	0	0	0	0	0	0	0
21	TriSudbury	0	0	0	0	0	0	0	0	0	0	0
22	West Suffolk AC	0	0	0	0	0	0	0	0	0	0	0

**Men's Results**

1	Felixstowe RRC	2445	2462	2400	1914	0	0	0	0	0	9221	9221
2	Stowmarket Striders RC	2338	1822	2448	1941	0	0	0	0	0	8549	8549
3	Ipswich Jaffa RC	2413	2363	2380	0	0	0	0	0	0	7156	7156
4	Saint Edmund Pacers	2469	2430	469	988	0	0	0	0	0	6356	6356
5	Bungay Black Dog RC	429	889	2385	2447	0	0	0	0	0	6150	6150
6	Waveney Valley AC	871	0	2398	2447	0	0	0	0	0	5716	5716
7	The Saxons	2385	0	2437	497	0	0	0	0	0	5319	5319
8	Newmarket Joggers	2379	2341	0	496	0	0	0	0	0	5216	5216
9	Haverhill Running Club	1354	2239	490	0	0	0	0	0	0	4083	4083
10	Framlingham Flyers	849	2260	476	489	0	0	0	0	0	4074	4074
11	Kesgrave Cruisers	463	2449	907	0	0	0	0	0	0	3819	3819
12	Ipswich Triathlon Club	918	932	470	0	0	0	0	0	0	2320	2320
13	Woodbridge Shufflers Running Club	461	1362	491	0	0	0	0	0	0	2314	2314
14	BLC on the Run	488	453	494	499	0	0	0	0	0	1934	1934
15	Hadleigh Hares AC	0	0	0	957	0	0	0	0	0	957	957
16	Sudbury Joggers	0	928	0	0	0	0	0	0	0	928	928
17	Capel Cheetahs	889	0	0	0	0	0	0	0	0	889	889
18	Diss and District AC	479	0	0	0	0	0	0	0	0	479	479
19	Brandon Fern Hoppers	0	0	0	0	0	0	0	0	0	0	0
20	Ipswich Harriers	0	0	0	0	0	0	0	0	0	0	0
21	TriSudbury	0	0	0	0	0	0	0	0	0	0	0
22	West Suffolk AC	0	0	0	0	0	0	0	0	0	0	0

## Ladies Results

1	Felixstowe RRC	2401	2429	2416	974	0	0	0	0	0	8220	8220
2	Stowmarket Striders RC	2458	2385	1457	997	0	0	0	0	0	7297	7297
3	Waveney Valley AC	471	957	2396	2475	0	0	0	0	0	6299	6299
4	Saint Edmund Pacers	2447	2451	474	494	0	0	0	0	0	5866	5866
5	Bungay Black Dog RC	449	459	2387	2445	0	0	0	0	0	5740	5740
6	Ipswich Jaffa RC	1878	2473	971	0	0	0	0	0	0	5322	5322
7	Newmarket Joggers	2324	462	1489	0	0	0	0	0	0	4275	4275
8	Kesgrave Cruisers	2283	1939	0	0	0	0	0	0	0	4222	4222
9	Haverhill Running Club	2403	938	493	0	0	0	0	0	0	3834	3834
10	Hadleigh Hares AC	2279	0	495	0	0	0	0	0	0	2774	2774
11	Diss and District AC	0	482	1928	0	0	0	0	0	0	2410	2410
12	Framlingham Flyers	2307	0	0	0	0	0	0	0	0	2307	2307
13	Sudbury Joggers	2280	0	0	0	0	0	0	0	0	2280	2280
14	The Saxons	469	0	972	495	0	0	0	0	0	1936	1936
15	Woodbridge Shufflers Running Club	454	935	0	0	0	0	0	0	0	1389	1389
16	Ipswich Triathlon Club	0	0	488	0	0	0	0	0	0	488	488
17	Capel Cheetahs	477	0	0	0	0	0	0	0	0	477	477
18	BLC on the Run	0	0	0	0	0	0	0	0	0	0	0
19	Brandon Fern Hoppers	0	0	0	0	0	0	0	0	0	0	0
20	Ipswich Harriers	0	0	0	0	0	0	0	0	0	0	0
21	TriSudbury	0	0	0	0	0	0	0	0	0	0	0
22	West Suffolk AC	0	0	0	0	0	0	0	0	0	0	0