



**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
Overall Club Team Results											
1 Felixstowe RRC	4846	4891	4816	2888	4870	4820	4898	4924	0	36953	34065
2 Ipswich Jaffa RC	4291	4836	3351	0	4839	4893	4902	4762	0	31874	31874
3 Stowmarket Striders RC	4796	4207	3905	2938	4552	4537	4354	3686	0	32975	30037
4 Saint Edmund Pacers	4916	4881	943	1482	4675	4416	3802	3919	0	29034	28091
5 Kesgrave Cruisers	2746	4388	907	0	4767	4615	4712	4223	0	26358	26358
6 The Saxons	2854	0	3409	992	4083	3641	3201	2378	0	20558	20558
7 Framlingham Flyers	3156	2260	476	489	4676	3919	1361	461	0	16798	16337
8 Newmarket Joggers	4703	2803	1489	496	2365	1647	2363	480	0	16346	15866
9 Woodbridge Shufflers Running Club	915	2297	491	0	2569	4560	4345	434	0	15611	15611
10 Haverhill Running Club	3757	3177	983	0	2311	875	2614	471	0	14188	14188
11 Bungay Black Dog RC	878	1348	4772	4892	632	1117	0	429	0	14068	14068
12 BLC on the Run	488	453	494	499	960	2952	4012	4312	0	14170	13717
13 Hadleigh Hares AC	2279	0	495	957	2192	2793	1404	3350	0	13470	13470
14 Waveney Valley AC	1342	957	4794	4922	861	499	0	0	0	13375	13375
15 Capel Cheetahs	1366	0	0	0	685	2341	4309	4104	0	12805	12805
16 Rushmere Community Runners	0	0	0	0	1180	4272	4432	444	0	10328	10328
17 Ipswich Harriers	0	0	0	0	4223	2849	2175	936	0	10183	10183
18 Ipswich Triathlon Club	918	932	958	0	1288	1251	1242	1851	0	8440	8440
19 Sudbury Joggers	2280	928	0	0	1328	460	915	957	0	6868	6868
20 Diss and District AC	479	482	1928	0	0	0	0	0	0	2889	2889
21 TriSudbury	0	0	0	0	886	463	484	0	0	1833	1833
22 Brandon Fern Hoppers	0	0	0	0	0	0	0	0	0	0	0
23 West Suffolk AC	0	0	0	0	0	0	0	0	0	0	0

Men's Results

1	Felixstowe RRC	2445	2462	2400	1914	2441	2441	2447	2459	0	19009	17095
2	Ipswich Jaffa RC	2413	2363	2380	0	2417	2420	2427	2333	0	16753	16753
3	Saint Edmund Pacers	2469	2430	469	988	2316	2468	2430	2453	0	16023	15554
4	Stowmarket Striders RC	2338	1822	2448	1941	2122	2124	2095	1798	0	16688	14890
5	The Saxons	2385	0	2437	497	2335	2330	2336	1439	0	13759	13759
6	Kesgrave Kruisers	463	2449	907	0	2332	2244	2309	1836	0	12540	12540
7	Newmarket Joggers	2379	2341	0	496	1485	1647	1901	480	0	10729	10729
8	Framlingham Flyers	849	2260	476	489	2367	2287	1361	461	0	10550	10089
9	Woodbridge Shufflers Running Club	461	1362	491	0	2115	2190	2083	434	0	9136	9136
10	Bungay Black Dog RC	429	889	2385	2447	632	1117	0	429	0	8328	8328
11	Haverhill Running Club	1354	2239	490	0	1364	448	2138	0	0	8033	8033
12	BLC on the Run	488	453	494	499	960	1565	1808	1944	0	8211	7758
13	Ipswich Harriers	0	0	0	0	2313	2412	1305	936	0	6966	6966
14	Capel Cheetahs	889	0	0	0	685	1062	2016	2252	0	6904	6904
15	Ipswich Triathlon Club	918	932	470	0	847	765	800	1396	0	6128	6128
16	Waveney Valley AC	871	0	2398	2447	0	0	0	0	0	5716	5716
17	Rushmere Community Runners	0	0	0	0	765	2225	2176	0	0	5166	5166
18	Hadleigh Hares AC	0	0	0	957	833	1025	477	946	0	4238	4238
19	Sudbury Joggers	0	928	0	0	879	460	915	485	0	3667	3667
20	TriSudbury	0	0	0	0	457	463	484	0	0	1404	1404
21	Diss and District AC	479	0	0	0	0	0	0	0	0	479	479
22	Brandon Fern Hoppers	0	0	0	0	0	0	0	0	0	0	0
23	West Suffolk AC	0	0	0	0	0	0	0	0	0	0	0

Ladies Results

1	Felixstowe RRC	2401	2429	2416	974	2429	2379	2451	2465	0	17944	16970
2	Stowmarket Striders RC	2458	2385	1457	997	2430	2413	2259	1888	0	16287	15290
3	Ipswich Jaffa RC	1878	2473	971	0	2422	2473	2475	2429	0	15121	15121
4	Kesgrave Cruisers	2283	1939	0	0	2435	2371	2403	2387	0	13818	13818
5	Saint Edmund Pacers	2447	2451	474	494	2359	1948	1372	1466	0	13011	12537
6	Hadleigh Hares AC	2279	0	495	0	1359	1768	927	2404	0	9232	9232
7	Waveney Valley AC	471	957	2396	2475	861	499	0	0	0	7659	7659
8	The Saxons	469	0	972	495	1748	1311	865	939	0	6799	6799
9	Woodbridge Shufflers Running Club	454	935	0	0	454	2370	2262	0	0	6475	6475
10	Framlingham Flyers	2307	0	0	0	2309	1632	0	0	0	6248	6248
11	Haverhill Running Club	2403	938	493	0	947	427	476	471	0	6155	6155
12	BLC on the Run	0	0	0	0	0	1387	2204	2368	0	5959	5959
13	Capel Cheetahs	477	0	0	0	0	1279	2293	1852	0	5901	5901
14	Bungay Black Dog RC	449	459	2387	2445	0	0	0	0	0	5740	5740
15	Newmarket Joggers	2324	462	1489	0	880	0	462	0	0	5617	5617
16	Rushmere Community Runners	0	0	0	0	415	2047	2256	444	0	5162	5162
17	Ipswich Harriers	0	0	0	0	1910	437	870	0	0	3217	3217
18	Sudbury Joggers	2280	0	0	0	449	0	0	472	0	3201	3201
19	Diss and District AC	0	482	1928	0	0	0	0	0	0	2410	2410
20	Ipswich Triathlon Club	0	0	488	0	441	486	442	455	0	2312	2312
21	TriSudbury	0	0	0	0	429	0	0	0	0	429	429
22	Brandon Fern Hoppers	0	0	0	0	0	0	0	0	0	0	0
23	West Suffolk AC	0	0	0	0	0	0	0	0	0	0	0