



# SUFFOLK COUNTY ATHLETIC ASSOCIATION THE JMP FURNITURE SOLUTIONS SUFFOLK GRAND PRIX 2025 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<br>Tarpley 10 | Race 2<br>Tarpley 20 | Race 3<br>Sudbury<br>Fun Run | Race 4<br>Kirton<br>Friday 5 | Race 5<br>Newmarket<br>10K | Race 6<br>Fram 10K | Race 7<br>Saxon 5 | Race 8<br>Hadleigh 5 | Race 9<br>Hadleigh<br>10 | TOTAL<br>TOP 7<br>RACES |
|----------------------------------|-----------------------------------|----------------------|----------------------|------------------------------|------------------------------|----------------------------|--------------------|-------------------|----------------------|--------------------------|-------------------------|
|                                  |                                   | 23/2/2025            | 23/2/2025            | 18/4/2025                    | 23/5/2025                    | 29/6/2025                  | 7/9/2025           | 5/10/2025         | 23/10/2025           | 23/10/2025               |                         |
| <b>Overall Club Team Results</b> |                                   |                      |                      |                              |                              |                            |                    |                   |                      |                          |                         |
| 1                                | Felixstowe RRC                    | 4750                 | 4898                 | 4845                         | 4842                         | 4874                       | 4836               | 4836              | 2417                 | 4912                     | 34043                   |
| 2                                | Kesgrave Kruisers                 | 4203                 | 4781                 | 2685                         | 4639                         | 492                        | 4582               | 4773              | 1947                 | 4768                     | 30431                   |
| 3                                | Ipswich Jaffa RC                  | 4690                 | 4875                 | 1339                         | 4847                         | 2356                       | 4685               | 2339              | 3409                 | 4832                     | 29694                   |
| 4                                | Saint Edmund Pacers               | 4861                 | 4856                 | 4891                         | 4859                         | 2827                       | 4839               | 1890              | 987                  | 982                      | 29023                   |
| 5                                | Stowmarket Striders RC            | 4736                 | 4657                 | 4129                         | 4549                         | 3350                       | 3603               | 2379              | 970                  | 3214                     | 28238                   |
| 6                                | Haverhill Running Club            | 4797                 | 2748                 | 4755                         | 4274                         | 4805                       | 1366               | 1912              | 2417                 | 2818                     | 26614                   |
| 7                                | Capel Cheetahs                    | 4495                 | 922                  | 3155                         | 3628                         | 1863                       | 3127               | 2304              | 2403                 | 3790                     | 22902                   |
| 8                                | Framlingham Flyers                | 898                  | 1431                 | 1426                         | 4769                         | 1458                       | 4913               | 4886              | 1457                 | 925                      | 20340                   |
| 9                                | Newmarket Joggers                 | 3756                 | 3317                 | 4277                         | 1061                         | 3916                       | 496                | 2920              | 992                  | 952                      | 20239                   |
| 10                               | The Saxons                        | 3213                 | 0                    | 2834                         | 3927                         | 1898                       | 3251               | 2347              | 483                  | 917                      | 18387                   |
| 11                               | Hadleigh Hares AC                 | 2308                 | 925                  | 2707                         | 3056                         | 478                        | 908                | 943               | 2923                 | 2867                     | 15729                   |
| 12                               | Ipswich Phoenix RC                | 944                  | 1784                 | 1876                         | 3014                         | 2352                       | 3122               | 1463              | 500                  | 1797                     | 15408                   |
| 13                               | Ipswich Triathlon Club            | 1343                 | 0                    | 1801                         | 1580                         | 921                        | 458                | 1395              | 0                    | 2306                     | 9804                    |
| 14                               | Woodbridge Shufflers Running Club | 446                  | 2171                 | 443                          | 4386                         | 0                          | 1744               | 0                 | 0                    | 474                      | 9664                    |
| 15                               | Sudbury Joggers                   | 1450                 | 1363                 | 1335                         | 2063                         | 487                        | 0                  | 0                 | 988                  | 1846                     | 9532                    |
| 16                               | BLC on the Run                    | 482                  | 498                  | 495                          | 0                            | 494                        | 492                | 498               | 994                  | 4152                     | 7623                    |
| 17                               | Waveney Valley AC                 | 442                  | 0                    | 0                            | 0                            | 0                          | 1665               | 2771              | 1947                 | 0                        | 6825                    |
| 18                               | Ipswich Harriers                  | 487                  | 0                    | 969                          | 2298                         | 0                          | 951                | 0                 | 1491                 | 500                      | 6696                    |
| 19                               | Rushmere Community Runners        | 476                  | 1807                 | 0                            | 712                          | 0                          | 1321               | 1383              | 494                  | 0                        | 6193                    |
| 20                               | Bungay Black Dog RC               | 861                  | 0                    | 1759                         | 1139                         | 941                        | 0                  | 944               | 0                    | 0                        | 5644                    |
| 21                               | TriSudbury                        | 903                  | 0                    | 2257                         | 0                            | 0                          | 0                  | 0                 | 0                    | 0                        | 3160                    |
| 22                               | Brandon Fern Hoppers              | 0                    | 0                    | 0                            | 0                            | 0                          | 0                  | 437               | 0                    | 0                        | 437                     |

## Men's Results

|    |                                   |      |      |      |      |      |      |      |      |      |       |
|----|-----------------------------------|------|------|------|------|------|------|------|------|------|-------|
| 1  | Felixstowe RRC                    | 2414 | 2458 | 2437 | 2419 | 2451 | 2420 | 2449 | 2417 | 2472 | 17106 |
| 2  | Saint Edmund Pacers               | 2441 | 2437 | 2440 | 2443 | 2333 | 2417 | 1890 | 987  | 492  | 16401 |
| 3  | Ipswich Jaffa RC                  | 2323 | 2424 | 867  | 2382 | 1876 | 2348 | 2339 | 1462 | 2402 | 16094 |
| 4  | Kesgrave Kruisers                 | 1801 | 2396 | 2200 | 2252 | 0    | 2142 | 2314 | 972  | 2312 | 15417 |
| 5  | Stowmarket Striders RC            | 2299 | 2225 | 2218 | 2231 | 1877 | 1724 | 1902 | 970  | 2231 | 14983 |
| 6  | Haverhill Running Club            | 2396 | 2279 | 2350 | 1979 | 2381 | 449  | 469  | 966  | 1862 | 14213 |
| 7  | Capel Cheetahs                    | 2177 | 437  | 2178 | 1926 | 1375 | 1740 | 1361 | 950  | 2351 | 13108 |
| 8  | Newmarket Joggers                 | 2435 | 1445 | 2355 | 1061 | 2435 | 496  | 1452 | 493  | 477  | 11679 |
| 9  | Framlingham Flyers                | 898  | 1431 | 926  | 2389 | 958  | 2460 | 2442 | 488  | 446  | 11504 |
| 10 | The Saxons                        | 2291 | 0    | 1883 | 2308 | 937  | 2351 | 0    | 483  | 917  | 11170 |
| 11 | Ipswich Phoenix RC                | 445  | 1323 | 1379 | 2072 | 1853 | 2154 | 965  | 500  | 1314 | 11060 |
| 12 | Hadleigh Hares AC                 | 483  | 925  | 1751 | 1746 | 0    | 448  | 467  | 1453 | 1900 | 8725  |
| 13 | Ipswich Triathlon Club            | 1343 | 0    | 883  | 1177 | 448  | 458  | 933  | 0    | 1384 | 6626  |
| 14 | Woodbridge Shufflers Running Club | 0    | 2171 | 443  | 2186 | 0    | 1261 | 0    | 0    | 474  | 6535  |
| 15 | Sudbury Joggers                   | 486  | 1363 | 1335 | 459  | 487  | 0    | 0    | 495  | 1376 | 6001  |
| 16 | BLC on the Run                    | 482  | 498  | 495  | 0    | 494  | 492  | 498  | 499  | 1810 | 4786  |
| 17 | Ipswich Harriers                  | 487  | 0    | 969  | 1799 | 0    | 500  | 0    | 0    | 500  | 4255  |
| 18 | Rushmere Community Runners        | 476  | 1348 | 0    | 712  | 0    | 873  | 0    | 494  | 0    | 3903  |
| 19 | Waveney Valley AC                 | 442  | 0    | 0    | 0    | 0    | 1225 | 899  | 955  | 0    | 3521  |
| 20 | Bungay Black Dog RC               | 413  | 0    | 1292 | 720  | 459  | 0    | 484  | 0    | 0    | 3368  |
| 21 | TriSudbury                        | 903  | 0    | 843  | 0    | 0    | 0    | 0    | 0    | 0    | 1746  |
| 22 | Brandon Fern Hoppers              | 0    | 0    | 0    | 0    | 0    | 0    | 437  | 0    | 0    | 437   |

## Ladies Results

|    |                                   |      |      |      |      |      |      |      |      |      |       |
|----|-----------------------------------|------|------|------|------|------|------|------|------|------|-------|
| 1  | Felixstowe RRC                    | 2336 | 2440 | 2408 | 2423 | 2423 | 2416 | 2387 | 0    | 2440 | 16937 |
| 2  | Kesgrave Kruisers                 | 2402 | 2385 | 485  | 2387 | 492  | 2440 | 2459 | 975  | 2456 | 15504 |
| 3  | Ipswich Jaffa RC                  | 2367 | 2451 | 472  | 2465 | 480  | 2337 | 0    | 1947 | 2430 | 14477 |
| 4  | Stowmarket Striders RC            | 2437 | 2432 | 1911 | 2318 | 1473 | 1879 | 477  | 0    | 983  | 13433 |
| 5  | Haverhill Running Club            | 2401 | 469  | 2405 | 2295 | 2424 | 917  | 1443 | 1451 | 956  | 13375 |
| 6  | Saint Edmund Pacers               | 2420 | 2419 | 2451 | 2416 | 494  | 2422 | 0    | 0    | 490  | 13112 |
| 7  | Capel Cheetahs                    | 2318 | 485  | 977  | 1702 | 488  | 1387 | 943  | 1453 | 1439 | 10219 |
| 8  | Framlingham Flyers                | 0    | 0    | 500  | 2380 | 500  | 2453 | 2444 | 969  | 479  | 9725  |
| 9  | Newmarket Joggers                 | 1321 | 1872 | 1922 | 0    | 1481 | 0    | 1468 | 499  | 475  | 9038  |
| 10 | The Saxons                        | 922  | 0    | 951  | 1619 | 961  | 900  | 2347 | 0    | 0    | 7700  |
| 11 | Hadleigh Hares AC                 | 1825 | 0    | 956  | 1310 | 478  | 460  | 476  | 1470 | 967  | 7482  |
| 12 | Ipswich Phoenix RC                | 499  | 461  | 497  | 942  | 499  | 968  | 498  | 0    | 483  | 4386  |
| 13 | Sudbury Joggers                   | 964  | 0    | 0    | 1604 | 0    | 0    | 0    | 493  | 470  | 3531  |
| 14 | Waveney Valley AC                 | 0    | 0    | 0    | 0    | 0    | 440  | 1872 | 992  | 0    | 3304  |
| 15 | Ipswich Triathlon Club            | 0    | 0    | 918  | 403  | 473  | 0    | 462  | 0    | 922  | 3178  |
| 16 | Woodbridge Shufflers Running Club | 446  | 0    | 0    | 2200 | 0    | 483  | 0    | 0    | 0    | 3129  |
| 17 | BLC on the Run                    | 0    | 0    | 0    | 0    | 0    | 0    | 0    | 495  | 2342 | 2837  |
| 18 | Ipswich Harriers                  | 0    | 0    | 0    | 499  | 0    | 451  | 0    | 1491 | 0    | 2441  |
| 19 | Rushmere Community Runners        | 0    | 459  | 0    | 0    | 0    | 448  | 1383 | 0    | 0    | 2290  |
| 20 | Bungay Black Dog RC               | 448  | 0    | 467  | 419  | 482  | 0    | 460  | 0    | 0    | 2276  |
| 21 | TriSudbury                        | 0    | 0    | 1414 | 0    | 0    | 0    | 0    | 0    | 0    | 1414  |