



**SUFFOLK COUNTY ATHLETIC ASSOCIATION**  
**THE JMP FURNITURE SOLUTIONS SUFFOLK GRAND PRIX 2026**  
**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 |
|----------------------------------|-----------------------------------|------------------|-------------------------|---------------------|-----------------|----------------|-------------|--------------|-------|
|                                  |                                   | Stowmarket<br>HM | Stephen<br>Williams 10K | Sudbury<br>Friday 5 | Kesgrave<br>10K | Brantham<br>5M | Capel<br>5M | Scenic<br>7M | TOP 7 |
|                                  |                                   | 15/03/2026       | 10/5/2026               | 5/6/2026            | 28/6/2026       | 10/7/2026      | 11/10/2026  | 8/11/2026    | RACES |
| <b>Overall Club Team Results</b> |                                   |                  |                         |                     |                 |                |             |              |       |
| 1                                | Felixstowe RRC                    | 4898             | 4807                    | 4781                | 4876            | 4861           | 0           | 0            | 24223 |
| 2                                | Stowmarket Striders RC            | 4689             | 4756                    | 4729                | 3144            | 4852           | 0           | 0            | 22170 |
| 3                                | Saint Edmund Pacers               | 4847             | 4888                    | 4877                | 2873            | 4414           | 0           | 0            | 21899 |
| 4                                | Ipswich Jaffa RC                  | 4398             | 3272                    | 4808                | 4901            | 4211           | 0           | 0            | 21590 |
| 5                                | Kesgrave Kruisers                 | 3791             | 3308                    | 4700                | 3753            | 2824           | 0           | 0            | 18376 |
| 6                                | Capel Cheetahs                    | 1818             | 2254                    | 3563                | 4405            | 3281           | 0           | 0            | 15321 |
| 7                                | Haverhill Running Club            | 4173             | 4568                    | 3859                | 466             | 1888           | 0           | 0            | 14954 |
| 8                                | Ipswich Phoenix RC                | 1906             | 2358                    | 3623                | 3133            | 3310           | 0           | 0            | 14330 |
| 9                                | The Saxons                        | 2280             | 2311                    | 2262                | 4567            | 1448           | 0           | 0            | 12868 |
| 10                               | Newmarket Joggers                 | 1435             | 4801                    | 2989                | 960             | 969            | 0           | 0            | 11154 |
| 11                               | Framlingham Flyers                | 2318             | 969                     | 3323                | 2326            | 493            | 0           | 0            | 9429  |
| 12                               | Hadleigh Hares AC                 | 467              | 0                       | 3762                | 2288            | 1926           | 0           | 0            | 8443  |
| 13                               | Woodbridge Shufflers Running Club | 1832             | 474                     | 821                 | 2681            | 455            | 0           | 0            | 6263  |
| 14                               | Rushmere Community Runners        | 433              | 0                       | 1196                | 4480            | 0              | 0           | 0            | 6109  |
| 15                               | Sudbury Joggers                   | 1836             | 485                     | 1307                | 483             | 483            | 0           | 0            | 4594  |
| 16                               | Ipswich Harriers                  | 0                | 950                     | 912                 | 1357            | 0              | 0           | 0            | 3219  |
| 17                               | Ipswich Triathlon Club            | 1776             | 858                     | 366                 | 0               | 0              | 0           | 0            | 3000  |
| 18                               | Bungay Black Dog RC               | 0                | 452                     | 441                 | 0               | 0              | 0           | 0            | 893   |
| 19                               | Brandon Fern Hoppers              | 0                | 0                       | 393                 | 0               | 0              | 0           | 0            | 393   |
| 20                               | West Suffolk AC                   | 0                | 0                       | 0                   | 0               | 0              | 0           | 0            | 0     |

**Men's Results**

|           |                                   |             |             |             |             |             |          |          |              |
|-----------|-----------------------------------|-------------|-------------|-------------|-------------|-------------|----------|----------|--------------|
| <b>1</b>  | Felixstowe RRC                    | <b>2438</b> | <b>2423</b> | <b>2414</b> | <b>2456</b> | <b>2440</b> | <b>0</b> | <b>0</b> | <b>12171</b> |
| <b>2</b>  | Saint Edmund Pacers               | <b>2389</b> | <b>2468</b> | <b>2443</b> | <b>2384</b> | <b>2455</b> | <b>0</b> | <b>0</b> | <b>12139</b> |
| <b>3</b>  | Ipswich Jaffa RC                  | <b>2461</b> | <b>2332</b> | <b>2374</b> | <b>2448</b> | <b>2278</b> | <b>0</b> | <b>0</b> | <b>11893</b> |
| <b>4</b>  | Kesgrave Kruisers                 | <b>2362</b> | <b>2340</b> | <b>2347</b> | <b>2426</b> | <b>2335</b> | <b>0</b> | <b>0</b> | <b>11810</b> |
| <b>5</b>  | Stowmarket Striders RC            | <b>2281</b> | <b>2342</b> | <b>2318</b> | <b>2200</b> | <b>2408</b> | <b>0</b> | <b>0</b> | <b>11549</b> |
| <b>6</b>  | Ipswich Phoenix RC                | <b>1906</b> | <b>1379</b> | <b>2200</b> | <b>2194</b> | <b>2344</b> | <b>0</b> | <b>0</b> | <b>10023</b> |
| <b>7</b>  | The Saxons                        | <b>1816</b> | <b>1840</b> | <b>1785</b> | <b>2266</b> | <b>1448</b> | <b>0</b> | <b>0</b> | <b>9155</b>  |
| <b>8</b>  | Framlingham Flyers                | <b>1836</b> | <b>469</b>  | <b>2365</b> | <b>2326</b> | <b>493</b>  | <b>0</b> | <b>0</b> | <b>7489</b>  |
| <b>9</b>  | Haverhill Running Club            | <b>2279</b> | <b>2175</b> | <b>2017</b> | <b>0</b>    | <b>446</b>  | <b>0</b> | <b>0</b> | <b>6917</b>  |
| <b>10</b> | Capel Cheetahs                    | <b>1340</b> | <b>1332</b> | <b>1266</b> | <b>2046</b> | <b>920</b>  | <b>0</b> | <b>0</b> | <b>6904</b>  |
| <b>11</b> | Newmarket Joggers                 | <b>1435</b> | <b>2361</b> | <b>1172</b> | <b>462</b>  | <b>471</b>  | <b>0</b> | <b>0</b> | <b>5901</b>  |
| <b>12</b> | Rushmere Community Runners        | <b>433</b>  | <b>0</b>    | <b>1196</b> | <b>2146</b> | <b>0</b>    | <b>0</b> | <b>0</b> | <b>3775</b>  |
| <b>13</b> | Woodbridge Shufflers Running Club | <b>877</b>  | <b>474</b>  | <b>369</b>  | <b>1260</b> | <b>455</b>  | <b>0</b> | <b>0</b> | <b>3435</b>  |
| <b>14</b> | Hadleigh Hares AC                 | <b>0</b>    | <b>0</b>    | <b>2410</b> | <b>465</b>  | <b>492</b>  | <b>0</b> | <b>0</b> | <b>3367</b>  |
| <b>15</b> | Sudbury Joggers                   | <b>489</b>  | <b>485</b>  | <b>852</b>  | <b>483</b>  | <b>483</b>  | <b>0</b> | <b>0</b> | <b>2792</b>  |
| <b>16</b> | Ipswich Harriers                  | <b>0</b>    | <b>950</b>  | <b>912</b>  | <b>879</b>  | <b>0</b>    | <b>0</b> | <b>0</b> | <b>2741</b>  |
| <b>17</b> | Ipswich Triathlon Club            | <b>865</b>  | <b>413</b>  | <b>366</b>  | <b>0</b>    | <b>0</b>    | <b>0</b> | <b>0</b> | <b>1644</b>  |
| <b>18</b> | Brandon Fern Hoppers              | <b>0</b>    | <b>0</b>    | <b>393</b>  | <b>0</b>    | <b>0</b>    | <b>0</b> | <b>0</b> | <b>393</b>   |
| <b>19</b> | Bungay Black Dog RC               | <b>0</b>    | <b>0</b>    | <b>0</b>    | <b>0</b>    | <b>0</b>    | <b>0</b> | <b>0</b> | <b>0</b>     |
| <b>20</b> | West Suffolk AC                   | <b>0</b>    | <b>0</b>    | <b>0</b>    | <b>0</b>    | <b>0</b>    | <b>0</b> | <b>0</b> | <b>0</b>     |

## Ladies Results

|    |                                   |      |      |      |      |      |   |   |       |
|----|-----------------------------------|------|------|------|------|------|---|---|-------|
| 1  | Felixstowe RRC                    | 2460 | 2384 | 2367 | 2420 | 2421 | 0 | 0 | 12052 |
| 2  | Stowmarket Striders RC            | 2408 | 2414 | 2411 | 944  | 2444 | 0 | 0 | 10621 |
| 3  | Saint Edmund Pacers               | 2458 | 2420 | 2434 | 489  | 1959 | 0 | 0 | 9760  |
| 4  | Ipswich Jaffa RC                  | 1937 | 940  | 2434 | 2453 | 1933 | 0 | 0 | 9697  |
| 5  | Capel Cheetahs                    | 478  | 922  | 2297 | 2359 | 2361 | 0 | 0 | 8417  |
| 6  | Haverhill Running Club            | 1894 | 2393 | 1842 | 466  | 1442 | 0 | 0 | 8037  |
| 7  | Kesgrave Kruisers                 | 1429 | 968  | 2353 | 1327 | 489  | 0 | 0 | 6566  |
| 8  | Newmarket Joggers                 | 0    | 2440 | 1817 | 498  | 498  | 0 | 0 | 5253  |
| 9  | Hadleigh Hares AC                 | 467  | 0    | 1352 | 1823 | 1434 | 0 | 0 | 5076  |
| 10 | Ipswich Phoenix RC                | 0    | 979  | 1423 | 939  | 966  | 0 | 0 | 4307  |
| 11 | The Saxons                        | 464  | 471  | 477  | 2301 | 0    | 0 | 0 | 3713  |
| 12 | Woodbridge Shufflers Running Club | 955  | 0    | 452  | 1421 | 0    | 0 | 0 | 2828  |
| 13 | Rushmere Community Runners        | 0    | 0    | 0    | 2334 | 0    | 0 | 0 | 2334  |
| 14 | Framlingham Flyers                | 482  | 500  | 958  | 0    | 0    | 0 | 0 | 1940  |
| 15 | Sudbury Joggers                   | 1347 | 0    | 455  | 0    | 0    | 0 | 0 | 1802  |
| 16 | Ipswich Triathlon Club            | 911  | 445  | 0    | 0    | 0    | 0 | 0 | 1356  |
| 17 | Bungay Black Dog RC               | 0    | 452  | 441  | 0    | 0    | 0 | 0 | 893   |
| 18 | Ipswich Harriers                  | 0    | 0    | 0    | 478  | 0    | 0 | 0 | 478   |
| 19 | Brandon Fern Hoppers              | 0    | 0    | 0    | 0    | 0    | 0 | 0 | 0     |
| 20 | West Suffolk AC                   | 0    | 0    | 0    | 0    | 0    | 0 | 0 | 0     |