

Friday 5 Series 2016 - Team Results

Ladies Teams

Club	Fram	Kirton	Stow	Bury	Bentley	Total
Ipswich Jaffa RC	2294*	2430	2470	2455	2429	9784
Saint Edmund Pacers	2383	2404	2410	2433	1407*	9630
Stowmarket Striders RC	2377	2389	2316	2333	2315*	9415
Felixstowe RRC	2311	2336	2174*	2264	2340	9251
Sudbury Joggers	2301	2148*	2167	2186	2293	8947
Capel Cheetahs	2121	2233	2135	2042	374*	8531
Framlingham Flyers	2362	1284	2247	2180	901*	8073
Great Bentley Running Club	1368	1692	928	459*	1826	5814
Ipswich Harriers	423*	1945	1414	908	993	5260
Haverhill Running Club	932		1727	2124	449	5232
Hadleigh Hares AC	921			1872	1381	4174
Springfield Striders RC	842	980	981	963	484*	3766
Bungay Black Dog RC	831	459*	467	1303	879	3480
Woodbridge Shufflers RC	1341		871	365	371	2948
Colchester & Tendring AC	473*	932	487	930	489	2838
Harwich Runners					2271	2271
Witham RC					2265	2265
Newmarket Joggers	403*	486	458	860	459	2263
Ipswich Triathlon Club		818	826		421	2065
The Saxons	900	380*	400	384	380	2064
Braintree & District AC		458	454	447	448	1807
Purple Patch Runners		482	484		474	1440
Colchester Harriers				453	863	1316
Ringway Jacons					1103	1103
Huntingdon AC			482	480		962
Thetford AC				842		842
Jogging Made Easy					742	742
Dagenham 88 Runners				485		485
Diss & District AC			447			447
Halstead RC					447	447
Run for Your Life			431			431
Tiptree Road Runners					423	423
Cambridge & Coleridge AC			395			395

Mens Teams

Club	Fram	Kirton	Stow	Bury	Bentley	Total
Ipswich Jaffa RC	2485	2470	2446*	2462	2450	9867
Sudbury Joggers	2337	2367	2392	2443	2302*	9539
Felixstowe RRC	2385	2332*	2395	2393	2356	9529
Framlingham Flyers	2311	2323	2401	1890*	2236	9271
Ipswich Harriers	2225*	2434	2246	2233	2338	9251
Saint Edmund Pacers	2117*	2269	2375	2369	2144	9157
Stowmarket Striders RC	2318	2223	2252	2163	2032*	8956
Woodbridge Shufflers RC	2242	2156	2176	414*	1580	8154
The Saxons	1735	1588*	1670	2053	1950	7408
Newmarket Joggers	1039*	1735	1806	1407	1948	6896
Haverhill Running Club	907	761*	1632	2308	878	5725
Hadleigh Hares AC	378*	1222	1211	1581	910	4924
Great Bentley Running Club	865*	988	978	1370	1479	4815
Colchester Harriers AC	867	707	428*	898	2231	4703
Springfield striders			767	773	2366	3906
Harwich Runners	342*	446	458	453	2290	3647
Bungay Black Dog RC	730	406*	718	749	956	3153
Ipswich Triathlon Club		1381	893		377	2651
Witham RC					2288	2288
Mid Essex Casuals	392*	411	423	415	728	1977
Thetford AC				1529		1529
Ringway Jacobs					1465	1465
Halstead RRC		474			829	1303
SRC cambridge			1295			1295
Brandon Fern hoppers			431	702		1133
Run For Your life			986			986
Wymondham AC			325	307		632
Capel Cheetahs		301			288	589
Walden Tri			488			488
Cambridge & Coleridge				471		471
Barking Road Runners					457	457
Shires Triers				438		438
suffolk trail runners		432				432
Braintree & District AC					413	413
Diss & District AC			406			406
Thurrock Harriers		401				401
Norfolk Gazelles			390			390
Huntingdon AC				385		385
Lowestoft Road Runners			361			361
Jogging Made Easy					351	351
Waveney Valley AC	338					338
Watford Joggers		311				311
Saffron Striders				296		296
Veterans AC					249	249

Combined Teams

Club	Fram	Kirton	Stow	Bury	Bentley	Total
Ipswich Jaffa RC	4779*	4900	4916	4917	4879	19612
Saint Edmund Pacers	4500	4673	4785	4802	3551*	18760
Felixstowe RRC	4696	4668	4569*	4657	4696	18717
Sudbury Joggers	4638	4515*	4559	4629	4595	18421
Stowmarket Striders RC	4695	4612	4568	4496	4347*	18371
Framlingham Flyers	4673	3607	4648	4070	3137*	16998
Ipswich Harriers	2648*	4379	3660	3141	3331	14511
Haverhill Running Club	1839	761*	3359	4432	1327	10957
Woodbridge Shufflers RC	3583	2156	3047	779*	1951	10737
Great Bentley Running Club	2233	2680	1906	1829*	3305	10124
The Saxons	2635	1968*	2070	2437	2330	9472
Newmarket Joggers	1442*	2221	2264	2267	2407	9159
Capel Cheetahs	2121	2534	2135	2042	662*	8832
Hadleigh Hares AC	1299	1222	1211*	3453	2291	8265
Springfield Striders RC	842*	980	1748	1736	2850	7314
Bungay Black Dog RC	1561	865*	1185	2052	1835	6633
Colchester Harriers AC	867	707	428*	1351	3094	6019
Harwich Runners	342*	446	458	453	4561	5918
Ipswich Triathlon Club		2199	1719		798	4716
Witham RC					4553	4553
Colchester & Tendring AC	473*	932	487	930	489	2838
Ringway Jacobs					2568	2568
Braintree & District AC		458	454	447	861	2220
Mid Essex Casuals	392*	411	423	415	728	1977
Halstead RRC		474	0		1276	1750
Purple Patch Runners		482	484		474	1440
Run for Your Life			1417			1417
Huntingdon AC			482	865		1347
SRC cambridge			1295			1295
Brandon Fern hoppers			431	702		1133
Jogging Made Easy					1093	1093
Cambridge & Coleridge AC			395	471		866
Diss & District AC			853			853
Wymondham AC			325	307		632
Walden Tri			488			488
Dagenham 88 Runners				485		485
Barking Road Runners					457	457
Shires Triers				438		438
suffolk trail runners		432				432
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Thurrock Harriers		401				401
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Waveney Valley AC	338					338
Watford Joggers		311				311
Saffron Striders				296		296
Veterans AC					249	249

*Lowest score from 5 races not included