



Friday 5 Series - Supported by East of England Co-Op

Overall Team Competition (male and female scores combined; best 4 races to count)

Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Best 4
Saint Edmund Pacers	4898	4805	4752	4945	4862	4738	19510
Ipswich JAFFA	4716	4870	4862	4783	4827	4848	19407
Felixstowe RRC	4765	4698	4681	4739	4725	4693	18927
Sudbury Joggers	4789	4648	4624	4648	4658	4358	18743
Stowmarket Striders	4597	4574	4537	4651	4633	4473	18455
Framlingham Flyers	1450	3240	4820	3956	3921	2195	15937
Haverhill RC	4576	1477	743	4646	2923	2668	14813
Great Bentley	3894	2373	2866	3407	2614	3784	13951
Ipswich Harriers	3311	3790	3295	1452	2344	1933	12740
Colchester Harriers	2911	2801	2887	1884	2922	3928	12648
Newmarket Joggers	2052	3107	2073	3326	3084	2517	12034
Woodbridge Shufflers	2562	3416	3331	2144	2102	1454	11453
Capel Cheetahs	1696	2934	1713	1191	3252	3190	11089
Hadleigh Hares	3308	2782	2085	753	719	1615	9790
Ipswich Triathlon	896	3490	1773	2195	1312	1702	9160
Bungay Black Dog	1281	1348	2962	1364	3410	844	9084
Saxmundham	378	1139	1960	1167	1610	1085	5876
Harwich Runners	406	359	0	381	408	4668	5863
Springfield Striders	863	990	1446	1240	492	1932	5608
Witham RC	1588	0	0	0	0	1855	3443
Diss & District AC	0	432	446	887	905	0	2670
Tiptree RRC	0	0	424	414	0	1686	2524
Braintree & District	482	475	480	481	472	974	2417
Eastern Veterans AC	460	876	457	438	447	427	2240
Brandon Fern Hoppers	425	0	0	730	796	0	1951
Southend-on-Sea AC	489	487	462	0	0	486	1924
Colchester & Tedring	449	441	445	364	450	446	1790
West Suffolk AC	0	0	0	0	1485	0	1485
Halstead Road Runners	0	963	0	0	0	472	1435
Waveney Valley AC	0	498	416	0	0	0	914
Bure Valley Harriers	0	0	882	0	0	0	882
Suffolk Trail Runners	0	0	0	0	825	0	825
Thetford AC	0	0	0	745	0	0	745
Huntingdon AC	0	0	0	379	0	365	744
Tavistock Run Project	0	0	0	0	499	0	499
Saffron Striders	0	0	0	497	0	0	497
San Domenico	0	0	0	0	484	0	484
Riverside Runners	0	0	0	0	0	451	451
Norfolk Gazelles	0	0	0	0	448	0	448

Road Runners Club	0	0	425	0	0	0	425
Isle of Wight RRC	0	0	0	423	0	0	423
Leigh on Sea Striders	0	0	0	0	0	407	407
Chippenham Harriers	0	405	0	0	0	0	405
Newmarket Cycling & Tri	399	0	0	0	0	0	399
Vegan Runners UK	0	0	0	0	0	390	390
GoodGym	0	0	0	0	0	344	344
Landing Eagles RC	340	0	0	0	0	0	340
100 Marathon Club	339	0	0	0	0	0	339

Ladies Team Competition (best 4 races to count)

Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Best 4
Saint Edmund Pacers	2478	2466	2462	2483	2447	2408	9889
Ipswich JAFFA	2290	2420	2410	2378	2392	2416	9638
Stowmarket Striders	2365	2358	2295	2376	2347	2355	9454
Felixstowe RRC	2399	2356	2349	2344	2339	2322	9448
Sudbury Joggers	2388	2385	2327	2322	2344	2224	9444
Capel Cheetahs	871	2149	1713	818	2175	2125	8162
Framlingham Flyers	462	901	2378	1844	2310	445	7433
Great Bentley	1842	1345	949	1367	1430	2201	6840
Haverhill	2334	836	0	2250	821	407	6241
Springfield Striders	491	491	1446	489	492	1932	4361
Woodbridge Shufflers	451	1271	1320	1294	453	0	4338
Newmarket Joggers	498	943	0	1434	950	924	4251
Hadleigh Hares	1409	938	1338	412	0	478	4163
Bungay Black Dog	463	460	1342	468	1773	453	4046
Colchester Harriers	499	488	992	0	983	1477	3951
Ipswich Harriers	930	1401	929	0	0	495	3755
Ipswich Triathlon	0	1346	481	858	475	910	3595
Harwich Runners	0	0	0	0	0	2393	2393
Saxmundham	0	400	838	409	406	400	2053
Southend-on-Sea AC	489	487	462	0	0	486	1924
Braintree & District	482	475	480	481	472	476	1919
West Suffolk AC	0	0	0	0	985	0	985
Saffron Striders	0	0	0	497	0	0	497
San Domenico	0	0	0	0	484	0	484
Halstead Road Runners	0	0	0	0	0	472	472
Bure Valley Harriers	0	0	455	0	0	0	455
Witham RC	435	0	0	0	0	0	435
Suffolk Trail Runners	0	0	0	0	435	0	435
Eastern Veterans AC	0	427	0	0	0	0	427
Isle of Wight RRC	0	0	0	423	0	0	423
Waveney Valley AC	0	0	416	0	0	0	416
Vegan Runners UK	0	0	0	0	0	390	390

Mens Team Competition (best 4 races to count)

Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Best 4
Ipswich JAFFA	2426	2450	2452	2405	2435	2432	9769

Saint Edmund Pacers	2420	2339	2290	2462	2415	2330	9636
Felixstowe RRC	2366	2342	2332	2395	2386	2371	9518
Ipswich Harriers	2381	2389	2366	1452	2344	1438	9480
Sudbury Joggers	2401	2263	2297	2326	2314	2134	9338
Colchester Harriers	2412	2313	1895	1884	1939	2451	9115
Stowmarket Striders	2232	2216	2242	2275	2286	2118	9035
Haverhill	2242	641	743	2396	2102	2261	9001
Framlingham Flyers	988	2339	2442	2112	1611	1750	8643
Newmarket Joggers	1554	2164	2073	1892	2134	1593	8263
Woodbridge Shufflers	2111	2145	2011	850	1649	1454	7916
Great Bentley	2052	1028	1917	2040	1184	1583	7592
Ipswich Triathlon	896	2144	1292	1337	837	792	5669
Hadleigh Hares	1899	1844	747	341	719	1137	5627
Bungay Black Dog	818	888	1620	896	1637	391	5041
Saxmundham	378	739	1122	758	1204	685	3823
Capel Cheetahs	825	785	0	373	1077	1065	3752
Harwich Runners	406	359	0	381	408	2275	3470
Witham RC	1153	0	0	0	0	1855	3008
Diss & District AC	0	432	446	887	905	0	2670
Tiptree RRC	0	0	424	414	0	1686	2524
Brandon Fern Hoppers	425	0	0	730	796	0	1951
Eastern Veterans AC	460	449	457	438	447	427	1813
Colchester & Tedring	449	441	445	364	450	446	1790
Springfield Striders	372	499	0	751	0	0	1622
Halstead Road Runners	0	963	0	0	0	0	963
Thetford AC	0	0	0	745	0	0	745
Huntingdon AC	0	0	0	379	0	365	744
West Suffolk AC	0	0	0	0	500	0	500
Tavistock Run Project	0	0	0	0	499	0	499
Braintree & District	0	0	0	0	0	498	498
Waveney Valley AC	0	498	0	0	0	0	498
Riverside Runners	0	0	0	0	0	451	451
Norfolk Gazelles	0	0	0	0	448	0	448
Bure Valley Harriers	0	0	427	0	0	0	427
Road Runners Club	0	0	425	0	0	0	425
Leigh on Sea Striders	0	0	0	0	0	407	407
Chippenham Harriers	0	405	0	0	0	0	405
Newmarket Cycling & Tri	399	0	0	0	0	0	399
Suffolk Trail Runners	0	0	0	0	390	0	390
GoodGym	0	0	0	0	0	344	344
Landing Eagles RC	340	0	0	0	0	0	340
100 Marathon Club	339	0	0	0	0	0	339

