



Friday 5 Series 2019 - 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	Total
Ipswich JAFFA	4879						4879
Saint Edmund Pacers	4821						4821
Felixstowe RRC	4758						4758
Framlingham Flyers	4752						4752
Stowmarket Striders	4644						4644
Great Bentley	4447						4447
Sudbury Joggers	4431						4431
Colchester Harriers	3337						3337
Woodbridge Shufflers	3006						3006
TriSudbury	2600						2600
Capel Cheetahs	2496						2496
Saxmundham	2092						2092
Haverhill	2069						2069
Newmarket Joggers	1968						1968
Ipswich Harriers	1819						1819
Hadleigh Hares	1801						1801
Ipswich Triathlon	1548						1548
Bungay Black Dog	1230						1230
Jogging Made Easy	1216						1216
I Can Run	1187						1187
Springfield Striders	492						492
Vegan Runners UK	491						491
Cambridge & Coleridge	477						477
Eastern Veterans AC	474						474
Diss & District AC	460						460
Beccles & Bungay Harriers	396						396
Lonely Goat Running Club	391						391
Suffolk Trail Runners	381						381
Newquay Road Runners	375						375
Bournville Harriers	374						374

Ladies Team Competition (best 4 races to count)

Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total
Saint Edmund Pacers	2432						2432
Ipswich JAFFA	2421						2421
Felixstowe RRC	2348						2348
Sudbury Joggers	2348						2348
Stowmarket Striders	2316						2316
Framlingham Flyers	2312						2312
Great Bentley	2295						2295
TriSudbury	2164						2164
Capel Cheetahs	1706						1706
Ipswich Harriers	1419						1419
I Can Run	1187						1187
Colchester Harriers	985						985
Hadleigh Hares	943						943
Woodbridge Shufflers	873						873
Saxmundham	849						849
Springfield Striders	492						492
Cambridge & Coleridge	477						477
Eastern Veterans AC	474						474
Jogging Made Easy	459						459
Bungay Black Dog	456						456
Haverhill	410						410
Newmarket Joggers	403						403
Beccles & Bungay Harriers	396						396
Lonely Goat Running Club	391						391

Mens Team Competition (best 4 races to count)

Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Total
Ipswich JAFFA	2458						2458
Framlingham Flyers	2440						2440
Felixstowe RRC	2410						2410
Saint Edmund Pacers	2389						2389
Colchester Harriers	2352						2352
Stowmarket Striders	2328						2328
Great Bentley	2152						2152
Woodbridge Shufflers	2133						2133
Sudbury Joggers	2083						2083
Haverhill	1659						1659
Newmarket Joggers	1565						1565
Ipswich Triathlon	1548						1548
Saxmundham	1243						1243
Hadleigh Hares	858						858
Capel Cheetahs	790						790
Bungay Black Dog	774						774
Jogging Made Easy	757						757
Vegan Runners UK	491						491
Diss & District AC	460						460
TriSudbury	436						436
Ipswich Harriers	400						400
Suffolk Trail Runners	381						381
Newquay Road Runners	375						375
Bournville Harriers	374						374