



Friday 5 Series 2019 - Supported by East of England Co-Op

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

| Place | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Best 4 |
|-------|---------------------------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Ipswich JAFFA | 4879 | 4869 | 4774 | 4859 | 4843 | 4886 | 19493 |
| 2 | Saint Edmund Pacers | 4821 | 4647 | 4902 | 4823 | 4806 | 4836 | 19382 |
| 3 | Framlingham Flyers | 4752 | 4866 | 4712 | 4755 | 4758 | 4001 | 19131 |
| 4 | Felixstowe RRC | 4758 | 4755 | 4712 | 4762 | 4609 | 4640 | 18987 |
| 5 | Stowmarket Striders | 4644 | 4630 | 4719 | 4638 | 4815 | 4473 | 18816 |
| 6 | Sudbury Joggers | 4431 | 3611 | 4565 | 4637 | 4679 | 3848 | 18312 |
| 7 | Great Bentley | 4447 | 4315 | 4046 | 3686 | 3815 | 3995 | 16803 |
| 8 | Haverhill | 2069 | 818 | 4343 | 4701 | 3840 | 2031 | 14953 |
| 9 | Colchester Harriers | 3337 | 2804 | 2874 | 2305 | 1876 | 4365 | 13380 |
| 10 | Capel Cheetahs | 2496 | 3322 | 3016 | 1207 | 812 | 2146 | 10980 |
| 11 | Ipswich Harriers | 1819 | 3188 | 0 | 2283 | 2762 | 1917 | 10150 |
| 12 | Woodbridge Shufflers | 3006 | 3606 | 1313 | 2056 | 1177 | 868 | 9981 |
| 13 | Newmarket Joggers | 1968 | 1919 | 2074 | 3225 | 1947 | 2255 | 9522 |
| 14 | TriSudbury | 2600 | 2154 | 1310 | 2098 | 2194 | 849 | 9046 |
| 15 | Saxmundham | 2092 | 1594 | 0 | 2367 | 2469 | 483 | 8522 |
| 16 | Jogging Made Easy | 1216 | 1164 | 2074 | 1232 | 2411 | 1933 | 7650 |
| 17 | Hadleigh Hares | 1801 | 786 | 2181 | 1748 | 1733 | 1573 | 7463 |
| 18 | Bungay Black Dog | 1230 | 2417 | 878 | 2237 | 1217 | 833 | 7101 |
| 19 | Harwich Runners | 0 | 828 | 817 | 0 | 0 | 4621 | 6266 |
| 20 | Tiptree RRC | 0 | 805 | 2175 | 783 | 771 | 2346 | 6109 |
| 21 | Springfield Striders | 492 | 1473 | 496 | 882 | 494 | 2432 | 5283 |
| 22 | Ipswich Triathlon | 1548 | 809 | 371 | 717 | 1177 | 401 | 4251 |
| 23 | Mid Essex Casuals | 0 | 854 | 903 | 874 | 888 | 818 | 3519 |
| 24 | Lonely Goat Running Club | 391 | 389 | 378 | 1199 | 363 | 1074 | 3053 |
| 25 | I Can Run | 1187 | 873 | 0 | 0 | 884 | 0 | 2944 |
| 26 | Eastern Veterans AC | 474 | 947 | 0 | 0 | 476 | 920 | 2817 |
| 27 | Beccles & Bungay Harriers | 396 | 391 | 0 | 1604 | 402 | 391 | 2793 |
| 28 | Witham RC | 0 | 0 | 374 | 0 | 0 | 2083 | 2457 |
| 29 | West Suffolk AC | 0 | 481 | 958 | 932 | 0 | 0 | 2371 |
| 30 | Cambridge & Coleridge | 477 | 0 | 492 | 787 | 488 | 479 | 2246 |
| 31 | Southend on Sea AC | 0 | 498 | 499 | 466 | 496 | 496 | 1989 |
| 32 | Diss & District AC | 460 | 457 | 468 | 456 | 448 | 0 | 1841 |
| 33 | Grange Farm Trotters | 0 | 0 | 947 | 0 | 0 | 499 | 1446 |
| 34 | Suffolk Trail Runners | 381 | 0 | 0 | 0 | 702 | 322 | 1405 |
| 35 | Saffron Striders | 0 | 0 | 0 | 448 | 487 | 420 | 1355 |
| 36 | GoodGym | 0 | 0 | 0 | 0 | 0 | 1223 | 1223 |
| 37 | Thetford AC | 0 | 0 | 0 | 1158 | 0 | 0 | 1158 |
| 38 | Braintree & District AC | 0 | 0 | 0 | 0 | 0 | 991 | 991 |
| 39 | Halstead Road Runners | 0 | 0 | 960 | 0 | 0 | 0 | 960 |

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|----|-------------------------|-----|-----|-----|-----|-----|-----|-----|
| 40 | Lowestoft Road Runners | 0 | 924 | 0 | 0 | 0 | 0 | 924 |
| 41 | Vegan Runners UK | 491 | 0 | 0 | 0 | 0 | 393 | 884 |
| 42 | Running Colchester | 0 | 0 | 0 | 0 | 0 | 878 | 878 |
| 43 | Ely Runners | 0 | 0 | 0 | 809 | 0 | 0 | 809 |
| 44 | Huntingdon AC | 0 | 0 | 0 | 395 | 0 | 358 | 753 |
| 45 | Tavistock Athletic Club | 0 | 0 | 0 | 0 | 500 | 0 | 500 |
| 46 | Gosport Road Runners | 0 | 498 | 0 | 0 | 0 | 0 | 498 |
| 47 | Ryston Runners | 0 | 0 | 0 | 486 | 0 | 0 | 486 |
| 48 | City of Norwich AC | 0 | 483 | 0 | 0 | 0 | 0 | 483 |
| 49 | Norfolk Gazelles | 0 | 0 | 0 | 0 | 462 | 0 | 462 |
| 50 | Newquay Road Runners | 375 | 0 | 0 | 0 | 0 | 0 | 375 |
| 51 | Bournville Harriers | 374 | 0 | 0 | 0 | 0 | 0 | 374 |
| 52 | 100 Marathon Club | 0 | 0 | 359 | 0 | 0 | 0 | 359 |
| 53 | Boston Runners | 0 | 359 | 0 | 0 | 0 | 0 | 359 |
| 54 | Garden City Runners | 0 | 0 | 0 | 358 | 0 | 0 | 358 |
| 55 | West Suffolk Wheelers | 0 | 0 | 0 | 0 | 345 | 0 | 345 |
| 56 | Ware Joggers | 0 | 0 | 0 | 327 | 0 | 0 | 327 |
| 57 | Brandon Fern Hoppers | 0 | 0 | 0 | 317 | 0 | 0 | 317 |
| 58 | Fetch Everyone | 0 | 0 | 0 | 315 | 0 | 0 | 315 |

Ladies Team Competition (best 4 races to count)

| Place | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Best 4 |
|-------|---------------------------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Saint Edmund Pacers | 2432 | 2387 | 2473 | 2375 | 2420 | 2438 | 9763 |
| 2 | Ipswich JAFFA | 2421 | 2454 | 2386 | 2411 | 2384 | 2457 | 9743 |
| 3 | Framlingham Flyers | 2312 | 2398 | 2405 | 2358 | 2349 | 1855 | 9510 |
| 4 | Stowmarket Striders | 2316 | 2324 | 2344 | 2330 | 2441 | 2297 | 9439 |
| 5 | Sudbury Joggers | 2348 | 1367 | 2264 | 2393 | 2381 | 1761 | 9386 |
| 6 | Felixstowe RRC | 2348 | 2356 | 2274 | 2333 | 2290 | 2248 | 9327 |
| 7 | TriSudbury | 2164 | 2154 | 1310 | 2098 | 2194 | 849 | 8610 |
| 8 | Great Bentley | 2295 | 2270 | 1885 | 1747 | 1820 | 2112 | 8562 |
| 9 | Capel Cheetahs | 1706 | 2151 | 1784 | 387 | 415 | 1798 | 7439 |
| 10 | Haverhill | 410 | 0 | 2164 | 2393 | 1711 | 856 | 7124 |
| 11 | Colchester Harriers | 985 | 490 | 488 | 477 | 971 | 1940 | 4386 |
| 12 | Ipswich Harriers | 1419 | 910 | 0 | 924 | 935 | 494 | 4188 |
| 13 | Newmarket Joggers | 403 | 413 | 430 | 1660 | 850 | 1194 | 4134 |
| 14 | Woodbridge Shufflers | 873 | 1330 | 449 | 879 | 442 | 0 | 3531 |
| 15 | Saxmundham | 849 | 846 | 0 | 811 | 859 | 0 | 3365 |
| 16 | Harwich Runners | 0 | 443 | 407 | 0 | 0 | 2337 | 3187 |
| 17 | Springfield Striders | 492 | 494 | 496 | 493 | 494 | 1433 | 2917 |
| 18 | Beccles & Bungay Harriers | 396 | 391 | 0 | 1242 | 402 | 391 | 2431 |
| 19 | Jogging Made Easy | 459 | 453 | 466 | 453 | 458 | 853 | 2236 |
| 20 | Bungay Black Dog | 456 | 466 | 439 | 832 | 444 | 446 | 2200 |
| 21 | I Can Run | 1187 | 450 | 0 | 0 | 453 | 0 | 2090 |
| 22 | Lonely Goat Running Club | 391 | 389 | 0 | 850 | 0 | 384 | 2014 |
| 23 | Southend on Sea AC | 0 | 498 | 499 | 466 | 496 | 496 | 1989 |
| 24 | Cambridge & Coleridge | 477 | 0 | 492 | 422 | 488 | 479 | 1936 |
| 25 | Mid Essex Casuals | 0 | 475 | 484 | 469 | 480 | 465 | 1908 |
| 26 | Eastern Veterans AC | 474 | 477 | 0 | 0 | 476 | 466 | 1893 |
| 27 | Hadleigh Hares | 943 | 0 | 477 | 467 | 0 | 0 | 1887 |
| 28 | Tiptree RRC | 0 | 461 | 417 | 458 | 431 | 460 | 1810 |
| 29 | Ipswich Triathlon | 0 | 403 | 0 | 383 | 411 | 401 | 1598 |
| 30 | West Suffolk AC | 0 | 481 | 491 | 478 | 0 | 0 | 1450 |
| 31 | Grange Farm Trotters | 0 | 0 | 476 | 0 | 0 | 499 | 975 |
| 32 | Diss & District AC | 0 | 457 | 468 | 0 | 0 | 0 | 925 |
| 33 | Ely Runners | 0 | 0 | 0 | 809 | 0 | 0 | 809 |
| 34 | Lowestoft Road Runners | 0 | 487 | 0 | 0 | 0 | 0 | 487 |
| 35 | Witham RC | 0 | 0 | 0 | 0 | 0 | 476 | 476 |
| 36 | Running Colchester | 0 | 0 | 0 | 0 | 0 | 450 | 450 |
| 37 | GoodGym | 0 | 0 | 0 | 0 | 0 | 440 | 440 |
| 38 | Vegan Runners UK | 0 | 0 | 0 | 0 | 0 | 393 | 393 |

Mens Team Competition (best 4 races to count)

| Place | Club | Race 1 | Race 2 | Race 3 | Race 4 | Race 5 | Race 6 | Best 4 |
|-------|--------------------------|--------|--------|--------|--------|--------|--------|--------|
| 1 | Ipswich JAFFA | 2458 | 2415 | 2388 | 2448 | 2459 | 2429 | 9794 |
| 2 | Framlingham Flyers | 2440 | 2468 | 2307 | 2397 | 2409 | 2146 | 9714 |
| 3 | Felixstowe RRC | 2410 | 2399 | 2438 | 2429 | 2319 | 2392 | 9676 |
| 4 | Saint Edmund Pacers | 2389 | 2260 | 2429 | 2448 | 2386 | 2398 | 9664 |
| 5 | Colchester Harriers | 2352 | 2314 | 2386 | 1828 | 905 | 2425 | 9477 |
| 6 | Stowmarket Striders | 2328 | 2306 | 2375 | 2308 | 2374 | 2176 | 9385 |
| 7 | Sudbury Joggers | 2083 | 2244 | 2301 | 2244 | 2298 | 2087 | 9087 |
| 8 | Great Bentley | 2152 | 2045 | 2161 | 1939 | 1995 | 1883 | 8353 |
| 9 | Haverhill | 1659 | 818 | 2179 | 2308 | 2129 | 1175 | 8275 |
| 10 | Ipswich Harriers | 400 | 2278 | 0 | 1359 | 1827 | 1423 | 6887 |
| 11 | Woodbridge Shufflers | 2133 | 2276 | 864 | 1177 | 735 | 868 | 6454 |
| 12 | Hadleigh Hares | 858 | 786 | 1704 | 1281 | 1733 | 1573 | 6291 |
| 13 | Newmarket Joggers | 1565 | 1506 | 1644 | 1565 | 1097 | 1061 | 6280 |
| 14 | Jogging Made Easy | 757 | 711 | 1608 | 779 | 1953 | 1080 | 5420 |
| 15 | Saxmundham | 1243 | 748 | 0 | 1556 | 1610 | 483 | 5157 |
| 16 | Bungay Black Dog | 774 | 1951 | 439 | 1405 | 773 | 387 | 4903 |
| 17 | Tiptree RRC | 0 | 344 | 1758 | 325 | 340 | 1886 | 4328 |
| 18 | Capel Cheetahs | 790 | 1171 | 1232 | 820 | 397 | 348 | 4013 |
| 19 | Ipswich Triathlon | 1548 | 406 | 371 | 334 | 766 | 0 | 3091 |
| 20 | Harwich Runners | 0 | 385 | 410 | 0 | 0 | 2284 | 3079 |
| 21 | Springfield Striders | 0 | 979 | 0 | 389 | 0 | 999 | 2367 |
| 22 | Witham RC | 0 | 0 | 374 | 0 | 0 | 1607 | 1981 |
| 23 | Lonely Goat Running Club | 0 | 0 | 378 | 349 | 363 | 690 | 1780 |
| 24 | Mid Essex Casuals | 0 | 379 | 419 | 405 | 408 | 353 | 1611 |
| 25 | Suffolk Trail Runners | 381 | 0 | 0 | 0 | 702 | 322 | 1405 |
| 26 | Diss & District AC | 460 | 0 | 0 | 456 | 448 | 0 | 1364 |
| 27 | Saffron Striders | 0 | 0 | 0 | 448 | 487 | 420 | 1355 |
| 28 | Thetford AC | 0 | 0 | 0 | 1158 | 0 | 0 | 1158 |
| 29 | Braintree & District AC | 0 | 0 | 0 | 0 | 0 | 991 | 991 |
| 30 | Halstead Road Runners | 0 | 0 | 960 | 0 | 0 | 0 | 960 |
| 31 | Eastern Veterans AC | 0 | 470 | 0 | 0 | 0 | 454 | 924 |
| 32 | West Suffolk AC | 0 | 0 | 467 | 454 | 0 | 0 | 921 |
| 33 | I Can Run | 0 | 423 | 0 | 0 | 431 | 0 | 854 |
| 34 | GoodGym | 0 | 0 | 0 | 0 | 0 | 783 | 783 |
| 35 | Huntingdon AC | 0 | 0 | 0 | 395 | 0 | 358 | 753 |
| 36 | Tavistock Athletic Club | 0 | 0 | 0 | 0 | 500 | 0 | 500 |
| 37 | Gosport Road Runners | 0 | 498 | 0 | 0 | 0 | 0 | 498 |
| 38 | Vegan Runners UK | 491 | 0 | 0 | 0 | 0 | 0 | 491 |
| 39 | Ryston Runners | 0 | 0 | 0 | 486 | 0 | 0 | 486 |
| 40 | City of Norwich AC | 0 | 483 | 0 | 0 | 0 | 0 | 483 |
| 41 | Grange Farm Trotters | 0 | 0 | 471 | 0 | 0 | 0 | 471 |
| 42 | Riverside Runners | 0 | 0 | 0 | 0 | 0 | 467 | 467 |
| 43 | Norfolk Gazelles | 0 | 0 | 0 | 0 | 462 | 0 | 462 |
| 44 | Lowestoft Road Runners | 0 | 437 | 0 | 0 | 0 | 0 | 437 |
| 45 | TriSudbury | 436 | 0 | 0 | 0 | 0 | 0 | 436 |
| 46 | Running Colchester | 0 | 0 | 0 | 0 | 0 | 428 | 428 |

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|----|---------------------------|-----|-----|-----|-----|-----|-----|-----|
| 47 | Newquay Road Runners | 375 | 0 | 0 | 0 | 0 | 0 | 375 |
| 48 | Bournville Harriers | 374 | 0 | 0 | 0 | 0 | 0 | 374 |
| 49 | Cambridge & Coleridge | 0 | 0 | 0 | 365 | 0 | 0 | 365 |
| 50 | Beccles & Bungay Harriers | 0 | 0 | 0 | 362 | 0 | 0 | 362 |
| 51 | 100 Marathon Club | 0 | 0 | 359 | 0 | 0 | 0 | 359 |
| 52 | Boston Community Runners | 0 | 359 | 0 | 0 | 0 | 0 | 359 |
| 53 | Garden City Runners | 0 | 0 | 0 | 358 | 0 | 0 | 358 |
| 54 | Colchester & Tendring | 0 | 0 | 0 | 0 | 0 | 346 | 346 |
| 55 | West Suffolk Wheelers | 0 | 0 | 0 | 0 | 345 | 0 | 345 |
| 56 | Ware Joggers | 0 | 0 | 0 | 327 | 0 | 0 | 327 |
| 57 | Brandon Fern Hoppers | 0 | 0 | 0 | 317 | 0 | 0 | 317 |
| 58 | Fetch Everyone | 0 | 0 | 0 | 315 | 0 | 0 | 315 |