

ESSLXC Blackcap: 12-January-2025 V2

Race 3 of 5

ALL CLUBS: 16 TEAMS (note awards are based on table excluding non East Sussex Clubs)

CAT	A80	BEX	FRONTR	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYAC	LEW	MEAD	PSST	HEDGE	RUNW	WAD
SM1	31	102	25	3	8	10	6	240	154	2	4	293	1	223	86	221
SM2	43	286	122	293	52	12	33	293	178	143	11	293	17	283	183	243
SM3	146	293	213	293	95	22	49	293	219	293	13	293	23	293	227	249
SM4	293	293	250	293	105	28	55	293	231	293	14	293	61	293	293	264
M401	34	116	9	293	5	93	38	35	51	56	15	293	94	41	133	7
M402	293	164	152	293	30	212	40	144	82	293	20	293	130	170	141	174
M403	293	217	168	293	46	293	42	156	129	293	47	293	131	190	175	216
M501	147	16	247	262	21	44	196	26	72	293	54	160	18	70	117	76
M502	191	123	259	278	67	58	292	96	80	293	57	293	39	75	132	188
M503	226	124	293	293	159	64	293	104	89	293	120	293	78	184	169	206
M601	148	111	224	137	92	177	138	63	204	293	19	293	83	81	87	103
M602	182	293	293	251	97	293	293	65	257	293	45	293	109	139	246	142
SF1	135	293	125	293	172	24	37	281	256	185	48	293	163	253	171	293
SF2	293	293	151	293	186	158	60	288	287	293	79	293	165	263	207	293
F401	166	260	200	90	149	112	88	255	284	293	107	85	84	214	71	220
F402	208	293	293	293	192	173	106	269	285	293	108	293	98	233	77	275
F501	155	128	293	136	180	110	293	195	238	293	161	293	261	232	210	126
F502	167	242	293	293	201	119	293	197	244	293	211	293	273	239	267	153
F601	91	293	293	293	245	293	205	203	236	282	254	293	279	66	293	241
F602	181	293	293	293	293	293	270	248	266	293	271	293	293	193	293	274
TOT	3,423	4,233	4,196	4,966	2,395	2,588	2,827	3,744	3,842	5,063	1,658	5,519	2,400	3,735	3,578	3,964
POS	6	13	12	14	2	4	5	9	10	15	1	16	3	8	7	11
NSM1					176	32	69		258		27		127			268
NSM2					187	53	73		276		29		134			277
NSM3					198	59	99		280		36		140			
NSM4					199	74	101				50		145			
NSM5					234	162	118				62		150			
NSM6					252		121				68		194			
NSF1					202	235	157	289	290		100		179	265	209	
NSF2					215		189	291			113		218		230	
NSF3					225		222				114		229		272	
NSF4							228				115		237			
PREV.P	20	26	20	28	4	10	12	5	17	28	4	31	7	23	14	23
TOTAL	26	39	32	42	6	14	17	14	27	43	5	47	10	31	21	34
F.POS	8	13	11	14	2	4	6	4	9	15	1	16	3	10	7	12

A80	BEX	FRONTR	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYAC	LEW	MEAD	PSST	HEDGE	RUNW	WAD
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- Key**
- A80** Arena 80 AC
 - BEX** Bexhill Run Tri
 - FRONTR** Brighton and Hove Frontrunners
 - #REF!** #REF!
 - CPA** Central Park Athletics
 - CROW** Crowborough Runners
 - EAST/BDY** Eastbourne Rovers and Team Bodyworks
 - HAIL** Hailsham Harriers
 - HR/HAC** Hastings Runners and Hastings AC
 - HTH/UCK** Heathfield Road Runners and Uckfield Runners
 - HYAC** HY AC
 - LEW** Lewes AC
 - MEAD** Meads Runners

PSST Polegate Plodders, Seaford Shufflers, Seaford Striders and Tri Tempo
HEDGE Portslade Hedgehoppers
RUNW Run Wednesdays

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Race 3 of 5

EAST SUSSEX CLUBS: 14 TEAMS (Only East Sussex Teams qualify for awards: awards are awarded as per this table)

CAT	A80	BEX	FRONTR	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYAC	LEW	MEAD	PSST	HEDGE	RUNW	WAD
SM1	31	102	25	-	8	10	6	240	154	2	4	293	1	223	86	221
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M502	191	123	259	-	67	58	292	96	80	293	57	293	39	75	132	188
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M602	182	293	293	-	97	293	293	65	257	293	45	293	109	139	246	142
SF1	135	293	125	-	172	24	37	281	256	185	48	293	163	253	171	293
SF2	293	293	151	-	186	158	60	288	287	293	79	293	165	263	207	293
F401	166	260	200	-	149	112	88	255	284	293	107	85	84	214	71	220
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F501	155	128	293	-	180	110	293	195	238	293	161	293	261	232	210	126
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POS	6	13	12	-	2	4	5	9	10	14	1	15	3	8	7	11
NSM1	-	-	-	-	176	32	69	-	258	-	27	-	127	-	-	268
NSM2	-	-	-	-	187	53	73	-	276	-	29	-	134	-	-	277
NSM3	-	-	-	-	198	59	99	-	280	-	36	-	140	-	-	-
NSM4	-	-	-	-	199	74	101	-	-	-	50	-	145	-	-	-
NSM5	-	-	-	-	234	162	118	-	-	-	62	-	150	-	-	-
NSM6	-	-	-	-	252	-	121	-	-	-	68	-	194	-	-	-
NSF1	-	-	-	-	202	235	157	289	290	-	100	-	179	265	209	-
NSF2	-	-	-	-	215	-	189	291	-	-	113	-	218	-	230	-
NSF3	-	-	-	-	225	-	222	-	-	-	114	-	229	-	272	-
NSF4	-	-	-	-	-	-	228	-	-	-	115	-	237	-	-	-
PREV.P	20	25	20	-	4	10	12	5	17	27	4	30	7	22	14	23
TOTAL	26	38	32	-	6	14	17	14	27	41	5	45	10	30	21	34
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