

ESSLXC Blackcap: 12-January-2025 V3

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/UJK	HYAC	LEW	MEAD	PSST	HEDGE	RUNW	WAD
SM1	31	102	25	3	8	10	6	241	155	2	4	294	1	224	86	222
SM2	43	287	123	294	52	12	33	294	179	144	11	294	17	284	184	244
SM3	147	294	214	294	95	22	49	294	220	294	13	294	23	294	228	250
SM4	294	294	251	294	106	28	55	294	232	294	14	294	61	294	294	265
M401	34	117	9	294	5	93	38	35	51	56	15	294	94	41	134	7
M402	294	165	153	294	30	213	40	145	82	294	20	294	131	171	142	175
M403	294	218	169	294	46	294	42	157	130	294	47	294	132	191	176	217
M501	148	16	248	263	21	44	197	26	72	294	54	161	18	70	118	76
M502	192	124	260	279	67	58	293	96	80	294	57	294	39	75	133	189
M503	227	125	294	294	160	64	294	105	89	294	121	294	78	185	170	207
M601	149	112	225	138	92	178	139	63	205	294	19	294	83	81	87	104
M602	183	294	294	252	97	294	294	65	258	294	45	294	110	140	247	143
SF1	136	294	126	294	103	24	37	282	257	186	48	294	164	254	172	294
SF2	294	294	152	294	173	159	60	289	288	294	79	294	166	264	208	294
F401	167	261	201	90	150	113	88	256	285	294	108	85	84	215	71	221
F402	209	294	294	294	193	174	107	270	286	294	109	294	98	234	77	276
F501	156	129	294	137	181	111	294	196	239	294	162	294	262	233	211	127
F502	168	243	294	294	202	120	294	198	245	294	212	294	274	240	268	154
F601	91	294	294	294	246	294	206	204	237	283	255	294	280	66	294	242
F602	182	294	294	294	294	294	271	249	267	294	272	294	294	194	294	275
TOT	3,439	4,251	4,214	4,984	2,321	2,599	2,837	3,759	3,857	5,081	1,665	5,538	2,409	3,750	3,594	3,982
POS	6	13	12	14	2	4	5	9	10	15	1	16	3	8	7	11
NSM1					177	32	69		259		27		128			269
NSM2					188	53	73		277		29		135			278
NSM3					199	59	99		281		36		141			
NSM4					200	74	101				50		146			
NSM5					235	163	119				62		151			
NSM6					253		122				68		195			
NSF1					187	236	158	290	291		100		180	266	210	
NSF2					203		190	292			114		219		231	
NSF3					216		223				115		230		273	
NSF4					226		229				116		238			
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

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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/UJK** 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	241	155	2	4	294	1	224	86	222
SM2	43	287	123	-	52	12	33	294	179	144	11	294	17	284	184	244
SM3	147	294	214	-	95	22	49	294	220	294	13	294	23	294	228	250
SM4	294	294	251	-	106	28	55	294	232	294	14	294	61	294	294	265
M401	34	117	9	-	5	93	38	35	51	56	15	294	94	41	134	7
M402	294	165	153	-	30	213	40	145	82	294	20	294	131	171	142	175
M403	294	218	169	-	46	294	42	157	130	294	47	294	132	191	176	217
M501	148	16	248	-	21	44	197	26	72	294	54	161	18	70	118	76
M502	192	124	260	-	67	58	293	96	80	294	57	294	39	75	133	189
M503	227	125	294	-	160	64	294	105	89	294	121	294	78	185	170	207
M601	149	112	225	-	92	178	139	63	205	294	19	294	83	81	87	104
M602	183	294	294	-	97	294	294	65	258	294	45	294	110	140	247	143
SF1	136	294	126	-	103	24	37	282	257	186	48	294	164	254	172	294
SF2	294	294	152	-	173	159	60	289	288	294	79	294	166	264	208	294
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TOT	3,439	4,251	4,214	-	2,321	2,599	2,837	3,759	3,857	5,081	1,665	5,538	2,409	3,750	3,594	3,982
POS	6	13	12	-	2	4	5	9	10	14	1	15	3	8	7	11
NSM1	-	-	-	-	177	32	69	-	259	-	27	-	128	-	-	269
NSM2	-	-	-	-	188	53	73	-	277	-	29	-	135	-	-	278
NSM3	-	-	-	-	199	59	99	-	281	-	36	-	141	-	-	-
NSM4	-	-	-	-	200	74	101	-	-	-	50	-	146	-	-	-
NSM5	-	-	-	-	235	163	119	-	-	-	62	-	151	-	-	-
NSM6	-	-	-	-	253	-	122	-	-	-	68	-	195	-	-	-
NSF1	-	-	-	-	187	236	158	290	291	-	100	-	180	266	210	-
NSF2	-	-	-	-	203	-	190	292	-	-	114	-	219	-	231	-
NSF3	-	-	-	-	216	-	223	-	-	-	115	-	230	-	273	-
NSF4	-	-	-	-	226	-	229	-	-	-	116	-	238	-	-	-
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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