

ESSLXC Blackcap: 12-October-2025

Race 1 of 6

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	HYRun	LEW	MEAD	PPSST	HEDGE	RUNW	WAD
SM1	316	315	48	316	7	2	44	1	50	316	4	316	17	41	39	316
SM2	316	316	109	316	37	3	59	62	79	316	28	316	27	150	80	316
SM3	316	316	128	316	51	5	72	283	197	316	32	316	34	151	316	316
SM4	316	316	155	316	63	8	88	316	200	316	74	316	47	187	316	316
M401	11	178	42	316	15	16	24	69	14	132	6	36	13	31	186	10
M402	57	234	81	316	33	19	45	270	54	316	71	316	29	46	239	316
M403	316	299	82	316	35	99	68	275	61	316	96	316	40	90	316	316
M501	95	23	111	287	20	85	182	121	18	141	65	43	55	12	129	220
M502	203	102	230	289	22	97	262	192	56	269	73	86	89	76	190	285
M503	316	174	284	292	52	156	316	212	60	316	78	316	106	87	194	296
M601	165	112	214	290	131	185	152	75	135	168	133	316	113	100	143	240
M602	195	120	316	316	162	191	213	92	159	316	169	316	149	145	180	265
SF1	114	124	127	316	179	53	58	286	255	316	30	316	84	256	164	307
SF2	316	222	160	316	209	70	98	300	302	316	167	316	123	258	260	316
F401	316	188	316	316	157	170	154	153	233	316	103	110	93	228	238	219
F402	316	294	316	316	172	204	249	211	248	316	122	316	116	253	259	273
F501	229	254	316	316	202	91	272	176	206	316	158	115	237	232	136	140
F502	316	282	316	316	207	139	316	208	226	316	243	316	266	241	246	184
F601	107	314	316	316	291	316	244	221	247	316	173	316	281	49	250	235
F602	193	316	316	316	313	316	298	279	280	316	189	316	312	218	310	264
TOT	4,529	4,499	3,983	6,214	2,358	2,225	3,214	3,802	3,080	5,766	2,014	5,130	2,231	2,851	4,191	5,150
POS	12	11	9	16	4	2	7	8	6	15	1	13	3	5	10	14
NSM1			245		66	9	108		201		105		67	210		
NSM2					83	21	119		205		118		77	215		
NSM3					104	25	134		252		126		94	223		
NSM4					138	26	146		263		130		117	271		
NSM5					161	38	175		274		137		125	288		
NSM6					163	64	181				148		144			
NSF1		297	224		217	101	166	306	303		177		171	268	261	
NSF2			225		227	142	251	308	304		183		216	293	276	
NSF3					236	147	257	309	305		196		231	295	277	
NSF4					267	198	301	311			199		242		278	
PREV.P	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL	12	11	9	16	4	2	7	8	6	15	1	13	3	5	10	14
F.POS	12	11	9	16	4	2	7	8	6	15	1	13	3	5	10	14

A80	BEX	FRONTR	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYRun	LEW	MEAD	PPSST	HEDGE	RUNW	WAD
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Key	
A80	Arena 80 AC
BEX	Bexhill Run Tri
FRONTR	Brighton and Hove Frontrunners
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
HYRun	HY Runners
LEW	Lewes AC
MEAD	Meads Runners
PPSST	Polegate Plodders, Peacehaven Run Club, Seafront Shufflers, Seaford Striders and Tri Tempo

**HEDGE
RUNW**

Portslade Hedgehoppers
Run Wednesdays

ESSLXC Blackcap: 12-October-2025

Race 1 of 6

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	HYRun	LEW	MEAD	PPSST	HEDGE	RUNW	WAD
SM1	316	315	48	-	7	2	44	1	50	316	4	316	17	41	39	316
SM2	316	316	109	-	37	3	59	62	79	316	28	316	27	150	80	316
SM3	316	316	128	-	51	5	72	283	197	316	32	316	34	151	316	316
SM4	316	316	155	-	63	8	88	316	200	316	74	316	47	187	316	316
M401	11	178	42	-	15	16	24	69	14	132	6	36	13	31	186	10
M402	57	234	81	-	33	19	45	270	54	316	71	316	29	46	239	316
M403	316	299	82	-	35	99	68	275	61	316	96	316	40	90	316	316
M501	95	23	111	-	20	85	182	121	18	141	65	43	55	12	129	220
M502	203	102	230	-	22	97	262	192	56	269	73	86	89	76	190	285
M503	316	174	284	-	52	156	316	212	60	316	78	316	106	87	194	296
M601	165	112	214	-	131	185	152	75	135	168	133	316	113	100	143	240
M602	195	120	316	-	162	191	213	92	159	316	169	316	149	145	180	265
SF1	114	124	127	-	179	53	58	286	255	316	30	316	84	256	164	307
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F401	316	188	316	-	157	170	154	153	233	316	103	110	93	228	238	219
F402	316	294	316	-	172	204	249	211	248	316	122	316	116	253	259	273
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F602	193	316	316	-	313	316	298	279	280	316	189	316	312	218	310	264
TOT	4,529	4,499	3,983	-	2,358	2,225	3,214	3,802	3,080	5,766	2,014	5,130	2,231	2,851	4,191	5,150
POS	12	11	9	-	4	2	7	8	6	15	1	13	3	5	10	14
NSM1	-	-	245	-	66	9	108	-	201	-	105	-	67	210	-	-
NSM2	-	-	-	-	83	21	119	-	205	-	118	-	77	215	-	-
NSM3	-	-	-	-	104	25	134	-	252	-	126	-	94	223	-	-
NSM4	-	-	-	-	138	26	146	-	263	-	130	-	117	271	-	-
NSM5	-	-	-	-	161	38	175	-	274	-	137	-	125	288	-	-
NSM6	-	-	-	-	163	64	181	-	-	-	148	-	144	-	-	-
NSF1	-	297	224	-	217	101	166	306	303	-	177	-	171	268	261	-
NSF2	-	-	225	-	227	142	251	308	304	-	183	-	216	293	276	-
NSF3	-	-	-	-	236	147	257	309	305	-	196	-	231	295	277	-
NSF4	-	-	-	-	267	198	301	311	-	-	199	-	242	-	278	-
PREV.P	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TOTAL	12	11	9	-	4	2	7	8	6	15	1	13	3	5	10	14
F.POS	12	11	9	-	4	2	7	8	6	15	1	13	3	5	10	14

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HEDGE Portslade Hedgehoppers
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