

ESSLXC Abbots Wood: 14-December-2025

Race 3 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	312	142	54	312	8	2	18	64	25	312	1	312	14	44	23	145
SM2	312	215	59	312	24	3	33	174	243	312	73	312	63	184	77	279
SM3	312	312	112	312	42	4	87	233	283	312	147	312	71	192	126	300
SM4	312	312	159	312	46	5	95	262	293	312	172	312	81	202	266	302
M401	13	89	16	312	10	9	48	30	49	312	6	312	20	28	197	12
M402	32	108	68	312	19	11	75	31	238	312	66	312	26	47	244	175
M403	210	140	157	312	36	15	82	37	242	312	109	312	45	96	312	278
M501	38	21	110	312	51	56	199	97	67	312	58	22	27	7	149	163
M502	185	118	287	312	86	60	220	132	69	312	78	102	35	50	204	268
M503	207	134	312	312	191	76	311	153	235	312	92	224	55	101	212	273
M601	151	115	252	312	138	165	170	72	131	312	34	312	84	105	144	200
M602	178	312	261	312	160	312	312	80	152	312	106	312	107	176	312	250
SF1	91	123	129	312	57	41	39	230	295	312	119	93	103	130	186	61
SF2	312	312	146	312	205	53	52	237	305	312	173	312	136	299	263	298
F401	183	209	312	312	169	74	120	125	168	141	161	100	79	267	245	281
F402	312	312	312	312	201	122	154	208	289	312	223	143	88	271	260	292
F501	206	270	312	312	196	83	90	182	240	312	171	133	156	269	253	155
F502	249	288	312	312	241	116	180	234	251	312	239	236	255	294	254	177
F601	114	137	312	312	248	312	272	214	258	312	211	312	276	43	282	219
F602	193	312	312	312	275	312	280	229	291	312	213	312	286	225	304	257
TOT	3,922	3,981	3,994	6,240	2,403	1,831	2,837	3,024	4,124	6,069	2,452	4,797	2,007	3,030	4,313	4,385
POS	8	9	10	16	3	1	5	6	11	15	4	14	2	7	12	13
NSM1			181		65	17	104	277	303		179		85	264		307
NSM2			188		111	29	121	310			189		98			
NSM3			226		113	40	150				194		124			
NSM4			259		117	62	162				203		127			
NSM5					166	70	195				221		128			
NSM6					167	99					228		139			
NSF1			158		227	135	94	247	309		216		148		265	
NSF2					231	187	164	285			256		190		301	
NSF3					284	198	217	296			274		218		306	
NSF4					290	232	222	297					246		308	
PREV.P	23	21	18	32	5	4	12	11	13	29	7	28	7	13	22	27
TOTAL	31	30	28	48	8	5	17	17	24	44	11	42	9	20	34	40
F.POS	11	10	9	16	2	1	5	5	8	15	4	14	3	7	12	13

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, Seaford Shufflers, Seaford Striders and Tri Tempo

HEDGE
RUNWPortslade Hedgehoppers
Run Wednesdays

ESSLXC Abbots Wood: 14-December-2025

Race 3 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	312	142	54	-	8	2	18	64	25	312	1	312	14	44	23	145
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SM4	312	312	159	-	46	5	95	262	293	312	172	312	81	202	266	302
M401	13	89	16	-	10	9	48	30	49	312	6	312	20	28	197	12
M402	32	108	68	-	19	11	75	31	238	312	66	312	26	47	244	175
M403	210	140	157	-	36	15	82	37	242	312	109	312	45	96	312	278
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M503	207	134	312	-	191	76	311	153	235	312	92	224	55	101	212	273
M601	151	115	252	-	138	165	170	72	131	312	34	312	84	105	144	200
M602	178	312	261	-	160	312	312	80	152	312	106	312	107	176	312	250
SF1	91	123	129	-	57	41	39	230	295	312	119	93	103	130	186	61
SF2	312	312	146	-	205	53	52	237	305	312	173	312	136	299	263	298
F401	183	209	312	-	169	74	120	125	168	141	161	100	79	267	245	281
F402	312	312	312	-	201	122	154	208	289	312	223	143	88	271	260	292
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POS	8	9	10	-	3	1	5	6	11	15	4	14	2	7	12	13
NSM1	-	-	181	-	65	17	104	277	303	-	179	-	85	264	-	307
NSM2	-	-	188	-	111	29	121	310	-	-	189	-	98	-	-	-
NSM3	-	-	226	-	113	40	150	-	-	-	194	-	124	-	-	-
NSM4	-	-	259	-	117	62	162	-	-	-	203	-	127	-	-	-
NSM5	-	-	-	-	166	70	195	-	-	-	221	-	128	-	-	-
NSM6	-	-	-	-	167	99	-	-	-	-	228	-	139	-	-	-
NSF1	-	-	158	-	227	135	94	247	309	-	216	-	148	-	265	-
NSF2	-	-	-	-	231	187	164	285	-	-	256	-	190	-	301	-
NSF3	-	-	-	-	284	198	217	296	-	-	274	-	218	-	306	-
NSF4	-	-	-	-	290	232	222	297	-	-	-	-	246	-	308	-
PREV.P	23	21	18	-	5	4	12	11	13	29	7	28	7	13	22	27
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- Key
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Arena 80 AC
- BEX

Bexhill Run Tri
- FRONTR

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