

Club	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Best 3
Ipswich Jaffa RC	2953	2980	2967	2962	1989	2979	8926
Colchester & Tendring AC	2967	2951	2950	2462	2964	2965	8896
Saint Edmund Pacers	2965	2961	2965	2966	2965	2965	8896
Ipswich Harriers	1965	2443	1966	1962	499	492	6374
Framlingham Flyers	975	2921	967	1915	496		5811
Stowmarket Striders RC	1894	1898	1910	1449	1951	1928	5789
Kesgrave Kruisers	1880	1870	1421	957		1438	5188
Hadleigh Hares AC	1426	1396	1911	478		480	4733
Woodbridge Shufflers RC	1467	1450				499	3416
Colchester Harriers AC			982	979	979	484	2940
Enfield and Haringey A C			500	500	500		1500
TRISudbury	464	466	467	477			1410
Great Bentley Running Club						494	494
Beccles & Bungay Harriers		482					482
Harwich Runners		478					478
Felixstowe RRC	477						477
Bungay Black Dog RC		468					468