

ESSLXC Blackcap: 18-February-2024

Race 4 of 5

ALL CLUBS: 17 TEAMS (note awards are based on table excluding non East Sussex Clubs)

CAT	A80	BEX	FRONTR	BTNTRI	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYR	LEW	MEAD	PSST	HEDGE	RUNW	WAD
SM1	89	290	97	47	139	34	12	24	2	1	17	3	82	9	37	215	242
SM2	290	290	146	290	290	52	23	26	4	164	290	7	290	20	290	290	271
SM3	290	290	290	290	290	67	66	59	6	200	290	11	290	98	290	290	283
SM4	290	290	290	290	290	76	73	88	13	227	290	36	290	120	290	290	290
M401	15	290	16	290	269	5	99	31	44	21	27	28	70	65	133	132	14
M402	22	290	25	290	272	18	182	32	87	48	108	30	141	71	183	156	224
M403	42	290	83	290	290	19	217	35	101	50	290	94	290	95	221	169	237
M501	167	114	181	116	138	41	49	142	46	61	290	8	106	43	29	62	173
M502	235	162	256	290	178	77	290	289	55	63	290	56	290	51	149	100	187
M503	290	190	290	290	263	194	290	290	69	113	290	78	290	57	150	126	191
M601	118	290	207	131	53	64	129	80	45	154	290	117	290	121	103	90	110
M602	140	290	220	290	208	218	290	290	81	225	290	122	290	124	130	245	127
SF1	79	279	105	86	290	54	40	72	10	188	290	33	107	144	199	275	267
SF2	290	290	123	290	290	137	58	151	38	286	290	68	184	147	290	290	273
F401	163	74	251	152	177	222	119	85	201	112	290	91	157	171	253	205	212
F402	290	238	290	290	290	268	290	155	230	174	290	136	290	206	290	229	236
F501	195	280	290	290	290	166	109	290	210	264	290	161	290	92	60	189	180
F502	262	290	290	290	290	239	288	290	233	285	290	241	290	261	197	266	204
F601	75	290	290	290	244	209	290	203	172	234	290	290	290	193	192	226	249
F602	145	290	290	290	278	211	290	219	214	270	290	290	290	290	255	290	252
TOT	3,487	5,107	4,030	4,882	4,829	2,371	3,204	2,851	1,861	3,140	5,082	1,900	4,617	2,378	3,741	4,135	4,222
POS	8	17	10	15	14	3	7	5	1	6	16	2	13	4	9	11	12
NSM1						186	175	93	39	248		96		143			
NSM2						202	247	111	115	258		134		148			
NSM3						228		125	128			158		153			
NSM4						240		223	135			165		170			
NSM5						250			185			168		176			
NSM6						259			216			257		179			
NSF1						277	102	159	84			276		231			274
NSF2							196	160	104					243			281
NSF3							213	232	198					246			282
NSF4							287	265	254					260			284
PREV.P	22	45	39	43	39	10	13	22	3	19	32	9	41	10	40	34	38
TOTAL	30	62	49	58	53	13	20	27	4	25	48	11	54	14	49	45	50
F.POS	8	17	11	16	14	3	5	7	1	6	10	2	15	4	11	9	13

A80	BEX	FRONTR	BTNTRI	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYR	LEW	MEAD	PSST	HEDGE	RUNW	WAD
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- Key**
- A80** Arena 80 AC
 - BEX** Bexhill Run Tri
 - FRONTR** Brighton and Hove Frontrunners
 - BTNTRI** Brighton Tri Club
 - 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
 - HYR** HY Runners
 - LEW** Lewes AC
 - MEAD** Meads Runners

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

ESSLXC Blackcap: 18-February-2024

Race 4 of 5

EAST SUSSEX CLUBS: 15 TEAMS (Only East Sussex Teams qualify for awards: awards are awarded as per this table)

CAT	A80	BEX	FRONTR	BTNTRI	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYR	LEW	MEAD	PSST	HEDGE	RUNW	WAD
SM1	89	290	97	47	-	34	12	24	2	1	17	3	82	9	37	215	242
SM2	290	290	146	290	-	52	23	26	4	164	290	7	290	20	290	290	271
SM3	290	290	290	290	-	67	66	59	6	200	290	11	290	98	290	290	283
SM4	290	290	290	290	-	76	73	88	13	227	290	36	290	120	290	290	290
M401	15	290	16	290	-	5	99	31	44	21	27	28	70	65	133	132	14
M402	22	290	25	290	-	18	182	32	87	48	108	30	141	71	183	156	224
M403	42	290	83	290	-	19	217	35	101	50	290	94	290	95	221	169	237
M501	167	114	181	116	-	41	49	142	46	61	290	8	106	43	29	62	173
M502	235	162	256	290	-	77	290	289	55	63	290	56	290	51	149	100	187
M503	290	190	290	290	-	194	290	290	69	113	290	78	290	57	150	126	191
M601	118	290	207	131	-	64	129	80	45	154	290	117	290	121	103	90	110
M602	140	290	220	290	-	218	290	290	81	225	290	122	290	124	130	245	127
SF1	79	279	105	86	-	54	40	72	10	188	290	33	107	144	199	275	267
SF2	290	290	123	290	-	137	58	151	38	286	290	68	184	147	290	290	273
F401	163	74	251	152	-	222	119	85	201	112	290	91	157	171	253	205	212
F402	290	238	290	290	-	268	290	155	230	174	290	136	290	206	290	229	236
F501	195	280	290	290	-	166	109	290	210	264	290	161	290	92	60	189	180
F502	262	290	290	290	-	239	288	290	233	285	290	241	290	261	197	266	204
F601	75	290	290	290	-	209	290	203	172	234	290	290	290	193	192	226	249
F602	145	290	290	290	-	211	290	219	214	270	290	290	290	290	255	290	252
TOT	3,487	5,107	4,030	4,882	-	2,371	3,204	2,851	1,861	3,140	5,082	1,900	4,617	2,378	3,741	4,135	4,222
POS	8	16	10	14	-	3	7	5	1	6	15	2	13	4	9	11	12
NSM1	-	-	-	-	-	186	175	93	39	248	-	96	-	143	-	-	-
NSM2	-	-	-	-	-	202	247	111	115	258	-	134	-	148	-	-	-
NSM3	-	-	-	-	-	228	-	125	128	-	-	158	-	153	-	-	-
NSM4	-	-	-	-	-	240	-	223	135	-	-	165	-	170	-	-	-
NSM5	-	-	-	-	-	250	-	-	185	-	-	168	-	176	-	-	-
NSM6	-	-	-	-	-	259	-	-	216	-	-	257	-	179	-	-	-
NSF1	-	-	-	-	-	277	102	159	84	-	-	276	-	231	-	-	274
NSF2	-	-	-	-	-	-	196	160	104	-	-	-	-	243	-	-	281
NSF3	-	-	-	-	-	-	213	232	198	-	-	-	-	246	-	-	282
NSF4	-	-	-	-	-	-	287	265	254	-	-	-	-	260	-	-	284
PREV.P	22	43	38	41	-	10	13	22	3	19	31	9	40	10	38	33	36
TOTAL	30	59	48	55	-	13	20	27	4	25	46	11	53	14	47	44	48
F.POS	8	16	12	15	-	3	5	7	1	6	10	2	14	4	11	9	12

	A80	BEX	FRONTR	BTNTRI	CPA	CROW	EAST/BDY	HAIL	HR/HAC	HTH/UCK	HYR	LEW	MEAD	PSST	HEDGE	RUNW	WAD
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PSST Polegate Plodders, Seafront Shufflers, Seaford Striders and Tri Tempo
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