

ESSLXC Abbots Wood: 14-December-2025 V2

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 | HYAC  | LEW   | MEAD  | PPSST | HEDGE | RUNW  | WAD   |
|--------|-------|-------|--------|-------|-------|----------|-------|--------|---------|-------|-------|-------|-------|-------|-------|-------|
| SM1    | 311   | 142   | 54     | 311   | 8     | 2        | 18    | 64     | 25      | 311   | 1     | 311   | 14    | 44    | 23    | 145   |
| SM2    | 311   | 215   | 59     | 311   | 24    | 3        | 33    | 174    | 243     | 311   | 73    | 311   | 63    | 184   | 77    | 279   |
| SM3    | 311   | 311   | 112    | 311   | 42    | 4        | 87    | 233    | 283     | 311   | 147   | 311   | 71    | 192   | 126   | 300   |
| SM4    | 311   | 311   | 159    | 311   | 46    | 5        | 95    | 262    | 293     | 311   | 172   | 311   | 81    | 202   | 266   | 302   |
| M401   | 13    | 89    | 16     | 311   | 10    | 9        | 48    | 30     | 49      | 311   | 6     | 311   | 20    | 28    | 197   | 12    |
| M402   | 32    | 108   | 68     | 311   | 19    | 11       | 75    | 31     | 238     | 311   | 66    | 311   | 26    | 47    | 244   | 175   |
| M403   | 210   | 140   | 157    | 311   | 36    | 15       | 82    | 37     | 242     | 311   | 109   | 311   | 45    | 96    | 311   | 278   |
| M501   | 38    | 21    | 110    | 311   | 51    | 56       | 199   | 97     | 67      | 311   | 58    | 22    | 27    | 7     | 149   | 163   |
| M502   | 185   | 118   | 287    | 311   | 86    | 60       | 220   | 132    | 69      | 311   | 78    | 102   | 35    | 50    | 204   | 268   |
| M503   | 207   | 134   | 311    | 311   | 186   | 76       | 310   | 153    | 235     | 311   | 92    | 224   | 55    | 101   | 212   | 273   |
| M601   | 151   | 115   | 252    | 311   | 138   | 165      | 170   | 72     | 131     | 311   | 34    | 311   | 84    | 105   | 144   | 200   |
| M602   | 178   | 311   | 261    | 311   | 160   | 311      | 311   | 80     | 152     | 311   | 106   | 311   | 107   | 176   | 311   | 250   |
| SF1    | 91    | 123   | 129    | 311   | 57    | 41       | 39    | 230    | 295     | 311   | 119   | 93    | 103   | 130   | 187   | 61    |
| SF2    | 311   | 311   | 146    | 311   | 205   | 53       | 52    | 237    | 305     | 311   | 173   | 311   | 136   | 299   | 263   | 298   |
| F401   | 183   | 209   | 311    | 311   | 169   | 74       | 120   | 125    | 168     | 141   | 161   | 100   | 79    | 267   | 245   | 281   |
| F402   | 311   | 311   | 311    | 311   | 201   | 122      | 154   | 208    | 289     | 311   | 223   | 143   | 88    | 271   | 260   | 292   |
| F501   | 206   | 270   | 311    | 311   | 196   | 83       | 90    | 182    | 240     | 311   | 171   | 133   | 156   | 269   | 253   | 155   |
| F502   | 249   | 288   | 311    | 311   | 241   | 116      | 180   | 234    | 251     | 311   | 239   | 236   | 255   | 294   | 254   | 177   |
| F601   | 114   | 137   | 311    | 311   | 248   | 311      | 272   | 214    | 258     | 311   | 211   | 311   | 276   | 43    | 282   | 219   |
| F602   | 193   | 311   | 311    | 311   | 275   | 311      | 280   | 229    | 291     | 311   | 213   | 311   | 286   | 225   | 311   | 257   |
| TOT    | 3,916 | 3,975 | 3,987  | 6,220 | 2,398 | 1,828    | 2,835 | 3,024  | 4,124   | 6,050 | 2,452 | 4,785 | 2,007 | 3,030 | 4,319 | 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   |       |       | 189    |       | 111   | 29       | 121   | 309    |         |       | 190   |       | 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    | 308     |       | 216   |       | 148   |       | 265   |       |
| NSF2   |       |       |        |       | 231   | 188      | 164   | 285    |         |       | 256   |       | 191   |       | 301   |       |
| NSF3   |       |       |        |       | 284   | 198      | 217   | 296    |         |       | 274   |       | 218   |       | 304   |       |
| NSF4   |       |       |        |       | 290   | 232      | 222   | 297    |         |       |       |       | 246   |       | 306   |       |
| 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 HYAC LEW MEAD PPSST HEDGE RUNW WAD

- 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
- HYAC

HY AC
- LEW

Lewes AC
- MEAD

Meads Runners
- PPSST

Polegate Plodders, Peacehaven Run Club, Seafont Shufflers, Seaford Striders and Tri Tempo

**HEDGE  
RUNW**

Portslade Hedgehoppers  
Run Wednesdays

# ESSLXC Abbots Wood: 14-December-2025 V2

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 | HYAC  | LEW   | MEAD  | PPSST | HEDGE | RUNW  | WAD   |
|--------|-------|-------|--------|-----|-------|----------|-------|--------|---------|-------|-------|-------|-------|-------|-------|-------|
| SM1    | 311   | 142   | 54     | -   | 8     | 2        | 18    | 64     | 25      | 311   | 1     | 311   | 14    | 44    | 23    | 145   |
| SM2    | 311   | 215   | 59     | -   | 24    | 3        | 33    | 174    | 243     | 311   | 73    | 311   | 63    | 184   | 77    | 279   |
| SM3    | 311   | 311   | 112    | -   | 42    | 4        | 87    | 233    | 283     | 311   | 147   | 311   | 71    | 192   | 126   | 300   |
| SM4    | 311   | 311   | 159    | -   | 46    | 5        | 95    | 262    | 293     | 311   | 172   | 311   | 81    | 202   | 266   | 302   |
| M401   | 13    | 89    | 16     | -   | 10    | 9        | 48    | 30     | 49      | 311   | 6     | 311   | 20    | 28    | 197   | 12    |
| M402   | 32    | 108   | 68     | -   | 19    | 11       | 75    | 31     | 238     | 311   | 66    | 311   | 26    | 47    | 244   | 175   |
| M403   | 210   | 140   | 157    | -   | 36    | 15       | 82    | 37     | 242     | 311   | 109   | 311   | 45    | 96    | 311   | 278   |
| M501   | 38    | 21    | 110    | -   | 51    | 56       | 199   | 97     | 67      | 311   | 58    | 22    | 27    | 7     | 149   | 163   |
| M502   | 185   | 118   | 287    | -   | 86    | 60       | 220   | 132    | 69      | 311   | 78    | 102   | 35    | 50    | 204   | 268   |
| M503   | 207   | 134   | 311    | -   | 186   | 76       | 310   | 153    | 235     | 311   | 92    | 224   | 55    | 101   | 212   | 273   |
| M601   | 151   | 115   | 252    | -   | 138   | 165      | 170   | 72     | 131     | 311   | 34    | 311   | 84    | 105   | 144   | 200   |
| M602   | 178   | 311   | 261    | -   | 160   | 311      | 311   | 80     | 152     | 311   | 106   | 311   | 107   | 176   | 311   | 250   |
| SF1    | 91    | 123   | 129    | -   | 57    | 41       | 39    | 230    | 295     | 311   | 119   | 93    | 103   | 130   | 187   | 61    |
| SF2    | 311   | 311   | 146    | -   | 205   | 53       | 52    | 237    | 305     | 311   | 173   | 311   | 136   | 299   | 263   | 298   |
| F401   | 183   | 209   | 311    | -   | 169   | 74       | 120   | 125    | 168     | 141   | 161   | 100   | 79    | 267   | 245   | 281   |
| F402   | 311   | 311   | 311    | -   | 201   | 122      | 154   | 208    | 289     | 311   | 223   | 143   | 88    | 271   | 260   | 292   |
| F501   | 206   | 270   | 311    | -   | 196   | 83       | 90    | 182    | 240     | 311   | 171   | 133   | 156   | 269   | 253   | 155   |
| F502   | 249   | 288   | 311    | -   | 241   | 116      | 180   | 234    | 251     | 311   | 239   | 236   | 255   | 294   | 254   | 177   |
| F601   | 114   | 137   | 311    | -   | 248   | 311      | 272   | 214    | 258     | 311   | 211   | 311   | 276   | 43    | 282   | 219   |
| F602   | 193   | 311   | 311    | -   | 275   | 311      | 280   | 229    | 291     | 311   | 213   | 311   | 286   | 225   | 311   | 257   |
| TOT    | 3,916 | 3,975 | 3,987  | -   | 2,398 | 1,828    | 2,835 | 3,024  | 4,124   | 6,050 | 2,452 | 4,785 | 2,007 | 3,030 | 4,319 | 4,385 |
| 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   | -     | -     | 189    | -   | 111   | 29       | 121   | 309    | -       | -     | 190   | -     | 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    | 308     | -     | 216   | -     | 148   | -     | 265   | -     |
| NSF2   | -     | -     | -      | -   | 231   | 188      | 164   | 285    | -       | -     | 256   | -     | 191   | -     | 301   | -     |
| NSF3   | -     | -     | -      | -   | 284   | 198      | 217   | 296    | -       | -     | 274   | -     | 218   | -     | 304   | -     |
| NSF4   | -     | -     | -      | -   | 290   | 232      | 222   | 297    | -       | -     | -     | -     | 246   | -     | 306   | -     |
| PREV.P | 23    | 21    | 18     | -   | 5     | 4        | 12    | 11     | 13      | 29    | 7     | 28    | 7     | 13    | 22    | 27    |
| TOTAL  | 31    | 30    | 28     | -   | 8     | 5        | 17    | 17     | 24      | 44    | 11    | 42    | 9     | 20    | 34    | 40    |
| F.POS  | 11    | 10    | 9      | -   | 2     | 1        | 5     | 5      | 8       | 15    | 4     | 14    | 3     | 7     | 12    | 13    |

|  | A80 | BEX | FRONTR | CPA | CROW | EAST/BDY | HAIL | HR/HAC | HTH/UCK | HYAC | LEW | MEAD | PPSST | HEDGE | RUNW | WAD |
|--|-----|-----|--------|-----|------|----------|------|--------|---------|------|-----|------|-------|-------|------|-----|
|--|-----|-----|--------|-----|------|----------|------|--------|---------|------|-----|------|-------|-------|------|-----|

- 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  
**HYAC** HY AC  
**LEW** Lewes AC  
**MEAD** Meads Runners  
**PPSST** Polegate Plodders, Peacehaven Run Club, Seafront Shufflers, Seaford Striders and Tri Tempo

**HEDGE**    Portslade Hedgehoppers  
**RUNW**    Run Wednesdays