

ESSLXC Seaford Head: 11-January-2026

Race 4 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	HY AC	LEW	MEAD	PPSST	HEDGE	RUNW	WAD
SM1	274	274	50	274	4	1	72	116	12	274	19	274	8	27	22	133
SM2	274	274	158	274	34	2	82	167	250	274	49	274	21	274	71	232
SM3	274	274	164	274	35	17	131	182	252	274	83	274	41	274	75	266
SM4	274	274	184	274	47	23	161	198	255	274	86	274	42	274	80	274
M401	53	60	11	274	14	18	38	20	63	274	7	130	3	36	202	5
M402	61	119	70	274	28	31	39	25	188	274	9	274	6	199	207	262
M403	274	139	145	274	32	46	67	44	235	274	16	274	30	274	231	263
M501	48	13	274	274	24	54	163	88	76	274	43	156	55	10	144	40
M502	274	92	274	274	45	56	172	110	106	274	79	274	65	59	170	225
M503	274	102	274	274	58	124	183	115	218	274	96	274	114	162	189	254
M601	143	109	220	257	89	132	173	62	100	274	29	274	94	152	137	222
M602	187	272	233	274	177	203	274	97	142	274	154	274	146	227	169	242
SF1	274	274	87	274	52	37	51	192	268	274	15	274	98	147	125	274
SF2	274	274	91	274	123	168	69	264	269	274	113	274	126	274	229	274
F401	175	274	274	274	141	84	136	108	129	134	120	90	68	274	174	204
F402	274	274	274	274	193	128	150	185	267	274	122	274	85	274	217	274
F501	274	274	274	274	176	78	103	197	190	274	160	107	166	236	118	151
F502	274	274	274	274	211	105	251	216	260	274	213	274	221	239	245	153
F601	104	140	274	274	241	274	219	186	223	274	208	274	191	261	240	201
F602	228	271	274	274	259	274	274	205	258	274	247	274	256	274	274	248
TOT	4,287	4,057	3,879	5,463	1,983	1,855	2,808	2,777	3,761	5,340	1,868	4,867	1,836	3,947	3,319	4,197
POS	13	11	9	16	4	2	6	5	8	15	3	14	1	10	7	12
NSM1			215		57	26	210	214			101		77		157	
NSM2					66	33	273	226			112		93			
NSM3					81	64					127		95			
NSM4					135	73					165		111			
NSM5					138	74					171		117			
NSM6					159	99					181		121			
NSF1					194	179	155	265	270		178		148		230	
NSF2					195	180	243				200		149		237	
NSF3					196	234	244				224		209		238	
NSF4					206	253					249		212		246	
PREV.P	31	30	28	48	8	5	17	17	24	44	11	42	9	20	34	40
TOTAL	44	41	37	64	12	7	23	22	32	59	14	56	10	30	41	52
F.POS	12	10	9	16	3	1	6	5	8	15	4	14	2	7	10	13

A80 BEX FRONTR CPA CROW EAST/BDY HAIL HR/HAC HTH/UCK HY AC 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
- HY AC

HY AC
- LEW

Lewes AC
- MEAD

Meads Runners
- PPSST

Polegate Ploddors, Peacehaven Run Club, Seafont Shufflers, Seaford Striders and Tri Tempo
- HEDGE

Portslade Hedgehoppers
- RUNW

Run Wednesdays

ESSLXC Seaford Head: 11-January-2026

Race 4 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	HY AC	LEW	MEAD	PPSST	HEDGE	RUNW	WAD
SM1	274	274	50	-	4	1	72	116	12	274	19	274	8	27	22	133
SM2	274	274	158	-	34	2	82	167	250	274	49	274	21	274	71	232
SM3	274	274	164	-	35	17	131	182	252	274	83	274	41	274	75	266
SM4	274	274	184	-	47	23	161	198	255	274	86	274	42	274	80	274
M401	53	60	11	-	14	18	38	20	63	274	7	130	3	36	202	5
M402	61	119	70	-	28	31	39	25	188	274	9	274	6	199	207	262
M403	274	139	145	-	32	46	67	44	235	274	16	274	30	274	231	263
M501	48	13	274	-	24	54	163	88	76	274	43	156	55	10	144	40
M502	274	92	274	-	45	56	172	110	106	274	79	274	65	59	170	225
M503	274	102	274	-	58	124	183	115	218	274	96	274	114	162	189	254
M601	143	109	220	-	89	132	173	62	100	274	29	274	94	152	137	222
M602	187	272	233	-	177	203	274	97	142	274	154	274	146	227	169	242
SF1	274	274	87	-	52	37	51	192	268	274	15	274	98	147	125	274
SF2	274	274	91	-	123	168	69	264	269	274	113	274	126	274	229	274
F401	175	274	274	-	141	84	136	108	129	134	120	90	68	274	174	204
F402	274	274	274	-	193	128	150	185	267	274	122	274	85	274	217	274
F501	274	274	274	-	176	78	103	197	190	274	160	107	166	236	118	151
F502	274	274	274	-	211	105	251	216	260	274	213	274	221	239	245	153
F601	104	140	274	-	241	274	219	186	223	274	208	274	191	261	240	201
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POS	13	11	9	-	4	2	6	5	8	15	3	14	1	10	7	12
NSM1	-	-	215	-	57	26	210	214	-	-	101	-	77	-	157	-
NSM2	-	-	-	-	66	33	273	226	-	-	112	-	93	-	-	-
NSM3	-	-	-	-	81	64	-	-	-	-	127	-	95	-	-	-
NSM4	-	-	-	-	135	73	-	-	-	-	165	-	111	-	-	-
NSM5	-	-	-	-	138	74	-	-	-	-	171	-	117	-	-	-
NSM6	-	-	-	-	159	99	-	-	-	-	181	-	121	-	-	-
NSF1	-	-	-	-	194	179	155	265	270	-	178	-	148	-	230	-
NSF2	-	-	-	-	195	180	243	-	-	-	200	-	149	-	237	-
NSF3	-	-	-	-	196	234	244	-	-	-	224	-	209	-	238	-
NSF4	-	-	-	-	206	253	-	-	-	-	249	-	212	-	246	-
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TOTAL	44	41	37	-	12	7	23	22	32	59	14	56	10	30	41	52
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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
HY AC	HY AC
LEW	Lewes AC
MEAD	Meads Runners
PPSST	Polegate Plodders, Peacehaven Run Club, Seaford Shufflers, Seaford Striders and Tri Tempo
HEDGE	Portslade Hedgehoppers
RUNW	Run Wednesdays