

Round 4 SECCL 2024-25 Main Results

	Time	Runner
First Man home	27.46	Max STAPLETON
First Lady home	31.14	Charlotte BROOKES

Division 3	Points	Club
5	364	RED Runners
4	579	Phoenix RC
3	977	Hockley Trail Runners
2	1288	Brentwood RC **
1	1342	Dagenham 88 **

Division 2	Points	Club
5	382	Nuclear Striders
4	608	Castle Point Joggers
3	751	Rochford Running Club
2	974	Pitsea RC
1	1094	Barking Road Runners

Division 1	Points	Club
5	82	Leigh on Sea Striders
4	141	Benfleet RC
3	484	Billericay Striders
2	530	EatEssex Tri
1	1202	Havering 90 Joggers

Division 1			
Leigh on Sea Striders	20	479	
Benfleet RC	16	630	
Billericay Striders	12	1573	
East Essex Tri	8	2357	
Havering 90 Joggers	4	4873	
Division 2			
Nuclear Striders	20	1326	
Castle Point Joggers	15	2770	
Pitsea RC	12	3113	
Rochford RC	8	3610	
Barking Road Runners	5	4275	
Division 3			
RED Runners	20	1937	
Phoenix RC	15	2916	
Brentwood RC	12	4134	
Hockley Trail Runners	9	4189	
Dagenham 88	4	5409	

TOTAL No. OF RUNNERS	Males	Females	Total
Leigh on Sea Striders	34	18	52
East Essex Tri	11	9	20
Benfleet RC	16	16	32
Billericay Striders	13	4	17
Havering 90 Joggers	9	6	15
Nuclear Striders	13	5	18
Castle Point	13	6	19
Pitsea RC	10	7	17
Rochford RC	9	9	18
Barking Road Runners	9	5	14
Reds	15	9	24
Phoenix Striders	8	5	13
Brentwood RC	2	1	3
Dagenham 88 Runners	3	0	3
Hockley Trail Runners	14	14	28
Totals	179	114	293