

SOUTH ESSEX CROSS COUNTRY LEAGUE 2022/2023

**2nd ROUND - EASTBROOKEND COUNTRY PARK
11 December 2022**

**HELD UNDER UK ATHLETICS RULES
CROSS COUNTRY PERMIT NUMBER CC2022/0572**

INDIVIDUAL WINNERS

1st Place	Name	Club	Time
Man	Paul Grange	Barking Road Runners	00:25:11
Woman	Charlotte Brooks	East Essex Tri	00:29:39

TEAM RESULTS

Division One

Pos	Club	Men	Women	Total	Penalty	TOTAL	Points
1st	Leigh-on-Sea Striders	113	28	141	0	141	4
2nd	Billericay Striders	122	37	159	0	159	3
3rd	Benfleet RC	127	71	198	0	198	2
4th	Barking Road Runners	357	97	454	0	454	1

Division Two

Pos	Club	Men	Women	Total	Penalty	TOTAL	Points
1st	East Essex Tri	228	42	270	138	408	4
2nd	Rochford RC	322	107	429	0	429	3
3rd	Castle Point	387	124	511	138	649	2
4th	Brentwood RC	318	155	473	408	881	1

Division Three

Pos	Club	Men	Women	Total	Penalty	TOTAL	Points
1st	Pitsea RC	403	99	502	0	502	4
2nd	Havering 90 Joggers	418	123	541	0	541	3
3rd	Dagenham 88	310	65	375	615	990	2
4th	Tri Sport Epping	0	0	0	1092	1092	1

N.B. Divisions 1 & 2 = 7 men (2 vets) & 4 women (1 vet) to score
Division 3 = 6 men (2 vets) & 4 women (1 vet) to score

