

**SOUTH ESSEX CROSS COUNTRY LEAGUE 2023/2024**  
**DIVISIONS ONE, TWO & THREE**

**1st ROUND - HADLEIGH COUNTRY PARK**  
**26th November 2023**

**HELD UNDER UK ATHLETICS RULES**  
**CROSS COUNTRY LICENCE NUMBER UKA:CC2023/0994**

**INDIVIDUAL WINNERS**

First Man	Adam Hickey	LOSS	23.30
First Woman	Charlotte Brooks	EET	28.05

**TEAM RESULTS**

**Division One**

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Leigh on Sea Striders	57	41	<b>98</b>	<b>5</b>
2nd	Benfleet RC	88	84	<b>172</b>	<b>4</b>
3rd	East Essex Tri	280	85	<b>365</b>	<b>3</b>
4th	Billericay Striders	368	101	<b>469</b>	<b>2</b>
5th	Barking RR	695	136	<b>831</b>	<b>1</b>

**Division Two**

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Havering 90 Joggers	616	88	<b>704</b>	<b>5</b>
2nd	Castle Point Joggers	453	253	<b>706</b>	<b>4</b>
3rd	Rochford RC	730	136	<b>866</b>	<b>3</b>
4th	Pitsea RC	733	286	<b>1019</b>	<b>2</b>
5th	Brentwood RC	872	264	<b>1136</b>	<b>1</b>

\*2 male scor

**Division Three**

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Nuclear Races Striders	164	144	<b>308</b>	<b>5</b>
2nd	RED Runners	500	74	<b>574</b>	<b>4</b>
3rd	Phoenix Striders	588	165	<b>753</b>	<b>3</b>
4th	Hockley Trail Runners	802	387	<b>1189</b>	<b>2</b>
5th	Dagenham 88	954	368	<b>1322</b>	<b>1</b>

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

orders missing so given last place +1 = 2x213