

SOUTH ESSEX CROSS COUNTRY LEAGUE 2024/2025

DIVISIONS ONE, TWO & THREE

1st ROUND - HADLEIGH COUNTRY PARK

20th October 2024

HELD UNDER UK ATHLETICS RULES

CROSS COUNTRY LICENCE NUMBER UKA:CC2023/0994

INDIVIDUAL WINNERS

First Man Russell McGavock Benfleet
First Woman Jackie Stretton Nuclear Striders

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	99	33	132	5
2nd	Benfleet RC	92	52	144	4
3rd	Billericay Striders	133	126	259	3
4th	East Essex Tri	419	164	583	2
5th	Havering 90 Joggers	996	174	1170	1

Division Two

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Nuclear Races Striders	281	74	355	5
2nd	Castle Point Joggers	449	277	726	4
3rd	Pitsea RC	474	275	749	3
4th	Rochford RC	683	254	937	2
5th	Barking RR	765	301	1066	1

Division Three

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	RED Runners	432	75	507	5
2nd	Phoenix Striders	559	204	763	4
3rd	Brentwood RC	828	190	1018	3
4th	Hockley Trail Runners	839	262	1101	2
5th	Dagenham 88	1034	521	1555	1

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

	<u>Runners</u>	<u>Amount due</u>
Leigh on Sea Striders	65	325
Benfleet RC	28	140
Billericay Striders	22	110
East Essex Tri	18	90
Barking RR	19	95
Havering 90 Joggers	27	135
Castle Point Joggers	24	120
Rochford RC	16	80

Pitsea RC	27	135
Brentwood RC	7	35
Nuclear Races Striders	24	120
RED Runners	19	95
Phoenix Striders	18	90
Hockley Trail Runners	17	85
Dagenham 88	3	15
	<u>334</u>	<u>1670</u>