

1st ROUND - HADLEIGH COUNTRY PARK
2nd November 2025

INDIVIDUAL WINNERS

First Man	Russell McGavock	Benfleet RC
First Woman	Charlotte Brooks	East Essex Tri

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	124	44	168	5
2nd	Benfleet RC	86	83	169	4
3rd	Nuclear Races Striders	172	46	218	3
4th	Billericay Striders	224	154	378	2
5th	East Essex Tri	254	200	454	1

Division Two

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	RED Runners	352	82	434	5
2nd	Castle Point Joggers	508	221	729	4
3rd	Havering 90 Joggers	725	104	829	3
4th	Rochford RC	786	166	952	2
5th	Pitsea RC	815	203	1018	1

Division Three

<u>Pos</u>	<u>Club</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>	<u>Points</u>
1st	Brentwood RC	435	249	684	5
2nd	Phoenix Striders	706	223	929	4
3rd	Barking RR	784	311	1095	3
4th	Dagenham 88	1022	396	1418	2
5th	Hockley Trail Runners	1312	335	1647	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