

# Essex Cross Country League

## Team Standings after 3 races

### U13 Girls

Pos	Club	Race 1	Race 2	Race 3	Total
1	Cambridge & Coleridge AC	1	1	1	3
2	Thurrock Harriers	2	2	6	10
2	Chelmsford AC	4	4	2	10
4	Orion Harriers	3	8	3	14
5	Havering AC	5	6	4	15
6	Braintree & District AC	9	5	5	19
7	Basildon AC	7	7	8	22
8	Southend-on-Sea AC	10	10	7	27
9	Harlow AC	6	3	20	29
9	East Essex Triathlon Club	8	11	10	29
11	Colchester Harriers AC	11	13	9	33
12	Benfleet Running Club	20	9	11	40
13	Colchester & Tendring AC	13	20	13	46
13	Discovery Triathlon Club	14	20	12	46
15	Mid Essex Casuals	12	20	20	52
15	West Suffolk AC	20	12	20	52
17	Ilford AC	20	14	20	54

### U13 Boys

Pos	Club	Race 1	Race 2	Race 3	Total
1	Cambridge & Coleridge AC	1	1	1	3
2	Thurrock Harriers	2	3	2	7
3	Basildon AC	5	2	5	12
4	Harlow AC	3	4	6	13
5	Southend-on-Sea AC	6	6	3	15
6	Havering AC	4	5	9	18
7	Chelmsford AC	8	9	4	21
8	Orion Harriers	7	10	7	24
9	Benfleet Running Club	9	7	10	26
10	Colchester & Tendring AC	11	12	14	37
11	Ilford AC	10	20	8	38
12	Colchester Harriers AC	20	8	11	39
13	Braintree & District AC	13	11	20	44
13	Discovery Triathlon Club	12	20	12	44
15	East Essex Triathlon Club	20	20	13	53

### U15 Girls

Pos	Club	Race 1	Race 2	Race 3	Total
1	Havering AC	1	1	1	3
2	Cambridge & Coleridge AC	2	5	2	9
2	Southend-on-Sea AC	5	2	2	9
4	Benfleet Running Club	3	3	5	11
5	Chelmsford AC	6	4	4	14
6	Thurrock Harriers	4	5	6	15
7	Orion Harriers	7	7	7	21
8	Basildon AC	9	11	8	28
9	East Essex Triathlon Club	10	10	9	29
10	Harlow AC	8	8	20	36
11	Braintree & District AC	11	9	20	40
12	Colchester & Tendring AC	12	12	20	44
13	West Suffolk AC	20	13	20	53

### U15 Boys

Pos	Club	Race 1	Race 2	Race 3	Total
1	Cambridge & Coleridge AC	1	1	1	3
2	Southend-on-Sea AC	2	2	2	6
3	Havering AC	3	5	3	11
4	Benfleet Running Club	4	4	6	14
5	Colchester & Tendring AC	6	3	7	16
6	Orion Harriers	5	6	9	20
7	Thurrock Harriers	9	7	5	21
8	Chelmsford AC	11	8	4	23
9	Basildon AC	8	10	8	26
10	Colchester Harriers AC	7	9	14	30
11	Harlow AC	10	11	10	31
12	East Essex Triathlon Club	12	12	12	36
13	Discovery Triathlon Club	20	13	13	46
14	Braintree & District AC	20	20	11	51

### U17/20 Women

Pos	Club	Race 1	Race 2	Race 3	Total
1	Chelmsford AC	1	1	3	5
1	Cambridge & Coleridge AC	2	2	1	5
3	Basildon AC	4	3	2	9
4	Havering AC	3	4	7	14
5	Colchester & Tendring AC	5	7	4	16
6	Southend-on-Sea AC	6	5	6	17
7	Benfleet Running Club	7	6	5	18
8	Thurrock Harriers	8	8	9	25
9	Harlow AC	9	20	10	39
10	Orion Harriers	20	9	12	41
11	Ipswich Harriers	20	20	8	48
12	West Suffolk AC	20	10	20	50
13	Braintree & District	20	20	25	65

### U17 Men

Pos	Club	Race 1	Race 2	Race 3	Total
1	Basildon AC	1	1	1	3
2	Orion Harriers	3	2	2	7
3	Thurrock Harriers	6	3	4	13
4	Benfleet Running Club	4	5	5	14
5	Cambridge & Coleridge AC	2	6	7	15
6	Chelmsford AC	10	4	3	17
7	Havering AC	5	8	6	19
8	Colchester & Tendring AC	8	7	12	27
9	Southend-on-Sea AC	9	9	10	28
10	Braintree & District AC	11	10	11	32
10	East Essex Triathlon Club	12	11	9	32
12	Ilford AC	7	20	8	35
13	Harlow AC	13	12	13	38
14	Discovery Triathlon Club	20	20	14	54

### Senior Women (incl. Veterans)

Pos	Club	Race 1	Race 2	Race 3	Total
1	Chelmsford AC	1	1	2	4
2	Cambridge & Coleridge AC	2	2	1	5
3	Colchester Harriers AC	3	3	3	9
4	Orion Harriers	4	7	6	17
4	Southend-on-Sea AC	9	4	4	17
6	Ilford AC	8	8	5	21
7	Benfleet Running Club	4	10	8	22
7	Havering AC	10	5	7	22
9	Springfield Striders RC	7	6	14	27
10	Mid Essex Casuals	14	9	9	32
11	Loughton AC	11	13	10	34
12	Phoenix Striders	12	14	11	37
13	Thurrock Harriers	6	18	15	39
14	Pitsea Running Club	13	15	12	40
15	Basildon AC	18	16	13	47
16	Thrift Green Trotters	19	11	19	49
17	Braintree & District AC	25	12	16	53
18	Colchester & Tendring AC	16	20	25	61
19	Ipswich Harriers	15	22	25	62
20	Billericay Striders RC	17	21	25	63
21	University of Essex	25	17	25	67
21	Tiptree Road Runners	25	25	17	67
23	Walden Triathlon Club	25	25	18	68
24	East Essex Triathlon Club	25	19	25	69

### Senior Men (incl. Veterans)

Pos	Club	Race 1	Race 2	Race 3	Total
1	Chelmsford AC	4	1	1	6
2	Orion Harriers	2	4	3	9
3	Colchester Harriers AC	3	2	5	10
3	Cambridge & Coleridge AC	1	7	2	10
5	Havering AC	5	5	6	16
6	Southend-on-Sea AC	7	6	4	17
7	Springfield Striders RC	6	3	11	20
8	Ilford AC	8	9	7	24
9	Basildon AC	9	8	10	27
10	Thurrock Harriers	10	10	8	28
11	Benfleet Running Club	12	11	9	32
12	Thrift Green Trotters	11	12	12	35
13	Phoenix Striders	13	14	14	41
14	Mid Essex Casuals	17	13	13	43
15	Billericay Striders RC	14	15	16	45
16	Braintree & District AC	15	16	17	48
17	Pitsea Running Club	16	19	15	50
18	Tiptree Road Runners	18	24	18	60
19	Loughton AC	25	17	19	61
20	Ipswich Harriers	19	21	25	65
21	Witham Running Club	20	25	25	70
21	West Suffolk AC	25	20	25	70
23	East Essex Triathlon Club	25	23	25	73

### Veteran Women

Pos	Club	Race 1	Race 2	Race 3	Total
1	Colchester Harriers AC	2	1	1	4
2	Cambridge & Coleridge AC	3	4	2	9
3	Havering AC	4	5	5	14
4	Orion Harriers	6	6	3	15
5	Springfield Striders RC	1	3	15	19
6	Loughton AC	7	9	7	23
7	Chelmsford AC	12	2	12	26
8	Mid Essex Casuals	13	8	6	27
9	Ilford AC	9	12	7	28
9	Southend-on-Sea AC	17	7	4	28
11	Benfleet Running Club	8	13	9	30
12	Phoenix Striders	10	14	10	34
13	Thurrock Harriers	5	18	13	36
14	Pitsea Running Club	11	15	11	37
15	Thrift Green Trotters	16	11	18	45
16	Braintree & District AC	25	10	17	52
17	Colchester & Tendring AC	14	16	25	55
18	Billericay Striders RC	15	17	25	57
19	Tiptree Road Runners	25	25	14	64
20	Walden Triathlon Club	25	25	16	66
21	Basildon AC	25	19	25	69

### Veteran Men

Pos	Club	Race 1	Race 2	Race 3	Total
1	Colchester Harriers AC	1	1	4	6
1	Orion Harriers	3	2	1	6
3	Ilford AC	2	5	2	9
4	Thurrock Harriers	4	3	3	10
5	Springfield Striders RC	5	4	9	18
6	Benfleet Running Club	7	7	5	19
7	Chelmsford AC	8	6	6	20
8	Havering AC	6	8	12	26
9	Cambridge & Coleridge AC	11	10	7	28
10	Thrift Green Trotters	10	9	13	32
11	Southend-on-Sea AC	9	11	15	35
12	Phoenix Striders	13	13	10	36
12	Mid Essex Casuals	16	12	8	36
14	Pitsea Running Club	14	15	11	40
15	Basildon AC	12	16	14	42
16	Tiptree Road Runners	15	18	17	50
17	Loughton AC	25	14	18	57
18	Billericay Striders RC	17	25	16	58
19	East Essex Triathlon Club	25	17	25	67
20	Braintree & District AC	19	25	25	69