

ESSEX WAY 2023

| Cat | No | Team Name | Running Total | | | | Stage 1 | | Stage 2 | | | | Stage 3 | | | | Stage 4 | | | | Stage 5 | | | | Stage 6 | | | | Stage 7 | | | | Stage 8 | | | | Stage 9 | | | | Stage 10 | | | |
|-----|----|-------------------------|---------------|-----|-----|---------|---------|-----|---------|-----|-----|-----|---------|-----|-----|-----|---------|-----|-----|-----|---------|-----|-----|-----|---------|-----|-----|-----|---------|-----|-----|-----|---------|-----|-----|-----|---------|-----|-----|-----|----------|----|----|--|
| | | | Tot Pts | Pos | Cat | Tot Pos | Pos | Cat | Pos | Pts | Cat | Tot | Pos | Pts | Cat | Tot | Pos | Pts | Cat | Tot | Pos | Pts | Cat | Tot | Pos | Pts | Cat | Tot | Pos | Pts | Cat | Tot | Pos | Pts | Cat | Tot | Pos | Pts | Cat | Tot | | | | |
| A | 49 | GFDR A | 28 | 1 | 1 | 4 | 2 | 3 | 7 | 2 | 2 | 2 | 9 | 2 | 2 | 1 | 10 | 2 | 2 | 4 | 14 | 2 | 2 | 4 | 18 | 2 | 2 | 2 | 20 | 2 | 2 | 2 | 22 | 2 | 2 | 2 | 24 | 1 | 1 | 4 | 28 | 1 | 1 | |
| A | 4 | Southend AC Men B | 47 | 2 | 2 | 5 | 3 | 2 | 7 | 2 | 2 | 5 | 12 | 3 | 3 | 13 | 25 | 4 | 4 | 2 | 27 | 4 | 4 | 2 | 29 | 3 | 3 | 5 | 34 | 3 | 3 | 3 | 37 | 3 | 3 | 8 | 45 | 2 | 2 | 4 | 47 | 2 | 2 | |
| A | 3 | Southend AC Men A | 51 | 3 | 3 | 1 | 1 | 1 | 2 | 1 | 1 | 3 | 5 | 1 | 1 | 2 | 7 | 1 | 1 | 1 | 8 | 1 | 1 | 1 | 9 | 1 | 1 | 1 | 10 | 1 | 1 | 1 | 11 | 1 | 1 | 39 | 50 | 3 | 3 | 1 | 51 | 3 | 3 | |
| A | 23 | Leigh on Sea Men A | 100 | 4 | 5 | 9 | 7 | 6 | 15 | 5 | 6 | 18 | 33 | 6 | 7 | 5 | 38 | 5 | 6 | 25 | 63 | 7 | 8 | 8 | 71 | 7 | 8 | 10 | 81 | 7 | 8 | 4 | 85 | 6 | 7 | 5 | 90 | 5 | 6 | 10 | 100 | 4 | 5 | |
| A | 11 | Billerica Striders A | 104 | 5 | 6 | 8 | 6 | 17 | 25 | 7 | 8 | 4 | 29 | 5 | 6 | 17 | 46 | 6 | 7 | 10 | 56 | 5 | 6 | 5 | 61 | 5 | 6 | 8 | 69 | 5 | 6 | 7 | 76 | 4 | 5 | 16 | 92 | 6 | 7 | 12 | 104 | 5 | 6 | |
| A | 54 | Benfleet Men A | 106 | 6 | 7 | 7 | 5 | 22 | 29 | 8 | 9 | 7 | 36 | 7 | 8 | 12 | 48 | 7 | 8 | 11 | 59 | 6 | 7 | 3 | 62 | 6 | 7 | 12 | 74 | 6 | 7 | 14 | 88 | 7 | 8 | 1 | 89 | 4 | 5 | 17 | 106 | 6 | 7 | |
| A | 42 | Springfield Striders A | 115 | 7 | 8 | 6 | 4 | 5 | 11 | 4 | 5 | 1 | 12 | 3 | 3 | 4 | 16 | 3 | 3 | 3 | 19 | 3 | 3 | 15 | 34 | 4 | 4 | 26 | 60 | 4 | 5 | 16 | 76 | 4 | 5 | 33 | 109 | 7 | 8 | 6 | 115 | 7 | 8 | |
| A | 20 | Colchester Harriers B | 194 | 8 | 12 | 38 | 29 | 8 | 46 | 11 | 16 | 9 | 55 | 8 | 12 | 20 | 75 | 8 | 12 | 32 | 107 | 9 | 13 | 23 | 130 | 10 | 14 | 7 | 137 | 8 | 12 | 12 | 149 | 8 | 12 | 4 | 153 | 8 | 10 | 41 | 194 | 8 | 12 | |
| A | 50 | GFDR B | 234 | 9 | 14 | 16 | 13 | 44 | 60 | 22 | 27 | 11 | 71 | 11 | 16 | 41 | 112 | 16 | 21 | 21 | 133 | 15 | 20 | 30 | 163 | 12 | 18 | 36 | 199 | 14 | 19 | 11 | 210 | 13 | 18 | 9 | 219 | 10 | 15 | 15 | 234 | 9 | 14 | |
| A | 24 | Leigh on Sea Men B | 237 | 10 | 15 | 20 | 15 | 38 | 58 | 21 | 26 | 13 | 71 | 11 | 16 | 21 | 92 | 11 | 16 | 24 | 116 | 11 | 15 | 10 | 126 | 9 | 13 | 37 | 163 | 10 | 15 | 33 | 196 | 11 | 16 | 30 | 226 | 12 | 17 | 11 | 237 | 10 | 15 | |
| A | 18 | Mid Essex Casuals | 242 | 11 | 16 | 34 | 25 | 14 | 48 | 14 | 19 | 27 | 75 | 13 | 18 | 16 | 91 | 9 | 14 | 38 | 129 | 13 | 18 | 40 | 169 | 13 | 19 | 14 | 183 | 12 | 17 | 8 | 191 | 10 | 15 | 24 | 215 | 9 | 14 | 27 | 242 | 11 | 16 | |
| A | 43 | Springfield Striders B | 250 | 12 | 17 | 21 | 16 | 25 | 46 | 11 | 16 | 14 | 60 | 10 | 14 | 34 | 94 | 12 | 17 | 6 | 100 | 8 | 12 | 41 | 141 | 11 | 16 | 19 | 184 | 9 | 14 | 40 | 224 | 11 | 16 | 26 | 250 | 12 | 17 | 26 | 250 | 12 | 17 | |
| A | 5 | Southend AC Mixed C | 254 | 13 | 18 | 28 | 22 | 34 | 62 | 25 | 31 | 20 | 82 | 14 | 19 | 9 | 91 | 9 | 14 | 16 | 107 | 9 | 13 | 13 | 120 | 8 | 12 | 25 | 145 | 9 | 13 | 68 | 213 | 14 | 19 | 21 | 234 | 14 | 19 | 20 | 254 | 13 | 18 | |
| A | 19 | Colchester Harriers A | 261 | 14 | 19 | 30 | 23 | 46 | 76 | 29 | 37 | 8 | 84 | 16 | 21 | 36 | 120 | 18 | 23 | 17 | 137 | 16 | 22 | 43 | 180 | 15 | 21 | 3 | 183 | 12 | 17 | 23 | 206 | 12 | 17 | 27 | 233 | 13 | 18 | 28 | 261 | 14 | 19 | |
| A | 21 | Great Bentley RCA | 282 | 15 | 20 | 14 | 11 | 10 | 24 | 6 | 7 | 33 | 57 | 9 | 13 | 50 | 107 | 15 | 20 | 49 | 156 | 19 | 25 | 45 | 203 | 23 | 29 | 15 | 216 | 16 | 22 | 10 | 226 | 15 | 20 | 20 | 246 | 15 | 20 | 36 | 282 | 15 | 20 | |
| A | 47 | Harwich Runners A | 311 | 16 | 21 | 43 | 34 | 26 | 69 | 27 | 35 | 17 | 86 | 19 | 25 | 11 | 97 | 13 | 18 | 43 | 140 | 17 | 23 | 29 | 169 | 13 | 19 | 33 | 202 | 15 | 20 | 24 | 226 | 15 | 20 | 41 | 267 | 16 | 21 | 44 | 311 | 16 | 21 | |
| A | 7 | Halstead Road Runners A | 314 | 17 | 22 | 73 | 56 | 20 | 93 | 39 | 49 | 6 | 99 | 24 | 30 | 31 | 130 | 20 | 26 | 23 | 153 | 18 | 24 | 35 | 189 | 19 | 25 | 62 | 250 | 24 | 30 | 46 | 296 | 25 | 30 | 11 | 307 | 22 | 28 | 7 | 314 | 17 | 22 | |
| A | 9 | Little Baddow A | 316 | 18 | 23 | 19 | 14 | 32 | 51 | 16 | 21 | 43 | 94 | 23 | 29 | 27 | 121 | 19 | 24 | 9 | 130 | 14 | 19 | 50 | 180 | 15 | 21 | 44 | 224 | 17 | 23 | 45 | 269 | 21 | 27 | 22 | 291 | 20 | 26 | 25 | 316 | 18 | 23 | |
| A | 36 | Tiptree A | 329 | 19 | 25 | 26 | 20 | 35 | 61 | 23 | 29 | 31 | 92 | 22 | 28 | 22 | 114 | 17 | 22 | 57 | 171 | 23 | 29 | 17 | 188 | 19 | 25 | 46 | 234 | 21 | 27 | 39 | 273 | 22 | 28 | 25 | 298 | 21 | 27 | 31 | 329 | 19 | 25 | |
| A | 16 | Thurrock Nomads A | 333 | 20 | 26 | 12 | 9 | 41 | 53 | 18 | 23 | 37 | 90 | 20 | 26 | 48 | 138 | 22 | 28 | 34 | 172 | 24 | 30 | 26 | 198 | 22 | 28 | 29 | 227 | 19 | 25 | 61 | 288 | 24 | 30 | 31 | 319 | 23 | 29 | 14 | 333 | 20 | 26 | |
| A | 58 | East Essex Tri | 337 | 21 | 27 | 42 | 33 | 12 | 54 | 19 | 24 | 28 | 82 | 14 | 19 | 18 | 100 | 14 | 19 | 28 | 128 | 12 | 17 | 54 | 182 | 12 | 17 | 56 | 238 | 22 | 28 | 13 | 251 | 18 | 24 | 34 | 285 | 19 | 25 | 52 | 337 | 21 | 27 | |
| A | 57 | Castle Point | 338 | 22 | 28 | 24 | 19 | 58 | 82 | 34 | 44 | 26 | 108 | 30 | 36 | 42 | 150 | 27 | 34 | 50 | 200 | 28 | 34 | 50 | 200 | 28 | 34 | 24 | 224 | 26 | 32 | 9 | 249 | 17 | 23 | 35 | 284 | 18 | 23 | 54 | 338 | 22 | 28 | |
| A | 38 | Pitsea RC A | 345 | 23 | 29 | 52 | 40 | 9 | 61 | 23 | 29 | 30 | 91 | 21 | 27 | 57 | 148 | 25 | 32 | 59 | 207 | 30 | 37 | 33 | 240 | 27 | 34 | 18 | 258 | 26 | 32 | 21 | 279 | 23 | 29 | 42 | 321 | 24 | 30 | 24 | 345 | 23 | 29 | |
| A | 55 | Benfleet Men B | 349 | 24 | 30 | 15 | 12 | 28 | 43 | 10 | 15 | 62 | 105 | 28 | 34 | 43 | 148 | 25 | 32 | 8 | 156 | 19 | 25 | 27 | 183 | 18 | 24 | 45 | 228 | 20 | 26 | 29 | 257 | 20 | 26 | 23 | 280 | 17 | 22 | 69 | 349 | 24 | 30 | |
| A | 32 | East London Runners A | 372 | 25 | 31 | 32 | 24 | 19 | 51 | 16 | 21 | 56 | 107 | 29 | 35 | 32 | 139 | 23 | 29 | 22 | 161 | 21 | 27 | 55 | 216 | 25 | 31 | 41 | 257 | 25 | 31 | 49 | 306 | 26 | 32 | 28 | 334 | 26 | 32 | 38 | 372 | 25 | 31 | |
| A | 44 | Springfield Striders C | 380 | 26 | 33 | 35 | 26 | 15 | 50 | 15 | 20 | 35 | 85 | 17 | 23 | 67 | 152 | 29 | 36 | 13 | 165 | 22 | 28 | 28 | 193 | 21 | 27 | 32 | 225 | 18 | 24 | 30 | 255 | 19 | 25 | 68 | 323 | 25 | 31 | 57 | 380 | 26 | 33 | |
| A | 8 | Halstead Road Runners B | 387 | 27 | 36 | 45 | 35 | 23 | 68 | 26 | 34 | 32 | 100 | 26 | 32 | 51 | 151 | 28 | 35 | 41 | 192 | 26 | 32 | 69 | 261 | 31 | 40 | 42 | 303 | 30 | 41 | 22 | 325 | 29 | 36 | 53 | 378 | 29 | 36 | 9 | 387 | 27 | 34 | |
| A | 51 | GFDR C | 402 | 28 | 37 | 60 | 45 | 40 | 100 | 41 | 52 | 64 | 164 | 47 | 58 | 40 | 204 | 43 | 54 | 45 | 249 | 43 | 55 | 34 | 283 | 39 | 51 | 54 | 337 | 39 | 52 | 48 | 385 | 40 | 53 | 12 | 397 | 32 | 43 | 5 | 402 | 28 | 37 | |
| A | 41 | CATS | 404 | 29 | 38 | 22 | 17 | 16 | 38 | 9 | 13 | 65 | 103 | 27 | 33 | 33 | 136 | 21 | 27 | 51 | 187 | 25 | 31 | 19 | 206 | 24 | 30 | 60 | 266 | 27 | 33 | 53 | 319 | 27 | 34 | 37 | 356 | 27 | 34 | 48 | 404 | 29 | 38 | |
| A | 40 | Vegan Runners | 415 | 30 | 39 | 39 | 30 | 7 | 46 | 11 | 16 | 53 | 99 | 24 | 30 | 71 | 170 | 35 | 43 | 64 | 234 | 38 | 49 | 32 | 266 | 33 | 44 | 70 | 336 | 38 | 51 | 20 | 356 | 34 | 46 | 6 | 362 | 28 | 37 | 53 | 415 | 30 | 39 | |
| A | 34 | East London Runners C | 425 | 31 | 40 | 54 | 41 | 52 | 106 | 44 | 58 | 42 | 148 | 38 | 48 | 19 | 167 | 34 | 42 | 29 | 196 | 27 | 33 | 57 | 253 | 29 | 37 | 17 | 270 | 28 | 34 | 50 | 320 | 28 | 35 | 65 | 385 | 30 | 39 | 40 | 425 | 31 | 40 | |
| A | 1 | Flyers Southend | 435 | 32 | 43 | 58 | 44 | 11 | 69 | 27 | 35 | 16 | 85 | 17 | 23 | 60 | 145 | 24 | 31 | 68 | 213 | 32 | 40 | 67 | 250 | 32 | 36 | 69 | 319 | 33 | 45 | 43 | 362 | 36 | 48 | 57 | 419 | 34 | 47 | 16 | 435 | 32 | 43 | |
| A | 45 | Springfield Striders D | 445 | 33 | 44 | 41 | 32 | 48 | 89 | 36 | 46 | 39 | 128 | 33 | 41 | 55 | 183 | 37 | 45 | 53 | 236 | 40 | 52 | 36 | 272 | 34 | 45 | 43 | 315 | 31 | 42 | 34 | 349 | 30 | 41 | 46 | 395 | 31 | 42 | 50 | 445 | 33 | 44 | |
| A | 33 | East London Runners B | 449 | 34 | 45 | 23 | 18 | 67 | 90 | 37 | 47 | 23 | 113 | 31 | 37 | 52 | 165 | 33 | 40 | 52 | 217 | 34 | 42 | 56 | 273 | 35 | 46 | 21 | 294 | 29 | 38 | 59 | 353 | 32 | 43 | 50 | 403 | 33 | 46 | 46 | 449 | 34 | 45 | |
| A | 22 | Great Bentley RC B | 468 | 35 | 47 | 11 | 8 | 45 | 56 | 20 | 25 | 72 | 128 | 33 | 41 | 64 | 192 | 41 | 49 | 54 | 246 | 42 | 54 | 46 | 292 | 41 | 54 | 53 | 345 | 43 | 56 | 6 | 351 | 31 | 42 | 70 | 421 | 38 | 51 | 47 | 468 | 35 | 47 | |
| A | 10 | Little Baddow B | 474 | 36 | 48 | 40 | 31 | 39 | 79 | 32 | 41 | 40 | 119 | 32 | 39 | 45 | 164 | 32 | 39 | 44 | 208 | 31 | 38 | 51 | 259 | 30 | 39 | 61 | 320 | 34 | 46 | 35 | 355 | 33 | 45 | 64 | 419 | 34 | 47 | 55 | 474 | 36 | 48 | |
| A | 53 | Witham RC B | 478 | 37 | 49 | 67 | 51 | 70 | 137 | 56 | 73 | 44 | 181 | 51 | 67 | 29 | 210 | 45 | 57 | 40 | 250 | 44 | 56 | 65 | 315 | 40 | 59 | 6 | 321 | 35 | 47 | 38 | 359 | 35 | 47 | 61 | 420 | 37 | 50 | 58 | 478 | 37 | 49 | |
| A | 12 | Billerica Striders B | 479 | 38 | 50 | 62 | 46 | 31 | 93 | 39 | 49 | 59 | 152 | 43 | 53 | 70 | 222 | 47 | 62 | 55 | 277 | 48 | 63 | 48 | 325 | 47 | 63 | 20 | 345 | 43 | 56 | 60 | 405 | 44 | | | | | | | | | | |