



## Results



[Club 10 miles xc 27/12/2022](#)



[Club 10 miles xc 13/02/2022](#)



[Ingatestone 5 miles 12/09/2021](#)



[Elvis Results and standings post Race 6 BRR Phipps 5k 30/08/2021](#)



[Elvis Results and standings post Race 4 IAC Newman Hilly 5 miles 28/07/2021](#)



[Elvis Results and standings post Race 2 EERR 5k Olympic Park 23/06/2021](#)



[Essex Road Relays 2020](#)

