



LOUGHTON ATHLETIC CLUB

Ware Cup 2023

11.15am, 9 December 2023 @ Roding Valley Recreation Ground. 7.7k approx

Team results

Pos	Club (men)	1st	2nd	3rd	4th	Tot
1st	Eton Manor AC	2	4	5	9	20
2nd	Orion Harriers	3	6	7	11	27
3rd	Loughton AC	8	10	12	20	50
4th	Victoria Park & Tower Hamlets AC	1	15	35	39	90
5th=	Ilford AC	17	26	52	61	156
5th=	East London Runners	18	36	47	55	156

Pos	Club (women)	1st	2nd	3rd	4th	Tot
1st	Eton Manor AC	2	3	5	7	17
2nd	Loughton AC	1	4	6	10	21
3rd	Orion Harriers	8	9	11	16	44
4th	East London Runners	13	29	30	34	106
5th	Victoria Park & Tower Hamlets AC B	18	20	26		64
6th	Ilford AC	19	35	39		93

Overall team results including B teams

Pos	Club (men)	1st	2nd	3rd	4th	Tot
1st	Eton Manor A	2	4	5	9	20
2nd	Orion Harriers A	3	6	7	11	27
3rd	Loughton AC A	8	10	12	20	50
4th=	Eton Manor B	14	19	21	24	78
4th=	Orion Harriers B	13	16	22	27	78
6th	Victoria Park & Tower Hamlets AC A	1	15	35	39	90
7th	Loughton AC B	23	25	28	31	107
8th	Orion Harriers C	29	30	32	34	125
9th=	Ilford AC	17	26	52	61	156
9th=	East London Runners	18	36	47	55	156
11th	Orion Harriers D	37	40	41	45	163
12th	Loughton AC C	33	42	48	49	172
13th	Eton Manor C	38	43	53	59	193
14th	Victoria Park & Tower Hamlets AC B	44	46	50	58	198
15th	Orion Harriers E	51	54	56	62	223
16th	Loughton AC D	53	57	60	63	233

Pos	Club (women)	1st	2nd	3rd	4th	Tot
1st	Eton Manor A	2	3	5	7	17
2nd	Loughton AC A	1	4	6	10	21
3rd	Orion Harriers A	8	9	11	16	44
4th	Eton Manor B	12	15	23	28	78
5th	Loughton AC B	14	21	24	27	86
6th	Orion Harriers B	17	22	25	31	95
7th	East London Runners	13	29	30	34	106
8th	Victoria Park & Tower Hamlets AC B	18	20	26		64
9th	East London Runners	19	35	39		93