

	MENS	LADIES	TOTAL
LEIGH ON SEA	162	40	202
BENFLEET	54	40	94
NUCLEAR	172	70	242
BILLERICAY	303	115	418
EAST ESSEX TRI	326	153	479

REDS	576	89	665
CASTLE POINT	502	266	768
HAVERING	815	177	992
ROCHFORD	554	176	730
PITSEA	571	150	721

BRENTWOOD	415	204	619
PHOENIX	727	404	1131
BARKING	968	509	1477
DAGENHAM	1310	582	1892
HOCKLEY TRAIL	1035	269	1304

POINTS	B/FWD	C/FWD
4	5	9
5	4	9
3	3	6
2	2	4
1	1	2

5	5	10
2	4	6
1	3	4
3	2	5
4	1	5

5	5	10
4	4	8
2	3	5
1	2	3
3	1	4

MEN	LADIES	RUNNERS
40	23	63
19	16	35
21	12	33
20	10	30
16	8	24

17	13	30
17	9	26
21	12	33
11	5	16
25	18	43

9	5	14
7	8	15
8	3	11
5	3	8
16	10	26

252	155
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