

Essex Schools, 17 Jan 2009, Basildon Senior Girls

Position	Name	School	District	Time
1	Laura Condron	SEEVIC	Castle Point and Rochford	18.36
2	Georgie-Lou Sales	Coopers	Havering	18.44
3	EMILLY BURGESS	ST THOMAS MORE	Southend	18.45
4	E Neale	Sixth Form College	NE Essex	19.05
5	Sophie Carroll	SEEVIC	Castle Point and Rochford	19.08
6	Zoe Littlechild	Havering SC	Havering	19.26
7	Danielle Hurley		Castle Point and Rochford	19.46
8	Vicky Hayes	Writtle College	Mid-essex	19.56
9	Gemma Phillips	Coopers	Havering	19.58
10	Jennifer Holland	Coopers	Havering	20.20
11	Jess Docking	Chelmsford College	Mid-essex	20.31
12	Becky Hewitt	Davenant	West Essex	20.34
13	Laura Hillyard	Colchester County Girls High	NE Essex	20.43
14	Lucy Mapp	Colchester County Girls High	NE Essex	20.43
15	Venita Dabhi	St Angelas	Newham	20.50
16	Pheobe May	Colchester VI Form College	NE Essex	21.28
17	Katie-Ann Tutlebury		NW Essex	21.38
18	Jessica Bond		NE Essex	21.51
19	Robyn Henry	Woodford County HS	Redbridge	22.04
20	Caroline Hill	Palmers	Thurrock	22.08
21	Amelia Holford	wanstead	Redbridge	23.27
22	Lucinda Balmer-Wellard	St. Martins	Mid-essex	23.49
23	SADE BAILEY	WESTCLIFF	Southend	23.52
24	Danielle Kober	SEEVIC	Castle Point and Rochford	24.33
25	Kayleigh Beadow		Mid-essex	24.40
26	Francesca Clark	Coopers	Havering	24.45
27	HANNAH INWOOD	SOUTHEND BOYS	Southend	25.50
28	ALICE FARRELL	ST BERNARDS	Southend	24.53
29	IMOGEN LEAVER	ST THOMAS MORE	Southend	24.58
30	Emily Webster	Anglo European School	Mid-essex	25.34
31	L'Rae Tran	Leyton Sixth Form	Waltham Forest	26.35
32	Elise Walker	Hylands	Mid-essex	27.04
33	Bianca Niciden	Trinity	Redbridge	28.51
34	Katie Walker	Robetclack	Barking and Dagenham	33.07
35	A Spence-Lewis	Leyton Sixth Form	Waltham Forest	33.30
36	I Idohosa	Leyton Sixth Form	Waltham Forest	34.03
37	R Begum	Leyton Sixth Form	Waltham Forest	34.23
38	Laura Townsend	Robert Clack	Barking and Dagenham	35.50
39	Carly Tully	Robert Clack	Barking and Dagenham	35.50

TEAM RESULT

1	Havering	27pts
2	Castle Point and Rochford	37pts
3	North East Essex	47pts
4	Mid-Essex	66pts
5	Southend	81pts
6	Waltham Forest	147pts

Essex Schools, 17 Jan 2009, Basildon Senior Boys

Position	Name	School	District	TIME
1	TOM FRITH	SOUTHEND	Southend	25.33
2	Grant Twist	St Edwards	Havering	25.37
3	LLOYD PETERS-HARTSMAN	SOUTHEND	Southend	25.44
4	G Lewis	Highams Park	Waltham Forest	25.44
5	Callum Sutton	Coopers	Havering	25.49
6	F Conway	Highams Park	Waltham Forest	25.50
7	Grant Webb		Basildon	25.52
8	Dale Clutterbuck	SEEVIC	Castle Point and Rochford	26.01
9	R Meadows	Forest	Waltham Forest	26.03
10	DAVID SMALE	SOUTHEND	Southend	26.09
11	Lloyd Heard	Colc Institute A	NE Essex	26.11
12	HOWARD CLARKE	BELFAIRS	Southend	26.17
13	O Mansoor	Highams Park	Waltham Forest	26.23
14	Adam Dawson	PALMERS	Thurrock	26.28
15	Daniel Shanney	Campion	Havering	26.40
16	Alex Cornwell	ICHS	Redbridge	26.53
17	P. Hawkins	KEGS	Mid-essex	27.03
18	Darren Southcott	Woodbridge	Redbridge	27.27
19	P. Rowden	KEGS	Mid-essex	27.32
20	Matthew Bloy	Campion	Havering	28.27
21	Dan Few	Colchester VI Form College	NE Essex	28.34
22	Thomas Shanney	Campion	Havering	28.41
23	Lewis Ball	Harlow College	West Essex	28.43
24	Josh Dunne	Campion	Havering	28.53
25	Chris James	SEEVIC	Castle Point and Rochford	28.56
26	George Guthrie	Havering VI Coll	Havering	28.59
27	Jonny Dawson	Trinity	Redbridge	29.08
28	Steven Shane		Basildon	29.56
29	MATHEW LEE	SOUTHEND	Southend	29.57
30	T.SMITH	SOUTHEND	Southend	30.17
31	J Vaughn	KEGS	Mid-essex	30.17
32	Adam McCarthy	SEEVIC	Castle Point and Rochford	30.26
33	James Clayton	Colchester VI Form College	NE Essex	31.41
34	Daniel McConnell	PALMERS	Thurrock	32.54
35	Ricky Brigden	Robert Clack	Barking and Dagenham	32.55

TEAM RESULT

1	Southend	87pts
2	Havering	88pts

Essex Schools, 17 Jan 2009, Basildon Junior Boys

Position	Name	School	District	Time
1	Stephen Woodford	Brentwood	Mid-essex	16.37
2	Tom Richardson		Thurrock	17.04
3	OLIVER KYRIAKEDES	SOUTHEND	Southend	17.07
4	ROB FRITH	EASTWOOD	Southend	17.13
5	Steven Adcock	Chelmer Valley High School	Mid-essex	17.15
6	James Stockings	Bancrofts	Redbridge	17.23
7	J.KERRIDGE	SOUTHEND	Southend	17.25
8	Michael Porter	Gilberd	NE Essex	17.29
9	Hoseah Gikungu	Albany	Havering	17.32
10	Kieron Andrews	Ramsey	NW Essex	17.39
11	Jens Van der Brand	Anglo European School	Mid-essex	17.42
12	ZACH MASHFORD	EASTWOOD	Southend	17.44
13	Ryan O'Mahoney	Campion	Havering	17.53
14	Jake McGrath	Fitzwimarc	Castle Point and Rochford	17.59
15	Kyle Jenner	Alderman Blaxill	NE Essex	18.06
16	Y Kikanke	Holy Family	Waltham Forest	18.07
17	REUBEN BROWNING	EASTWOOD	Southend	18.10
18	Tom Davis	Brentwood	Mid-essex	18.11
19	Charlie Gray	St. Martin's	Mid-essex	18.16
20	Glen Longman	Beauchamps	Basildon	18.17
21	Samuel Robinson	Gt Baddow	Mid-essex	18.21
22	Callum Martin	Philip Morant	NE Essex	18.22
23	Charlie Marsh	Philip Morant	NE Essex	18.22
24	Ashley Capel	Greensward	Castle Point and Rochford	18.25
25	Alfie Burr	Chafford	Havering	18.28
26	Josh Connors	Hall Mead	Havering	18.28
27	Tom Watson	Greensward	Castle Point and Rochford	18.36
28	Ben Silverstone	Chigwell	West Essex	18.40
29	Daniel Lamb	Campion	Havering	18.45
30	LANCE SCOTT		Newham	18.47
31	G Hoy	Wanstead	Redbridge	18.47
32	Blair Field-Smith	King John	Castle Point and Rochford	18.47
33	Nick Shade	Coopers	Havering	18.55
34	Richard Hall	Billericay	Basildon	19.05
35	R Richford	Chingford	Waltham Forest	19.08
36	Joe Alexander	Colne	NE Essex	19.10
37	Lewis King		Thurrock	19.12
38	A.WALLER	WESTCLIFF	Southend	19.12
39	James Mattard		West Essex	19.13
40	J.HEGHARTY	SOUTHEND	Southend	19.15
41	Dean Villa	West Hatch	West Essex	19.19
42	George McCallion	Fitzwimarc	Castle Point and Rochford	19.23
43	Jordan Purkiss		Thurrock	19.29
44	Luke Abela	Chalvedon	Basildon	19.33
45	Mason Nicholls		Thurrock	19.36
46	ALEX MASTERTON	SOUTHEND	Southend	19.39
47	Jack Barker	Roding Valley	West Essex	19.39
48	J.Croft	Beauchamps	Basildon	19.43
49	Scott Kemp	Tabor	NW Essex	19.44
50	J Taylor	Chingford	Waltham Forest	19.45

Essex Schools, 17 Jan 2009, Basildon Junior Boys

51 Jack Holiday	Tabor	NW Essex	19.46
52 B Hall	Home	Waltham Forest	19.46
53 Jordan Ginty	Bromfords	Basildon	19.51
54 R.Hersom	Beauchamps	Basildon	
55 H Ellis	Forest	Waltham Forest	
56 Thomas King	Seven Kings	Redbridge	
57 Aaron Riley	Moulsham	Mid-essex	
58 Liam Mc Carthy	St Marks	West Essex	
59 Ameer Mer	Seven Kings	Redbridge	
60 J Waller	Heathcote	Waltham Forest	
61 Tom Barrell	Campion	Havering	
62 LAWSON SCOTT		Newham	
63 ABDULAZIZ SACHIIB		Newham	
64 Lee Wilks	De La Salle	Basildon	
65 Asher Silverman	Woodbridge	Redbridge	
66 CALVIN LUBOOKA		Newham	
67 Tate Baron	Fitzwimarc	Castle Point and Rochford	
68 Halcyon Griffith	St Marks	West Essex	
69 Luke Johnson	Woodbridge	Redbridge	
70 Kevin Wright	Seven Kings	Redbridge	
71 Gowdeep Selvaranjan	Seven Kings	Redbridge	
72 Lee Polzin	Robert Clack	Barking and Dagenham	
73 Godwin Lolruntola	All Saints	Barking and Dagenham	
74 Kyle Marshall	Fitzwimarc	Castle Point and Rochford	

TEAM RESULT

1 Mid-Essex	75pts
2 Southend	81pts
3 Havering	138pts
4 Castle Point and Rochford	206pts
5 Basildon	233pts
6 Waltham Forest	268pts
7 Redbridge	286pts

Essex Schools, 17 Jan 2009, Basildon Junior Girls

Position	Name	School	District	Time
1	Jessica Judd	Casle View	Castle Point and Rochford	13.58
2	AIMEE GARNETT	SOUTHEND	Southend	14.38
3	Jessica Mead	King Edmund	Castle Point and Rochford	14.59
4	Rebecca Stanley	Brittons	Havering	15.07
5	Sophie Riches	Fitzwimarc	Castle Point and Rochford	15.09
6	Armani Antoin-Chager	Anglo European School	Mid-essex	15.21
7	Kaylee Dodd	Beauchamps	Basildon	15.29
8	Elanor Johnson	King John	Castle Point and Rochford	15.31
9	EMILY BULLIS	EASTWOOD	Southend	15.38
10	Amanda Blaxland	Gaynes	Havering	15.40
11	JORDAN LACEY	SHOEBURY	Southend	15.45
12	Chloe Williams	Greensward	Castle Point and Rochford	16.02
13	Heather Rodwell	Colne	NE Essex	16.06
14	Sarah Gibbs	Mayflower	Basildon	16.15
15	Charlotte Burnham	New Hall	Mid-essex	16.19
16	Lindsay McAchlan	Emerson Park	Havering	16.21
17	Amy Doyle	Davenant	West Essex	16.25
18	EMILY CROW	SOUTHEND	Southend	16.30
19	Hannah Bloy	Coopers	Havering	16.31
20	C Maltham	Chingford	Waltham Forest	16.31
21	Eleanr Foster	Woodbridge	Redbridge	16.46
22	GEORGIA HOLDAWAY	SHOEBURY	Southend	16.49
23	ALEX MORGAN	SOUTHEND	Southend	16.50
24	Georgina Ferrari	Trinity	Redbridge	16.51
25	Grace Emanuel	West Hatch	West Essex	16.52
26	Emily Clements	Coopers	Havering	16.53
27	Avril Loynes	Jo Richardson	Barking and Dagenham	16.56
28	Lydia Mountford	Billericay	Basildon	17.00
29	Rachel Higgins	Anglo European School	Mid-essex	17.07
30	Faye Brumby	King Edmund	Castle Point and Rochford	17.11
31	Rebecca Barnard		Thurrock	17.12
32	Rebecca Wade	William de Ferrers	Mid-essex	17.14
33	Mary Brading	Colchester County High	NE Essex	17.16
34	Gabby Oxlade	New Hall	Mid-essex	17.18
35	Emily Bullied	St. John Payne	Mid-essex	17.20
36	Evie Thatcher	Honywood	NW Essex	17.22
37	Ruby Featherstone	HRS	NW Essex	17.27
38	Annabelle Murray		Thurrock	17.31
39	Jessica Lambert	Roding Valley	West Essex	17.33
40	Nicola Judge	Billericay	Basildon	17.34
41	Rebecca Terry	Sweyne Park	Castle Point and Rochford	17.34
42	Shannon Sullivan	Sacred Heart of Mary	Havering	17.37
43	Abbie Alexander	James Hornsby	Basildon	17.40
44	C Huggins	Chingford	Waltham Forest	17.43
45	Chloe Fowler	Woodlands	Basildon	17.44
46	Holly Dawkins	Hall Mead	Havering	17.45
47	Joanne Cywanski	Passmores	West Essex	17.46
48	Kirsty Ronald	Tabor	NW Essex	17.55
49	Jess Swain	Beauchamps	Basildon	18.11
50	Amber Palmer	Roding Valley	West Essex	18.13

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51 Kim Johanson	Chelmer Valley High Sch	Mid-essex
52 Kirsty Straiton	Gilberd	NE Essex
53 KATIE SORENSON	SOUTHEND	Southend
54 Sam Hart	Philip Morant	NE Essex
55 Gabbie Mamal	Robert Clack	Barking and Dagenham
56 Bonnie Sawter	West Hatch	West Essex
57 Kirsty Chasmer	Fitzwimarc	Castle Point and Rochford
58 Maddy Newlyn	St Marys	NE Essex
59 E Jung		Waltham Forest
60 Alice Park	Heddingham	NW Essex
61 Daisy Soloman	Rickstones	NW Essex
62 Jenna Van Bergen	West Hatch	West Essex
63 Rose Mcging	Wanstead	Redbridge
64 H Golightly	Leytonstone	Waltham Forest
65 LILY GATE		Newham
66 Catherine Norris	Coopers	Havering
67 Hannah Willams	Woodbridge	Redbridge
68 R Hudson-Edmunds	Highams Park	Waltham Forest
69 Stephanie Smith	Trinity	Redbridge
70 Keziah Jones	Woodbridge	Redbridge
71 Maddie Coleman	Bromfords	Basildon
72 Lisa Crowhurst	St Helena	NE Essex
73 L Polzin	Dagenham Park	Barking and Dagenham
74 WENDY ZACHIDE		Newham
75 Clarice Parrot	Heddingham	NW Essex
76 Alice Wotton	Heddingham	NW Essex
77 Kirstie Woodgate	Robert Clack	Barking and Dagenham
78 Harriet Langley	HRS	NW Essex
79 Ella Clarke	Colchester County High	NE Essex
80 Emma Scuifer	Robert Clack	Barking and Dagenham

TEAM RESULT

1 Castle Point and Rochford	59pts
2 Southend	85pts
3 Havering	117pts
4 Mid-Essex	151pts
5 Basildon	179pts
6 West Essex	233pts
7 North East Essex	282pts
8 Redbridge	314pts
9 North West Essex	321pts

Essex Schools, 17 Jan 2009, Basildon Inter Boys

Position	Name	School	District	Time
1	Ben Austin	Fitzwimarc	Castle Point and Rochford	21.29
2	J.FITSALL	SOUTHEND	Southend	21.37
3	George Moxon	Deanes	Castle Point and Rochford	21.38
4	Khalid Yusuf	Oaks Park	Redbridge	21.42
5	Anthony Taylor		Thurrock	21.56
6	ALEX SHORT	SOUTHEND	Southend	22.07
7	Darryl Worbey		Thurrock	22.14
8	HARRY GROSE	SOUTHEND	Southend	22.22
9	Oliver Davey		Thurrock	22.37
10	M Christoforou	Forest	Waltham Forest	22.39
11	L Blaikie	Trinity	Redbridge	22.44
12	Sam Clayton	Stanway	NE Essex	22.45
13	Andy Law	Billericay	Basildon	22.47
14	Stephen Strange	Moulsham	Mid-essex	22.52
15	Ben Davey		Thurrock	22.56
16	C Sear	Chingford	Waltham Forest	22.59
17	Tom Toolis	Coopers	Havering	23.01
18	SAM BROWN	EASTWOOD	Southend	23.03
19	Adam Edwards	Albany	Havering	23.14
20	Charlie Tidy	Castle View	Castle Point and Rochford	23.17
21	Alex Tydsey	Billericay	Basildon	23.18
22	Tom Bower	Wanstead	Redbridge	23.23
23	Julian Tamplin	St Marks	West Essex	23.27
24	JON STAINES	SOUTHEND	Southend	23.33
25	A Hall	Forest	Waltham Forest	23.37
26	Will Cooper	Fitzwimarc	Castle Point and Rochford	23.46
27	CAMERON .IRWIN	SOUTHEND	Southend	23.48
28	Samuel Milsom		Thurrock	23.51
29	Joseph Waked	Warren	Barking and Dagenham	23.52
30	Tyler Spillman	Hall Mead	Havering	23.54
31	Tinashe Matco	Hylands	Mid-essex	23.58
32	Richard Pollitt	HRS	NW Essex	24.00
33	Sam Petit	Mayflower	Basildon	24.04
34	Oliver Heard	Fitzwimarc	Castle Point and Rochford	24.11
35	Sam Beer	Colchester High Sch	NE Essex	24.14
36	Will Peek	St Benedicts	NE Essex	24.17
37	Rhys Gilliard	Deanes	Castle Point and Rochford	24.23
38	Chris Bridge		Castle Point and Rochford	24.35
39	BENJAMIN.SWAIN	SOUTHEND	Southend	24.37
40	NICOLI IDDNSSA		Newham	24.37
41	Tom Gifford	CRGS	NE Essex	24.38
42	Steve Wood	Bromfords	Basildon	24.54
43	Joe McArdle	Gt. Baddow	Mid-essex	24.54
44	David Kail	Eastbury	Barking and Dagenham	24.57
45	A Gordon	Chingford	Waltham Forest	25.13
46	Lioneysett		Basildon	25.16
47	James Pearce	Brentwood	Mid-essex	25.26
48	Danny Raven	Rickstones	NW Essex	25.27
49	Tom Dunsdon	Gt. Baddow	Mid-essex	25.35
50	Dean Clayton	SMF	NW Essex	25.42

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51	Dennis Cross		Thurrock	25.45
52	Lawrence Rudford	Billericay	Basildon	26.08
53	Alex Penny		Thurrock	26.09
54	Matthew Darby	Fitzwimarc	Castle Point and Rochford	26.18
55	Llyott Tidiman	Billericay	Basildon	26.2
56	Luke Singleton	CRGS	NE Essex	26.3
57	Conor Savill	Oaks Park	Redbridge	27.24
58	KENSA LEE		Newham	28.02
59	Jordan Blackmore		Thurrock	28.14
60	Daniel Yaxley	Stewards	West Essex	28.18
61	James Marigold	Coopers	Havering	29.1
62	Joseph Glynn	Chingford	Waltham Forest	29.13
63	Jim Gordon		West Essex	30.04
64	OLEG TEXEKHOV		Newham	30.17
65	Michael O'Callaghan	Campion	Havering	31.53
66	Nathaniel Glynn	Chingford	Waltham Forest	35.38
67	AMAL RAI		Newham	39.12
68	SAID AWAD		Newham	39.12

TEAM RESULTS

1	Southend	85pts
2	Thurrock	115pts
3	Castle Point and Rochford	121pts
4	Basildon	207pts
5	Waltham Forest	228pts

Essex Schools, 17 Jan 2009, Basildon Inter Girls

Position	Name	School	District	TIME
1	Hannah McGowen-Jones		Thurrock	18.27
2	Ellie Bounds	Coopers	Havering	18.46
3	CAMILLA SMEE	ST HILDAS	Southend	18.55
4	L McGregor	Rushcroft	Waltham Forest	19.00
5	Sidnie Sales	Coopers	Havering	19.19
6	Charlotte Bishop	Billericay	Basildon	19.21
7	J Andrews	Heathcote	Waltham Forest	19.24
8	Laura O'Connor	William de Ferrers	Mid-essex	19.25
9	Sophie Johnstone	Gt. Baddow	Mid-essex	19.38
10	Holly Gillard	Deanes	Castle Point and Rochford	19.55
11	Amber Turner	Brentwood County High Sch	Mid-essex	20.08
12	Sam Redgrave	Tendring	NE Essex	20.12
13	Kate Stockings	Woodford County HS	Redbridge	20.15
14	Emily Bayard	Billericay	Basildon	20.17
15	Rachael Sadler	Eastbrook	Barking and Dagenham	20.18
16	Chloe Beckett	Alec Hunter	NW Essex	20.20
17	NEHA DABHI		Newham	20.22
18	ADEDOGA ATANDA		Newham	20.32
19	Jess Park	Heddingham	NW Essex	20.34
20	E. Corcoran	St. Martins	Mid-essex	20.38
21	Georgia Webber		Thurrock	20.54
22	Annabel Abbott	Stanway	NE Essex	20.55
23	Claudia Conway	Davenant	West Essex	20.58
24	Nikki Twine	Coopers	Havering	21.08
25	CHLOE DAVIS	SOUTHEND	Southend	21.12
26	Laura O'Connor	Wanstead	Redbridge	21.15
27	Eleanor Flaherty		Redbridge	21.26
28	Stacy Eysers	Manningtree	NE Essex	21.32
29	Poppy Blake	Chelmer Valley High	Mid-essex	21.37
30	Charlotee Dodd	Beauchamps	Basildon	21.46
31	FRANKIE HUMPHREY	SOUTHEND	Southend	21.52
32	KATHERINE NUTMAN	SOUTHEND	Southend	22.07
33	Sophie Fuhr	Burnt Mill	West Essex	22.08
34	Ella Ray	Billericay	Basildon	22.17
35	Ellen Triggs	Philip Morant	NE Essex	22.21
36	KATIE WILKINSON	SOUTHEND	Southend	22.31
37	Lacey Bareham	St Helena	NE Essex	22.33
38	Linzi Boosey		Thurrock	22.41
39	SOPHIE NICHOLLS	SOUTHEND	Southend	22.44
40	Emily Defroand	Coopers	Havering	22.47
41	Patsy McWeeney	Ursuline	Mid-essex	22.48
42	Fiona Patersen	Woodford County HS	Redbridge	22.52
43	Lauren Stripling	Kingswood	Havering	22.52
44	MEGAN O'RAHILLY	SOUTHEND	Southend	22.55
45	Heidi Steele	Thurstable	NE Essex	22.56
46	Ashleigh McDonnell	James Hornsby	Basildon	22.59
47	Sion Sycamore	Billericay	Basildon	23.00
48	Lauren Freeman	Passmores	West Essex	23.09
49	Chelsea Sharp	Emerson Pk	Havering	23.13
50	Lucy Warner	Frances Bardsley	Havering	23.17
51	Francis Holliday	Tabor	NW Essex	23.34
52	Hollie Meuton-Wood		Thurrock	23.38

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53 Fern Archer		Thurrock	23.44
54 Suna Yokes	Bancrofts	Redbridge	23.50
55 Sam Mullender		Thurrock	23.56
56 Rebecca Willis	Billericay	Basildon	23.57
57 Rachel Porter	St Nicks	West Essex	24.09
58 Chloe Hine	Bromfords	Basildon	24.14
59 Amy Grant	Woodbridge	Redbridge	
60 Claire Broadbent	St Johns	West Essex	
61 Kelsey Harvey	St Edwards	Havering	
62 Carmen Konstantino	West Hatch	West Essex	
63 F Cioni	Forest	Waltham Forest	
64 Megan Wakefield	Robert Clack	Barking and Dagenham	
65 Taylor Ford	King Edmund	Castle Point and Rochford	
66 m Timpson	Chingford	Waltham Forest	
67 A Young		Waltham Forest	
68 ROSIE LUKUN		Newham	
69 Natalie Miller	Alec Hunter	NW Essex	
70 Amy Beckworth	Eastbrook	Barking and Dagenham	

TEAM RESULT

1 Mid-Essex	118pts
2 Havering	163pts
3 Southend	166pts
4 Basildon	177pts
5 North-East Essex	179pts
6 Thurrock	220pts
7 Redbridge	221pts
8 West Essex	283pts