





HT4		Hammer M40							
1	1	Dave Bauer	Chelmsford	32.46	3				
3	2	Paul.Ffrench	Southend	16.98	2				
2	3	Mitch Belcham	Loughton	16.43	1				
		Paul Avontuur	N/S	18.44					0
HT5		Hammer M50							
3	1	Robert.Earle	Southend	54.77	3				
1	2	Mike Williams	Chelmsford	33.47	2				
2	3	Mick Higgins	Loughton	12.27	1				
									0
HT6		Hammer M60							
1	1	Phil Harris	Chelmsford	23.61	3				
3	2	John Clark	Southend	19.84	2				
2	3	David Hobbs	Loughton	13.69	1				
									0
Relay		4 x 400m Relay							
2	1	#N/A	Loughton	4.31.5	3				
1	2	#N/A	Chelmsford	4.47.1	2				
3	3	#N/A	Southend	4.57.8	1				
									0
Relay		4 x 400m Relay							
1	1	#N/A	Chelmsford	4.32.3	3				
2	2	#N/A	Loughton	7.29.5	2				
									1
									8
						58	46	44	



