

5				0	
6				0	
7				0	
3000B	M50 3000m				
1	1	M.Bridgeland	Chelmsford	9.58.8	4
3	2	S.LeMare	Southend	10.14.2	3
4	3	S.Kemp	Thurrock	12.44.5	2
2	4	d.faulkner	Loughton	13.06.3	1
	5				0
	6				0
	7				0
3000C	M60 3000m				
3	1	P.Binns	Southend	11.23.2	4
4	2	C.Reed	Thurrock	13.05.5	3
1	3	R.Cole	Chelmsford	13.58.5	2
2	4	J.Borgars	Loughton	16.23.2	1
	5				0
	6				0
	7				0
400HA	M40 400m Hurdles				
1	1	S.Down	Chelmsford	70.3	4
2	2	J.Harrison	Loughton	71.2	3
3	3	P.Ffrench	Southend	72.0	2
4	4	M.Jenkins	Thurrock	72.1	3
	5				0
	6				0
	7				0
400HB	M50 400m Hurdles				
1	1	D.Barnett	Chelmsford	75.6	4
2	2	C.Warren	Loughton	79.4	3
	3				2
	4				1
	5				0
	6				0
	7				0
1mWA	M40 1 mile Walk				
3	1	C.Cattano	Southend	8.22.1	4
2	2	D.Rayne	Loughton	11.21.8	3
	3				2
	4				1
	5				0
	6				0
	7				0
1mWB	M50 1 mile Walk				
4	1	S.Kemp	Thurrock	9.03.1	4
2	2	J.Taylor	Loughton	9.08.9	3
3	3	J.Clark	Southend	14.18.6	2
	4				1
	5				0
	6				0
	7				0
1mWC	M60 1 mile Walk				
2	1	J.Borgars	Loughton	10.05.5	4
3	2	J.Brock	Southend	10.24.6	3
1	3	R.Cole	Chelmsford	10.42.1	2
	4				1
	5				0
	6				0
	7				0
PVA	M40 Pole Vault				
2	1	J.Harrison	Loughton	2.60	4
4	2	M.Jenkins	Thurrock	2.10	3
1	3	M.Branfoot	Chelmsford	1.80	2
3	4	C.Cattano	Southend	1.00	1
	5				0

					1
3000B					3000B
	4				
		3			
			2		
	1				
					0
					0
3000C					3000C
		4			
			3		
	2				
	1				
					0
					0
400HA					400HA
	4				
		3			
			2		
				3	
					0
					-2
400HB					400HB
	4				
		3			
					3
1mWA					1mWA
			4		
		3			
					3
1mWB					1mWB
			4		
		3			
			2		
					1
1mWC					1mWC
		4			
			3		
	2				
					1
PVA					PVA
		4			
			3		
	2				
			1		

JTC		M60 Javelin			
1	1	P.Harris	Chelmsford	21.48	4
3	2	J.Clark	Southend	21.48	3
2	3	M.Higgins	Loughton	14.66	2
	4				1
	5				0
	6				0
	7				0
Medley Rel		M40			
1	1	Chelmsford		2.56.4	4
2	2	Loughton		3.05.9	3
3	3	Southend		3.08.1	2
	4				1
	5				0
	6				0
	7				0
Medley Rel		M50			
1	1	Chelmsford		3.15.2	4
2	2	Loughton		3.29.9	3
3	3	Southend		3.47.9	2
	4				1
	5				0
	6				0
	7				0

										JTC
4										
		3								
	2									
										1
4										Medley Rel
	3									
		2								
										1
4										Medley Rel
	3									
		2								
										1
76	69	69	27	0	0	0	0	0	19	

3000B	7				0
8	1	D.Ford	Chelmsford	12.58.2	2
	2				1
	3				0
	4				0
	5				0
	6				0
	7				0
3000C		F55 3000m			
8	1	M.Jarvis	Chelmsford	14.21.0	2
9	2	J.Hobbs	Loughton	14.46.2	1
	3				0
	4				0
	5				0
	6				0
	7				0
400HA		F35 400m Hurdles			
9	1	S.Stanton	Loughton	80.0	2
8	2	W.King	Chelmsford	84.4	1
	3				0
	4				0
	5				0
	6				0
	7				0
400HB		F45 400m Hurdles			
9	1	C.Johnson	Loughton	84.5	2
	2				1
	3				0
	4				0
	5				0
	6				0
	7				0
1mWA		F35 1 mile Walk			
9	1	J.Clark	Loughton	11.00.6	2
8	2	E.Missen	Chelmsford	11.02.6	1
	3				0
	4				0
	5				0
	6				0
	7				0
1mWB		F45 1 mile Walk			
9	1	A.Heeks	Loughton	10.44.1	2
8	2	J.Smith	Chelmsford	12.19.9	1
	3				0
	4				0
	5				0
	6				0
	7				0
1mWC		F55 1 mile Walk			
9	1	F.Fernandez	Loughton	10.55.4	2
	2				1
	3				0
	4				0
	5				0
	6				0
	7				0
PVA		F35 Pole Vault			
8	1	T.Quinlivan	Chelmsford	2.40	2
9	2	M.Davis	Loughton	1.25	1
	3				0
	4				0
	5				0
	6				0
	7				0
PVB		F45 Pole Vault			

						0
	2					
						1
	2					
	1					
						0
	2					
	1					
						0
	2					
						1
	2					
	1					
						0
	2					
						1
	2					
	1					
						0

8	1	C.St.J Coleman	Chelmsford	1.70	2
9	2	B.Higgins	Loughton	1.55	1
	3				0
	4				0
	5				0
	6				0
	7				0

TJA F35 Triple Jump

8	1	C.Morris	Chelmsford	5.77	2
9	2	M.Davis	Loughton	5.55	1
	3				0
	4				0
	5				0
	6				0
	7				0

TJB F45 Triple Jump

8	1	C.St.J Coleman	Chelmsford	7.59	2
9	2	B.Higgins	Loughton	6.25	1
	3				0
	4				0
	5				0
	6				0
	7				0

TJC F55 Triple Jump

8	1	M.Jarvis	Chelmsford	5.78	2
	2				1
	3				0
	4				0
	5				0
	6				0
	7				0

DTA F35 Discus

8	1	C.Morris	Chelmsford	18.73	2
9	2	M.Davis	Loughton	17.63	1
	3				0
	4				0
	5				0
	6				0
	7				0

DTB F45 Discus

9	1	B.Higgins	Loughton	16.92	2
8	2	S.Stark	Chelmsford	13.56	1
	3				0
	4				0
	5				0
	6				0
	7				0

DTC F55 Discus

8	1	S.Quinn	Chelmsford	31.53	2
9	2	F.Fernandez	Loughton	14.26	1
	3				0
	4				0
	5				0
	6				0
	7				0

JTA F35 Javelin

8	1	C.Morris	Chelmsford	15.71	2
9	2	K.Merrit	Loughton	14.91	1
	3				0
	4				0
	5				0
	6				0
	7				0

JTB F45 Javelin

8	1	S.Quinn	Chelmsford	17.75	2
9	2	P.Ackland-Snow	Loughton	14.94	1

2					
	1				
					0

TJA

2					
	1				
					0

TJB

2					
	1				
					0

TJC

2					
					1

DTA

2					
	1				
					0

DTB

	2				
1					
					0

DTC

2					
	1				
					0

JTA

2					
	1				
					0

JTB

2					
	1				

	3			0
	4			0
	5			0
	6			0
	7			0

Medley Rel **F35**

8	1	Chelmsford	3.35.1	2
9	2	Loughton	3.57.0	1
	3			0
	4			0
	5			0
	6			0
	7			0

Medley Rel **F45**

9	1	Loughton	3.42.2	2
8	2	Chelmsford	4.06.3	1
	3			0
	4			0
	5			0
	6			0
	7			0

								0
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2								
	1							
								0

	2							
1								
								0
41	33	0	0	0	0	0	0	4

P