

Team Points after Session 4

1.	Romford Town	251
2.	Borough of Waltham Forest	194
3.	Harlow Penguins	178
4.	Chelmsford	147
5.	Brentwood	139
6.	London Borough of Redbridge	123
7.	Thurrock	121
8.	Killerwhales	107
9.	Basildon	97
10.	Canvey Island	67
11.	Rochford	66
12.	Colchester	56
13.	Southend	48
14.	Becontree	46
15.	Runnymede	43
16.	Epping Forest	37
17.	Clacton on Sea	34
18.	Havering Aquatic	24
19.	Braintree	18
19.	Hornchurch	18
21.	Witham Dolphins	15
22.	Borough of Newham	6
23.	Phoenix Basildon	4
23.	Borough of Southend	4