

**Essex Winter Long Course Championships 2011**  
**Total Point Scores**

Romford	553
Chelmsford	228
Colchester	220
Killerwhales	203
Thurrock	178
Redbridge	175
Southend	122
Runnymede	95
Epping Forest	84
Waltham Forest	57
Basildon	49
Canvey	28
Brentwood	24
Bo Newham	22
Witham	16
Bo Southend	4
Clacton	2
Braintree	2