

Rank	Team name	Team type
1	Colchester Harriers	Running
2	Framlingham Flyers	Running
3	City of Norwich Athletic Club	Running
4	ST. Edmund Pacers	Running
5	Running Colchester	Running
6	Witham RC	Running
7	Tiptree Road Runners	Running
8	The Halstead Road Runners	Running
9	Eton Manor AC	Running
10	Little Baddow Ridge Runners	Running
11	Havering 90 Joggers	Running