

## Team Points after Session 4

1.	Romford Town	224.5
2.	Thurrock	199
3.	Chelmsford	184
4.	Borough of Redbridge	158
5.	Harlow Penguins	157
6.	Borough of Waltham Forest	137
7.	Canvey Island	115
8.	Phoenix Basildon	91
8.	Killerwhales	91
10.	Brentwood	88
11.	Runnymede	68
12.	Rochford	59
13.	Epping Forest	48
14.	Hornchurch	42
15.	Becontree	34
15.	Havering Aquatic	34
17.	Basildon	33
18.	Colchester	30
19.	Braintree	22
20.	Borough of Southend	13
21.	Clacton on Sea	10
22.	Southend	6
23.	Witham Dolphins	3.5