

| | | | | | | | | | | | |
|-------|---|-----------------|------------|---------|---|--|--|---|--|---|---|
| 400H5 | | 400mH M50 | | | | | | | | | |
| 1 | 1 | Gerry Daniels | Chelmsford | 84.0 | 3 | | | | | 3 | |
| | 2 | | | | 2 | | | | | | |
| | 3 | | | | 1 | | | | | | |
| | 4 | | | | | | | | | | 3 |
| 1mW4 | | 1 mile Walk M40 | | | | | | | | | |
| 2 | 1 | Terry Casey | Loughton | 13:16.1 | 3 | | | 3 | | | |
| 3 | 2 | M. Waine | Southend | 14:00.5 | 2 | | | 2 | | | |
| 1 | 3 | Glen Kent | Chelmsford | 14:15.8 | 1 | | | 1 | | | |
| | 4 | | | | | | | | | | 0 |
| 1mW5 | | 1 mile Walk M50 | | | | | | | | | |
| 2 | 1 | John Borgars | Loughton | 10:14.0 | 3 | | | 3 | | | |
| 3 | 2 | P. Binns | Southend | 10:47.2 | 2 | | | 2 | | | |
| 1 | 3 | Dave Barnett | Chelmsford | 12:15.9 | 1 | | | 1 | | | |
| | 4 | | | | | | | | | | 0 |
| 1mW6 | | 1 mile Walk M60 | | | | | | | | | |
| 3 | 1 | J. Brock | Southend | 10:12.9 | 3 | | | | | 3 | |
| 2 | 2 | Peter Cassidy | Loughton | 10:53.8 | 2 | | | 2 | | | |
| | 3 | | | | 1 | | | | | | |
| | 4 | | | | | | | | | | 1 |
| PV4 | | Pole Vault M40 | | | | | | | | | |
| 2 | 1 | Jim Harrison | Loughton | 2.70 | 3 | | | 3 | | | |
| 1 | 2 | Martin Gibbs | Chelmsford | 1.00 | 2 | | | 2 | | | |
| | 3 | | | | 1 | | | | | | |
| | 4 | | | | | | | | | | 1 |
| PV5 | | Pole Vault M50 | | | | | | | | | |
| 1 | 1 | Dave Barnett | Chelmsford | 1.60 | 3 | | | 3 | | | |
| | 2 | | | | 2 | | | | | | |
| | 3 | | | | 1 | | | | | | |
| | 4 | | | | | | | | | | 3 |
| TJ4 | | Triple Jump M40 | | | | | | | | | |
| 2 | 1 | Mitch Belham | Loughton | 11.03 | 3 | | | 3 | | | |
| 3 | 2 | P. Ffrench | Southend | 10.58 | 2 | | | 2 | | | |
| 1 | 3 | Martin Gibbs | Chelmsford | 7.70 | 1 | | | 1 | | | |
| | 4 | | | | | | | | | | 0 |
| TJ5 | | Triple Jump M50 | | | | | | | | | |
| 1 | 1 | Dave Barnett | Chelmsford | 9.06 | 3 | | | 3 | | | |
| 3 | 2 | P. Binns | Southend | 6.68 | 2 | | | 2 | | | |
| 2 | 3 | Mick Higgins | Loughton | 4.98 | 1 | | | 1 | | | |
| | 4 | | | | | | | | | | 0 |
| TJ6 | | Triple Jump M60 | | | | | | | | | |
| 2 | 1 | David Hobbs | Loughton | 8.34 | 3 | | | 3 | | | |
| 3 | 2 | J. Brock | Southend | 6.12 | 2 | | | 2 | | | |
| | 3 | | | | 1 | | | | | | |
| | 4 | | | | | | | | | | 1 |
| DT4 | | Discus M40 | | | | | | | | | |
| 1 | 1 | Dave Bauer | Chelmsford | 37.86 | 3 | | | 3 | | | |
| 3 | 2 | P. Ffrench | Southend | 28.06 | 2 | | | 2 | | | |
| 2 | 3 | Mitch Belham | Loughton | 24.91 | 1 | | | 1 | | | |
| | 4 | | | | | | | | | | 0 |
| DT5 | | Discus M50 | | | | | | | | | |
| 1 | 1 | Mike Williams | Chelmsford | 33.53 | 3 | | | 3 | | | |
| 3 | 2 | P. Binns | Southend | 18.21 | 2 | | | 2 | | | |
| 2 | 3 | Mick Higgins | Loughton | 16.76 | 1 | | | 1 | | | |
| | 4 | | | | | | | | | | 0 |
| DT6 | | Discus M60 | | | | | | | | | |
| 2 | 1 | David Hobbs | Loughton | 23.86 | 3 | | | 3 | | | |
| 3 | 2 | J. Brock | Southend | 20.02 | 2 | | | 2 | | | |

