

| Polling district | Description of area | Existing division | Electorate 2029 | 1 | 2 | 3 | 4 | 5 |
|------------------|------------------------------------|-------------------|-----------------|-------|-------|-------|-------|-------|
| AA | Bush Fair East | Harlow South East | 3,230 | | | | 3,230 | |
| AB | Bush Fair West | Harlow South East | 2,736 | | | | | 2,736 |
| BA | Church Langley East | Harlow South East | 3,988 | | | | 3,988 | |
| BB | Church Langley West | Harlow West | 2,875 | | | | 2,875 | |
| CA | Great Parndon East | Harlow West | 2,966 | | | | | |
| CB | Great Parndon West | Harlow West | 2,262 | | 2,262 | | | |
| DA | Harlow Common East | Harlow South East | 3,049 | | | | 3,049 | |
| DB | Harlow Common West | Harlow South East | 2,746 | | | | 2,746 | |
| EA | Little Parndon & Hare Street East | Harlow West | 3,052 | | | 3,052 | | |
| EB | Little Parndon & Hare Street South | Harlow West | 1,800 | | | 1,800 | | |
| EC | Little Parndon & Hare Street West | Harlow West | 2,534 | | | 2,534 | | |
| FA | Mark Hall North | Harlow North | 2,080 | | | | | 2,080 |
| FB | Mark Hall South | Harlow North | 3,639 | | | | | 3,639 |
| GA | Netteswell North | Harlow North | 3,623 | | | | | 3,623 |
| GB | Netteswell South | Harlow West | 3,405 | | | | | 3,405 |
| HA | Old Harlow East | Harlow North | 2,651 | 2,651 | | | | |
| HB | Old Harlow West | Harlow North | 6,329 | 6,329 | | | | |
| HC | Old Harlow South | Harlow West | 5,794 | 5,794 | | | | |
| JA | Staple Tye East | Harlow West | 656 | | 656 | | | |
| JB | Staple Tye West | Harlow West | 4,646 | | 4,646 | | | |
| KA | Sumners & Kingsmoor East | Harlow West | 3,798 | | 3,798 | | | |
| KB | Sumners & Kingsmoor West | Harlow West | 1,741 | | 1,741 | | | |
| LA | Toddbrook North | Harlow West | 3,632 | | | 3,632 | | |
| LB | Toddbrook East | Harlow West | 852 | | | 852 | | |
| LC | Toddbrook West | Harlow West | 3,553 | | | 3,553 | | |
| | | | 77639 | 14775 | 16069 | 15423 | 15889 | 15484 |

