

Southern Premier Match 1 - Lee Valley Athletics Stadium

29 April 2007

| Men's 100m A | | | | Perf | Record | Wind | AW | Men's 100m B | | | | Perf | Wind | AW |
|--------------|---|-------------------|----------------------------|-------|----------|------|-------------------------------------|--------------|----|-----------------|-----------------------------|------|------|-------------------------------------|
| | | | | Wind= | +2.5 m/s | | | | | Wind= | NT | | | |
| 1 | 5 | Leevan Yearwood | Shaftesbury Barnet Harrier | 10.5 | | | <input checked="" type="checkbox"/> | 1 | 77 | Max Galliers | Windsor Slough Eton & Hou | 10.6 | | <input checked="" type="checkbox"/> |
| 2 | 2 | Antonio Infantino | Enfield & Haringey | 10.8 | | | <input checked="" type="checkbox"/> | 2 | 55 | Justin Geohagan | Shaftesbury Barnet Harriers | 10.7 | | <input checked="" type="checkbox"/> |
| 3 | 1 | Danny Doyley | Blackheath & Bromley H AC | 10.8 | | | <input checked="" type="checkbox"/> | 3 | 66 | Sam Lawrence | Team Cambridgeshire | 11.0 | | <input checked="" type="checkbox"/> |
| 4 | 8 | Eugene Ayanful | Woodford Green/Essex Lad | 10.9 | | | <input checked="" type="checkbox"/> | 4 | 11 | Neil Francis | Blackheath & Bromley H AC | 11.0 | | <input checked="" type="checkbox"/> |
| 5 | 7 | Leon James-Lionel | Windsor Slough Eton & Hou | 11.1 | | | <input checked="" type="checkbox"/> | 5 | 22 | Andre Laidley | Enfield & Haringey | 11.0 | | <input checked="" type="checkbox"/> |
| 6 | 6 | Gian-Luca Zicchi | Team Cambridgeshire | 11.1 | | | <input checked="" type="checkbox"/> | 6 | 88 | Nnamdi Umeh | Woodford Green/Essex Ladi | 11.3 | | <input checked="" type="checkbox"/> |
| 7 | 3 | Junior Ejenu | Harrow AC | 11.1 | | | <input checked="" type="checkbox"/> | 7 | 33 | Jack Clifton | Harrow AC | 11.8 | | |
| 8 | 4 | Ian Tobin | Herts Phoenix AC | 11.4 | | | | 8 | 44 | Brad Armorgie | Herts Phoenix AC | 11.9 | | |

| Men's 200m A | | | | Perf | Record | Wind | AW | Men's 200m B | | | | Perf | Wind | AW |
|--------------|---|-------------------|----------------------------|-------|----------|------|-------------------------------------|--------------|----|----------------------|-----------------------------|------|------|-------------------------------------|
| | | | | Wind= | +2.4 m/s | | | | | Wind= | +0.1 m/s | | | |
| 1 | 1 | Danny Doyley | Blackheath & Bromley H AC | 21.4 | | | <input checked="" type="checkbox"/> | 1 | 22 | David James-Telfer | Enfield & Haringey | 21.8 | | <input checked="" type="checkbox"/> |
| 2 | 2 | Luke Fagan | Enfield & Haringey | 21.5 | | | <input checked="" type="checkbox"/> | 2 | 55 | Justin Geohagan | Shaftesbury Barnet Harriers | 22.2 | | <input checked="" type="checkbox"/> |
| 3 | 8 | Eugene Ayanful | Woodford Green/Essex Lad | 22.2 | | | <input checked="" type="checkbox"/> | 3 | 11 | Daniel Haque | Blackheath & Bromley H AC | 22.4 | | <input checked="" type="checkbox"/> |
| 4 | 5 | Aaron Harris | Shaftesbury Barnet Harrier | 22.4 | | | <input checked="" type="checkbox"/> | 4 | 77 | Dean Cooper | Windsor Slough Eton & Hou | 22.6 | | <input checked="" type="checkbox"/> |
| 5 | 3 | Junior Ejenu | Harrow AC | 22.4 | | | <input checked="" type="checkbox"/> | 5 | 44 | Nathan Wake | Herts Phoenix AC | 22.8 | | <input checked="" type="checkbox"/> |
| 6 | 7 | Leon James-Lionel | Windsor Slough Eton & Hou | 22.6 | | | <input checked="" type="checkbox"/> | 6 | 66 | Richard Opong-Konadu | Team Cambridgeshire | 23.3 | | |
| 7 | 6 | Andrew Bullimore | Team Cambridgeshire | 22.8 | | | <input checked="" type="checkbox"/> | 7 | 33 | Gary Spryke | Harrow AC | 23.4 | | |
| 8 | 4 | Ian Tobin | Herts Phoenix AC | 23.1 | | | | 8 | 88 | Jeremy Boayke | Woodford Green/Essex Ladi | 24.3 | | |

| Men's 400m A | | | | Perf | Record | Wind | AW | Men's 400m B | | | | Perf | Wind | AW |
|--------------|---|-----------------|----------------------------|------|--------|------|-------------------------------------|--------------|----|------------------|-----------------------------|------|------|-------------------------------------|
| 1 | 2 | Aaron Trim | Enfield & Haringey | 48.8 | | | <input checked="" type="checkbox"/> | 1 | 22 | Philip Norfolk | Enfield & Haringey | 48.9 | | <input checked="" type="checkbox"/> |
| 2 | 8 | Martin Pitts | Woodford Green/Essex Lad | 49.3 | | | <input checked="" type="checkbox"/> | 2 | 11 | Daniel Putnam | Blackheath & Bromley H AC | 50.3 | | <input checked="" type="checkbox"/> |
| 3 | 6 | Ed Aston | Team Cambridgeshire | 49.8 | | | <input checked="" type="checkbox"/> | 3 | 77 | Marc Forrest | Windsor Slough Eton & Hou | 52.2 | | |
| 4 | 4 | Nathan Wake | Herts Phoenix AC | 49.9 | | | <input checked="" type="checkbox"/> | 4 | 66 | Ollie Francis | Team Cambridgeshire | 52.7 | | |
| 5 | 1 | Scott Blackwell | Blackheath & Bromley H AC | 50.8 | | | <input checked="" type="checkbox"/> | 5 | 44 | Josh Saydraouten | Herts Phoenix AC | 53.3 | | |
| 6 | 7 | Dwayne Blake | Windsor Slough Eton & Hou | 51.2 | | | | 6 | 55 | Tom O'Brien | Shaftesbury Barnet Harriers | 53.5 | | |
| 7 | 5 | Jordan Warner | Shaftesbury Barnet Harrier | 51.2 | | | | 7 | 88 | Jo Douse | Woodford Green/Essex Ladi | 54.2 | | |
| 8 | 3 | Hari Mehta | Harrow AC | 51.5 | | | | 8 | 33 | Dean Goodman | Harrow AC | 57.7 | | |

| Men's 800m A | | | | Perf | Record | Wind | AW | Men's 800m B | | | | Perf | Wind | AW |
|--------------|---|------------------|----------------------------|---------|--------|------|-------------------------------------|--------------|----|--------------------|-----------------------------|---------|------|----|
| 1 | 2 | Jordan West | Enfield & Haringey | 01:54.6 | | | <input checked="" type="checkbox"/> | 1 | 55 | Saul Paine | Shaftesbury Barnet Harriers | 02:00.1 | | |
| 2 | 5 | Matthew Sullivan | Shaftesbury Barnet Harrier | 02:00.0 | | | <input checked="" type="checkbox"/> | 2 | 22 | Dayle Zeileniewski | Enfield & Haringey | 02:01.4 | | |
| 3 | 8 | Omar Mansour | Woodford Green/Essex Lad | 02:00.6 | | | | 3 | 88 | Andrew Mariani | Woodford Green/Essex Ladi | 02:01.6 | | |
| 4 | 3 | Callum Towler | Harrow AC | 02:01.5 | | | | 4 | 11 | Cameron Ward | Blackheath & Bromley H AC | 02:02.1 | | |
| 5 | 7 | Luke Turton | Windsor Slough Eton & Hou | 02:01.6 | | | | 5 | 66 | Andrew Suter | Team Cambridgeshire | 02:03.2 | | |
| 6 | 4 | Alexander Veitch | Herts Phoenix AC | 02:01.9 | | | | 6 | 33 | Dean Goodman | Harrow AC | 02:03.6 | | |
| 7 | 6 | Dan Potts | Team Cambridgeshire | 02:02.2 | | | | 7 | 77 | Nick Lingley | Windsor Slough Eton & Hou | 02:04.7 | | |
| 8 | 1 | Richard Davies | Blackheath & Bromley H AC | 02:06.4 | | | | 8 | 44 | Simon Britten | Herts Phoenix AC | 02:18.7 | | |

| Men's 1500m A | | | | Perf | Record | Wind | AW | Men's 1500m B | | | | Perf | Wind | AW |
|---------------|----|----------------|----------------------------|---------|--------|------|-------------------------------------|---------------|----|----------------------|-----------------------------|---------|------|-------------------------------------|
| 1 | 7 | Ian May | Windsor Slough Eton & Hou | 04:01.5 | | | <input checked="" type="checkbox"/> | 1 | 77 | Alex Tovey | Windsor Slough Eton & Hou | 04:02.1 | | <input checked="" type="checkbox"/> |
| 2 | 22 | Luke Disney | Enfield & Haringey | 04:04.0 | | | <input checked="" type="checkbox"/> | 2 | 1 | Danny Brewer | Blackheath & Bromley H AC | 04:15.3 | | |
| 3 | 5 | Dominic Easter | Shaftesbury Barnet Harrier | 04:05.3 | | | <input checked="" type="checkbox"/> | 3 | 55 | Billy Collins-Paliet | Shaftesbury Barnet Harriers | 04:15.9 | | |
| 4 | 11 | Stephen Cavey | Blackheath & Bromley H AC | 04:08.1 | | | | 4 | 66 | Andrew Suter | Team Cambridgeshire | 04:30.2 | | |
| 5 | 3 | Sean Rynn | Harrow AC | 04:10.5 | | | | 5 | 44 | Tom Gough | Herts Phoenix AC | 04:35.7 | | |
| 6 | 8 | Craig Berg | Woodford Green/Essex Lad | 04:11.7 | | | | 6 | 33 | Andrew Reape | Harrow AC | 04:51.3 | | |
| 7 | 6 | Richard Pawlak | Team Cambridgeshire | 04:16.5 | | | | 7 | 2 | Denis Healy | Enfield & Haringey | 05:11.3 | | |
| 8 | 4 | Louis Walsh | Herts Phoenix AC | 04:24.0 | | | | 8 | | | | | | |

National Junior Athletics League 2007

<http://www.nationaljuniorathleticleague.co.uk>



Southern Premier Match 1 - Lee Valley Athletics Stadium

29 April 2007

| Men's 2000m S/Chase A | | | | Men's 2000m S/Chase B | | | | | | | |
|-----------------------|------|-----------------------|----------------------------|-----------------------|--|------|------|----------------|-----------------------------|---------|--|
| | Perf | Record | Wind | AW | | Perf | Wind | AW | | | |
| 1 | 2 | Shaun Collins | Enfield & Haringey | 06:14.9 | | 1 | 22 | Adil Hussein | Enfield & Haringey | 06:57.2 | |
| 2 | 1 | Alex Bruce-Littlewood | Blackheath & Bromley H AC | 06:15.7 | | 2 | 11 | Alistair Cliff | Blackheath & Bromley H AC | 07:24.0 | |
| 3 | 3 | Tom Lewis | Harrow AC | 06:43.2 | | 3 | 33 | Andrew Reape | Harrow AC | 08:12.0 | |
| 4 | 55 | Matthew Sullivan | Shaftesbury Barnet Harrier | 06:51.6 | | 4 | 5 | Ross Sambrook | Shaftesbury Barnet Harriers | DNF | |
| 5 | 6 | Alex Howarth | Team Cambridgeshire | 06:51.8 | | 5 | | | | | |
| 6 | 4 | Simon Britten | Herts Phoenix AC | 08:01.2 | | 6 | | | | | |
| 7 | 7 | Cameron Smart | Windsor Slough Eton & Hou | 08:37.0 | | 7 | | | | | |
| 8 | | | | | | 8 | | | | | |

| Men's 3000m A | | | | Men's 3000m B | | | | | | | |
|---------------|----|------------------------|----------------------------|---------------|--|---|----|----------------|-----------------------------|---------|--|
| 1 | 7 | Nathan White | Windsor Slough Eton & Hou | 08:55.9 | | 1 | 88 | Ronnie Sparke | Woodford Green/Essex Ladi | 09:08.3 | |
| 2 | 8 | Tom Philips | Woodford Green/Essex Lad | 09:00.3 | | 2 | 1 | Sam Hunt | Blackheath & Bromley H AC | 09:19.3 | |
| 3 | 3 | Cameron Scott | Harrow AC | 09:05.4 | | 3 | 33 | Michael Hegan | Harrow AC | 09:53.6 | |
| 4 | 11 | Jonathan Vintner | Blackheath & Bromley H AC | 09:15.7 | | 4 | 77 | Cameron Smart | Windsor Slough Eton & Hou | 09:55.7 | |
| 5 | 5 | Niall Fleming | Shaftesbury Barnet Harrier | 09:21.5 | | 5 | 6 | Ed Gunby | Team Cambridgeshire | 09:58.9 | |
| 6 | 66 | Michael Smith | Team Cambridgeshire | 09:29.1 | | 6 | 22 | Jordan West | Enfield & Haringey | 10:12.6 | |
| 7 | 2 | Ramone Martinez-Rodney | Enfield & Haringey | 09:44.6 | | 7 | 44 | Peter Townsend | Herts Phoenix AC | 10:22.5 | |
| 8 | 4 | Simon Britten | Herts Phoenix AC | 10:10.6 | | 8 | 55 | Carl Vidgen | Shaftesbury Barnet Harriers | 10:49.2 | |

| Men's 400m Hurdles A | | | | Men's 400m Hurdles B | | | | | | | |
|----------------------|---|-------------------|----------------------------|----------------------|--|---|----|----------------|-----------------------------|------|--|
| 1 | 3 | Andrew Howell | Harrow AC | 54.2 | | 1 | 22 | Zac Saucedo | Enfield & Haringey | 56.2 | |
| 2 | 2 | Jonathan Lobowski | Enfield & Haringey | 56.6 | | 2 | 33 | Hari Mehta | Harrow AC | 60.5 | |
| 3 | 6 | Christian Roberts | Team Cambridgeshire | 58.0 | | 3 | 77 | Jamie East | Windsor Slough Eton & Hou | 60.8 | |
| 4 | 7 | Matt Field | Windsor Slough Eton & Hou | 59.2 | | 4 | 44 | Luke Allen | Herts Phoenix AC | 67.2 | |
| 5 | 4 | Josh Saydraouten | Herts Phoenix AC | 61.1 | | 5 | 55 | Peter Harris | Shaftesbury Barnet Harriers | 72.4 | |
| 6 | 1 | Ashley Healey | Blackheath & Bromley H AC | 62.1 | | 6 | 11 | Alistair Cliff | Blackheath & Bromley H AC | 74.9 | |
| 7 | 5 | Ross Sambrook | Shaftesbury Barnet Harrier | 65.7 | | 7 | | | | | |
| 8 | | | | | | 8 | | | | | |

| Men's 110m Hurdles A | | | | Men's 110m Hurdles B | | | | | | | |
|----------------------|---|-----------------|----------------------------|----------------------|--|---|------------|-------------------|-----------------------------|------|--|
| | | | Wind= +1.4 m/s | | | | Wind= +2.9 | | | | |
| 1 | 1 | Alex Alameen | Blackheath & Bromley H AC | 14.5 | | 1 | 22 | Zac Saucedo | Enfield & Haringey | 14.8 | |
| 2 | 8 | Daniel Awde | Woodford Green/Essex Lad | 14.6 | | 2 | 88 | Emmanuel Okpokiri | Woodford Green/Essex Ladi | 15.1 | |
| 3 | 2 | Aaron James | Enfield & Haringey | 14.8 | | 3 | 11 | Simon Hemmings | Blackheath & Bromley H AC | 15.5 | |
| 4 | 7 | Matt Field | Windsor Slough Eton & Hou | 15.4 | | 4 | 77 | Ashley Bryant | Windsor Slough Eton & Hou | 15.6 | |
| 5 | 5 | Ashley Wilson | Shaftesbury Barnet Harrier | 15.4 | | 5 | 55 | Curtess Samuels | Shaftesbury Barnet Harriers | 17.1 | |
| 6 | 4 | Michael Holding | Herts Phoenix AC | 15.6 | | 6 | 33 | Moneur Williams | Harrow AC | 20.9 | |
| 7 | 3 | Dean Goodman | Harrow AC | 22.8 | | 7 | | | | | |
| 8 | | | | | | 8 | | | | | |

| Men's Hammer A | | | | Men's Hammer B | | | | | | | |
|----------------|---|---------------------|----------------------------|----------------|--|---|----|-----------------|-----------------------------|-------|--|
| 1 | 1 | Alistair Williamson | Blackheath & Bromley H AC | 61.06 | | 1 | 55 | Chris Scott | Shaftesbury Barnet Harriers | 56.44 | |
| 2 | 5 | Chris Bennett | Shaftesbury Barnet Harrier | 58.70 | | 2 | 11 | Richard Alameen | Blackheath & Bromley H AC | 52.27 | |
| 3 | 2 | Jamaro Nooks | Enfield & Haringey | 52.18 | | 3 | 22 | Danny Farenden | Enfield & Haringey | 48.29 | |
| 4 | 3 | James Chapman | Harrow AC | 43.42 | | 4 | 66 | Paul Hayball | Team Cambridgeshire | 28.29 | |
| 5 | 7 | Robert Cramb | Windsor Slough Eton & Hou | 42.86 | | 5 | 77 | David Melliush | Windsor Slough Eton & Hou | 24.46 | |
| 6 | 8 | Matthew Baptiste | Woodford Green/Essex Lad | 40.89 | | 6 | 33 | Theo Burton | Harrow AC | 20.67 | |
| 7 | 6 | Adam Jackson | Team Cambridgeshire | 33.02 | | 7 | 88 | Chris Linque | Woodford Green/Essex Ladi | 14.30 | |
| 8 | | | | | | 8 | | | | | |

| Men's Discus A | | | | Men's Discus B | | | | | | | |
|----------------|----|-----------------|----------------------------|----------------|--|---|----|----------------|-----------------------------|-------|--|
| 1 | 55 | Chris Scott | Shaftesbury Barnet Harrier | 53.43 | | 1 | 88 | Chris Linque | Woodford Green/Essex Ladi | 41.80 | |
| 2 | 8 | Lee Mathurin | Woodford Green/Essex Lad | 44.53 | | 2 | 6 | Martin Tinkler | Team Cambridgeshire | 35.51 | |
| 3 | 11 | Liam Presnell | Blackheath & Bromley H AC | 42.52 | | 3 | 5 | Martyn Elkins | Shaftesbury Barnet Harriers | 35.36 | |
| 4 | 7 | Matt Townsend | Windsor Slough Eton & Hou | 38.53 | | 4 | 1 | Jay Thomas | Blackheath & Bromley H AC | 28.26 | |
| 5 | 3 | Theo Burton | Harrow AC | 37.99 | | 5 | 33 | Rishi Naidoo | Harrow AC | 27.60 | |
| 6 | 66 | Paul Hayball | Team Cambridgeshire | 37.28 | | 6 | 77 | David Shiel | Windsor Slough Eton & Hou | 26.70 | |
| 7 | 4 | Michael Holding | Herts Phoenix AC | 35.67 | | 7 | 44 | Leo Lundgren | Herts Phoenix AC | 26.69 | |
| 8 | 22 | Bradley Elias | Enfield & Haringey | 34.39 | | 8 | | | | | |

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| | | | | Perf | Record | Wind | AW | | | | | Perf | Wind | AW | |
|----------------------------|----|---------------------|----------------------------|-------|--------|------|----|----------------------------|----|------------------------|-----------------------------|-------|------|----|--|
| <u>Men's Javelin A</u> | | | | | | | | <u>Men's Javelin B</u> | | | | | | | |
| 1 | 7 | Dan Pembroke | Windsor Slough Eton & Hou | 58.70 | | | ☑ | 1 | 77 | Ashley Bryant | Windsor Slough Eton & Hou | 51.50 | | ☑ | |
| 2 | 8 | Jay Boddington | Woodford Green/Essex Lad | 56.28 | | | ☑ | 2 | 66 | Martin Tinkler | Team Cambridgeshire | 44.62 | | | |
| 3 | 55 | Aaron Harris | Shaftesbury Barnet Harrier | 49.89 | | | | 3 | 88 | Lee Lovelock-Jemmott | Woodford Green/Essex Ladi | 44.04 | | | |
| 4 | 6 | Aaron Steels | Team Cambridgeshire | 47.41 | | | | 4 | 22 | Michael Healy | Enfield & Haringey | 34.79 | | | |
| 5 | 2 | Robert Elliott | Enfield & Haringey | 41.10 | | | | 5 | 5 | Tom O'Brien | Shaftesbury Barnet Harrier: | 31.41 | | | |
| 6 | 4 | Luke Allen | Herts Phoenix AC | 34.09 | | | | 6 | 3 | Jamie Dalton | Harrow AC | 27.55 | | | |
| 7 | 1 | Jonathan Vintner | Blackheath & Bromley H AC | 29.50 | | | | 7 | 11 | Danny Brewer | Blackheath & Bromley H AC | 6.32 | | | |
| 8 | 33 | Theo Burton | Harrow AC | 28.31 | | | | 8 | | | | | | | |
| <u>Men's Shot Putt A</u> | | | | | | | | <u>Men's Shot Putt B</u> | | | | | | | |
| 1 | 1 | Jay Thomas | Blackheath & Bromley H AC | 16.51 | | | ☑ | 1 | 88 | Matthew Baptiste | Woodford Green/Essex Ladi | 14.23 | | ☑ | |
| 2 | 6 | Dan Tinkler | Team Cambridgeshire | 16.29 | | | ☑ | 2 | 66 | Paul Hayball | Team Cambridgeshire | 13.88 | | ☑ | |
| 3 | 8 | Devon Ansil Douglas | Woodford Green/Essex Lad | 15.08 | | | ☑ | 3 | 11 | Liam Presnell | Blackheath & Bromley H AC | 13.64 | | ☑ | |
| 4 | 55 | Chris Scott | Shaftesbury Barnet Harrier | 13.02 | | | ☑ | 4 | 3 | James Chapman | Harrow AC | 11.21 | | | |
| 5 | 77 | David Shiel | Windsor Slough Eton & Hou | 12.06 | | | | 5 | 7 | Matt Townsend | Windsor Slough Eton & Hou | 10.57 | | | |
| 6 | 2 | Jamaro Nooks | Enfield & Haringey | 11.81 | | | | 6 | 5 | Martyn Elkins | Shaftesbury Barnet Harrier: | 10.50 | | | |
| 7 | 33 | Theo Burton | Harrow AC | 11.68 | | | | 7 | 22 | Stanley Gaskin | Enfield & Haringey | 10.27 | | | |
| 8 | 4 | Luke Allen | Herts Phoenix AC | 11.17 | | | | 8 | | | | | | | |
| <u>Men's Long Jump A</u> | | | | | | | | <u>Men's Long Jump B</u> | | | | | | | |
| 1 | 2 | Luke Thomas | Enfield & Haringey | 7.16 | +2.6 | ☑ | | 1 | 55 | Daniel Lewis | Shaftesbury Barnet Harrier: | 6.81 | +3.2 | ☑ | |
| 2 | 5 | Nonso Okolo | Shaftesbury Barnet Harrier | 6.97 | +4.1 | ☑ | | 2 | 66 | Sam Lawrence | Team Cambridgeshire | 6.07 | +3.8 | | |
| 3 | 6 | Andrew Bullimore | Team Cambridgeshire | 6.82 | +4.1 | ☑ | | 3 | 33 | Moneur Williams | Harrow AC | 5.92 | +4.5 | | |
| 4 | 4 | Michael Holding | Herts Phoenix AC | 6.39 | +3.3 | | | 4 | 77 | Jamie East | Windsor Slough Eton & Hou | 5.79 | +2.4 | | |
| 5 | 7 | Ashley Bryant | Windsor Slough Eton & Hou | 6.31 | +3.6 | | | 5 | 44 | Brad Armorgie | Herts Phoenix AC | 5.50 | +2.6 | | |
| 6 | 3 | Kofi Asante | Harrow AC | 6.14 | +3.3 | | | 6 | 22 | Omari Barton-Ellington | Enfield & Haringey | 5.44 | +2.1 | | |
| 7 | 8 | Emmanuel Okpokiri | Woodford Green/Essex Lad | 6.09 | +1.2 | | | 7 | 1 | Jeremy Odamstey | Blackheath & Bromley H AC | 5.10 | +3.3 | | |
| 8 | 11 | Mathew Walker | Blackheath & Bromley H AC | 5.91 | +2.4 | | | 8 | | | | | | | |
| <u>Men's Triple Jump A</u> | | | | | | | | <u>Men's Triple Jump B</u> | | | | | | | |
| 1 | 5 | Nathan Fox | Shaftesbury Barnet Harrier | 14.77 | +1.9 | ☑ | | 1 | 55 | Daniel Lewis | Shaftesbury Barnet Harrier: | 14.20 | +1.8 | ☑ | |
| 2 | 3 | Kofi Asante | Harrow AC | 14.07 | +2.0 | ☑ | | 2 | 11 | Marcus Morrison | Blackheath & Bromley H AC | 13.80 | +2.0 | ☑ | |
| 3 | 1 | Jeremy Odamstey | Blackheath & Bromley H AC | 14.05 | +1.9 | ☑ | | 3 | 33 | Moneur Williams | Harrow AC | 12.32 | +2.5 | | |
| 4 | 6 | Andrew Bullimore | Team Cambridgeshire | 12.97 | +3.0 | | | 4 | 22 | Omari Barton-Ellington | Enfield & Haringey | 12.21 | +3.0 | | |
| 5 | 2 | Ashley Baynes | Enfield & Haringey | 12.55 | +2.4 | | | 5 | 77 | Iain Grierson | Windsor Slough Eton & Hou | 10.46 | +1.8 | | |
| 6 | 4 | Lewis Ely | Herts Phoenix AC | 10.81 | +2.2 | | | 6 | | | | | | | |
| 7 | 7 | Steve Walker | Windsor Slough Eton & Hou | 10.60 | +2.8 | | | 7 | | | | | | | |
| 8 | | | | | | | | 8 | | | | | | | |
| <u>Men's High Jump A</u> | | | | | | | | <u>Men's High Jump B</u> | | | | | | | |
| 1 | 7 | Alan McKie | Windsor Slough Eton & Hou | 2.10 | | | ☑ | 1 | 77 | Cameron Lake | Windsor Slough Eton & Hou | 1.95 | | ☑ | |
| 2 | 8 | Daniel Awde | Woodford Green/Essex Lad | 1.90 | | | ☑ | 2 | 44 | Brad Armorgie | Herts Phoenix AC | 1.80 | | | |
| 3 | 1 | Simon Hemmings | Blackheath & Bromley H AC | 1.90 | | | ☑ | 3 | 5 | Nathan Fox | Shaftesbury Barnet Harrier: | 1.75 | | | |
| 4 | 6 | Jamie Irons | Team Cambridgeshire | 1.85 | | | | 4 | 11 | Marcus Morrison | Blackheath & Bromley H AC | 1.65 | | | |
| 5 | 2 | Leron Norbert | Enfield & Haringey | 1.85 | | | | 5 | 88 | Andrew Mariani | Woodford Green/Essex Ladi | 1.65 | | | |
| 6 | 4 | Lewis Ely | Herts Phoenix AC | 1.80 | | | | 6 | 33 | Andre Myers | Harrow AC | 1.60 | | | |
| 7 | 55 | Daniel Lampard | Shaftesbury Barnet Harrier | 1.80 | | | | 7 | 22 | Michael Napper | Enfield & Haringey | 1.55 | | | |
| 8 | 3 | Hari Mehta | Harrow AC | 1.75 | | | | 8 | | | | | | | |
| <u>Men's Pole Vault A</u> | | | | | | | | <u>Men's Pole Vault B</u> | | | | | | | |
| 1 | 1 | Scott Huggins | Blackheath & Bromley H AC | 4.30 | | | ☑ | 1 | 77 | Iain Grierson | Windsor Slough Eton & Hou | 3.20 | | | |
| 2 | 3 | Ian Smart | Harrow AC | 3.95 | | | ☑ | 2 | 22 | Jamie Brandon | Enfield & Haringey | 3.05 | | | |
| 3 | 7 | Steve Walker | Windsor Slough Eton & Hou | 3.95 | | | ☑ | 3 | 33 | Jamie Dalton | Harrow AC | 2.75 | | | |
| 4 | 55 | James Grant | Shaftesbury Barnet Harrier | 3.65 | | | | | | | | | | | |
| 5 | 2 | Jonathan Hill | Enfield & Haringey | 3.35 | | | | | | | | | | | |

Southern Premier Match 1 - Lee Valley Athletics Stadium

Perf Record Wind AW 29 April 2007

Perf Wind AW

Men's 4x100m Relay

| | | | | | | | | |
|---|---|--------------------------------|-------------------|--------------------|-----------------|------------------|------|-------------------------------------|
| 1 | 2 | Enfield & Haringey | Antonio Infantino | David James-Telfer | Aaron James | Luke Fagan | 41.6 | <input checked="" type="checkbox"/> |
| 2 | 5 | Shaftesbury Barnet Harriers | Tom O'Brien | Justin Geohagan | Richard Odumosu | Leevan Yearwood | 42.3 | <input checked="" type="checkbox"/> |
| 3 | 1 | Blackheath & Bromley H AC | Danny Doyley | Neil Francis | Alex Alameen | Scott Blackwell | 42.8 | <input checked="" type="checkbox"/> |
| 4 | 7 | Windsor Slough Eton & Hounslow | Dan James | Leon James-Lionel | Dean Cooper | Max Galliers | 43.9 | <input checked="" type="checkbox"/> |
| 5 | 6 | Team Cambridgeshire | Gian-Luca Zicchi | Sam Lawrence | George Baker | Andrew Bullimore | 44.3 | |
| 6 | 3 | Harrow AC | Gary Spryke | Moneur Williams | Jack Clifton | Junior Ejenu | 45.3 | |
| 7 | 8 | Woodford Green/Essex Ladies | Emmanuel Okpokiri | Eugene Ayanful | Jeremy Boayke | Nnamdi Umeh | 45.3 | |
| 8 | 4 | Herts Phoenix AC | Leo Lundgren | Brad Armorgie | Luke Allen | Michael Holding | 45.8 | |

Men's 4x400m Relay

| | | | | | | | | |
|---|---|--------------------------------|------------------|------------------|----------------------|----------------|---------|-------------------------------------|
| 1 | 1 | Blackheath & Bromley H AC | Scott Blackwell | Neil Francis | Danny Doyley | Daniel Putnam | 03:22.3 | <input checked="" type="checkbox"/> |
| 2 | 6 | Team Cambridgeshire | George Baker | Ollie Francis | Richard Opong-Konadu | Ed Aston | 03:22.5 | <input checked="" type="checkbox"/> |
| 3 | 2 | Enfield & Haringey | Errol Houston | Zac Saucedo | Aaron Trim | Philip Norfolk | 03:25.9 | <input checked="" type="checkbox"/> |
| 4 | 8 | Woodford Green/Essex Ladies | Maduka Umeh | Omar Mansour | Eugene Ayanful | Martin Pitts | 03:27.1 | |
| 5 | 7 | Windsor Slough Eton & Hounslow | Marc Forrest | Kieran Edwards | Dwayne Blake | Ashley Bryant | 03:27.4 | |
| 6 | 5 | Shaftesbury Barnet Harriers | Aaron Harris | Tom O'Brien | Saul Paine | Jordan Warner | 03:29.7 | |
| 7 | 4 | Herts Phoenix AC | Josh Saydraouten | Alexander Veitch | Ian Tobin | Nathan Wake | 03:30.8 | |
| 8 | 3 | Harrow AC | Cameron Scott | Callum Towler | Sean Rynn | Dean Goodman | 03:35.1 | |

| MATCH RESULT | | | STANDINGS | | | | |
|--------------|---------------|-------|-----------|---------------|---------|---|-------|
| | League Points | Match | | League Points | Match | | |
| 1 | Bla & B | 8 | 526.0 | 1 | Bla & B | 8 | 526.0 |
| 2 | Enf & H | 7 | 479.5 | 2 | Enf & H | 7 | 479.5 |
| 3 | SBH | 6 | 452.0 | 3 | SBH | 6 | 452.0 |
| 4 | WSE&H | 5 | 433.5 | 4 | WSE&H | 5 | 433.5 |
| 5 | WGEL | 4 | 397.0 | 5 | WGEL | 4 | 397.0 |
| 6 | Harrow | 3 | 373.0 | 6 | Harrow | 3 | 373.0 |
| 7 | T Cambs | 2 | 359.0 | 7 | T Cambs | 2 | 359.0 |
| 8 | Herts P | 1 | 347.0 | 8 | Herts P | 1 | 347.0 |

National Junior Athletics League 2007

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Southern Premier Match 1 - Lee Valley Athletics Stadium

29 April 2007

| | | | | Perf | Record | Wind | AW | | | | | Perf | Wind | AW | |
|-----------------------|---|-------------------------|----------------------------|-------|----------|------|----|-----------------------|----|----------------------|-----------------------------|-------|----------|----|--|
| <u>Women's 100m A</u> | | | | Wind= | +3.1 m/s | | | <u>Women's 100m B</u> | | | | Wind= | +3.4 m/s | | |
| 1 | 5 | Perri Shakes Drayton | Shaftesbury Barnet Harrier | 11.7 | LR | W | ☑ | 1 | 11 | Serita Solomon | Blackheath & Bromley H AC | 12.1 | | ☑ | |
| 2 | 7 | Chinedu Monye | Windsor Slough Eton & Hou | 11.9 | | | ☑ | 2 | 55 | Clarice Underwood | Shaftesbury Barnet Harriers | 12.3 | | ☑ | |
| 3 | 2 | Torema Dorsett | Enfield & Haringey | 11.9 | | | ☑ | 3 | 22 | Christal Robinson | Enfield & Haringey | 12.3 | | ☑ | |
| 4 | 1 | Anike Shand-Whittingham | Blackheath & Bromley H AC | 11.9 | | | ☑ | 4 | 88 | Alicia Roberts-Brown | Woodford Green/Essex Ladi | 12.8 | | ☑ | |
| 5 | 8 | Kitty Eleyae | Woodford Green/Essex Lad | 12.1 | | | ☑ | 5 | 33 | Emma McGeehan | Harrow AC | 12.9 | | ☑ | |
| 6 | 4 | Nina Edwards | Herts Phoenix AC | 12.1 | | | ☑ | 6 | 66 | Kim Motley | Team Cambridgeshire | 12.9 | | ☑ | |
| 7 | 6 | Sharna Emanuel | Team Cambridgeshire | 12.6 | | | ☑ | 7 | 77 | Jenny Heckford | Windsor Slough Eton & Hou | 12.9 | | ☑ | |
| 8 | 3 | Dymond Smith | Harrow AC | 13.2 | | | | 8 | 44 | Nicky Burrows | Herts Phoenix AC | 13.1 | | | |

| | | | | Perf | Record | Wind | AW | | | | | Perf | Wind | AW | |
|-----------------------|---|----------------------|----------------------------|-------|----------|------|----|-----------------------|----|----------------------|-----------------------------|-------|----------|----|--|
| <u>Women's 200m A</u> | | | | Wind= | +3.7 m/s | | | <u>Women's 200m B</u> | | | | Wind= | +2.4 m/s | | |
| 1 | 5 | Perri Shakes Drayton | Shaftesbury Barnet Harrier | 23.8 | LR | W | ☑ | 1 | 11 | Danielle Annon | Blackheath & Bromley H AC | 25.5 | | ☑ | |
| 2 | 2 | Claire Triggs | Enfield & Haringey | 24.7 | | | ☑ | 2 | 22 | Rachel Telfer-James | Enfield & Haringey | 25.6 | | ☑ | |
| 3 | 4 | Laura Wake | Herts Phoenix AC | 25.0 | | | ☑ | 3 | 44 | Nina Edwards | Herts Phoenix AC | 25.9 | | ☑ | |
| 4 | 8 | Kitty Eleyae | Woodford Green/Essex Lad | 25.3 | | | ☑ | 4 | 33 | Yolanda Hutchinson | Harrow AC | 26.2 | | ☑ | |
| 5 | 1 | Amy Godsell | Blackheath & Bromley H AC | 25.7 | | | ☑ | 5 | 88 | Alicia Roberts-Brown | Woodford Green/Essex Ladi | 26.2 | | ☑ | |
| 6 | 3 | Emma McGeehan | Harrow AC | 26.7 | | | ☑ | 6 | 55 | Clarice Underwood | Shaftesbury Barnet Harriers | 26.5 | | ☑ | |
| 7 | 6 | Sharna Emanuel | Team Cambridgeshire | 26.7 | | | ☑ | 7 | 66 | Sophie Hallam | Team Cambridgeshire | 27.9 | | | |
| 8 | 7 | Emma Castle | Windsor Slough Eton & Hou | 29.2 | | | | 8 | 77 | Abigail Fudge | Windsor Slough Eton & Hou | 30.6 | | | |

| | | | | Perf | Record | Wind | AW | | | | | Perf | Wind | AW |
|-----------------------|---|-----------------|----------------------------|------|--------|------|----|-----------------------|----|------------------|-----------------------------|------|------|----|
| <u>Women's 400m A</u> | | | | | | | | <u>Women's 400m B</u> | | | | | | |
| 1 | 2 | Erica Smith | Enfield & Haringey | 58.2 | | | ☑ | 1 | 44 | Deborah Willis | Herts Phoenix AC | 60.8 | | ☑ |
| 2 | 7 | Emma Patten | Windsor Slough Eton & Hou | 59.7 | | | ☑ | 2 | 22 | Kerri Trimble | Enfield & Haringey | 61.8 | | ☑ |
| 3 | 3 | Hayley Comer | Harrow AC | 60.2 | | | ☑ | 3 | 11 | Katie Murray | Blackheath & Bromley H AC | 62.4 | | |
| 4 | 5 | Abigail Lambden | Shaftesbury Barnet Harrier | 60.7 | | | ☑ | 4 | 33 | Chloe Flowers | Harrow AC | 63.2 | | |
| 5 | 6 | Imola Asztalos | Team Cambridgeshire | 61.1 | | | ☑ | 5 | 88 | Josie Wyre | Woodford Green/Essex Ladi | 64.0 | | |
| 6 | 1 | Katrina Cosby | Blackheath & Bromley H AC | 61.5 | | | ☑ | 6 | 66 | Emily Craven | Team Cambridgeshire | 65.3 | | |
| 7 | 8 | Gemma Murray | Woodford Green/Essex Lad | 64.9 | | | | 7 | 77 | Abigail Fudge | Windsor Slough Eton & Hou | 67.3 | | |
| 8 | 4 | Claire Jaggard | Herts Phoenix AC | DNF | | | | 8 | 55 | Katie-Jo Chapman | Shaftesbury Barnet Harriers | 70.8 | | |

| | | | | Perf | Record | Wind | AW | | | | | Perf | Wind | AW |
|-----------------------|---|-------------------|----------------------------|---------|--------|------|----|-----------------------|----|-------------------|-----------------------------|---------|------|----|
| <u>Women's 800m A</u> | | | | | | | | <u>Women's 800m B</u> | | | | | | |
| 1 | 8 | Katherine Foy | Woodford Green/Essex Lad | 02:18.0 | | | ☑ | 1 | 55 | Sophie Proffitt | Shaftesbury Barnet Harriers | 02:24.5 | | ☑ |
| 2 | 3 | Linzi Fairweather | Harrow AC | 02:18.7 | | | ☑ | 2 | 33 | Philippa Lowe | Harrow AC | 02:25.4 | | |
| 3 | 6 | Harriet Arbuckle | Team Cambridgeshire | 02:19.2 | | | ☑ | 3 | 11 | Rebecca Taylor | Blackheath & Bromley H AC | 02:27.9 | | |
| 4 | 2 | Dominique Wildman | Enfield & Haringey | 02:20.8 | | | ☑ | 4 | 66 | Rebecca Burbridge | Team Cambridgeshire | 02:28.0 | | |
| 5 | 1 | Amy De Matos | Blackheath & Bromley H AC | 02:22.5 | | | ☑ | 5 | 77 | Charlotte Brunton | Windsor Slough Eton & Hou | 02:35.6 | | |
| 6 | 5 | Katherine Deal | Shaftesbury Barnet Harrier | 02:23.0 | | | ☑ | 6 | 44 | Jodie Moore | Herts Phoenix AC | 02:36.3 | | |
| 7 | 7 | Louisa Lingley | Windsor Slough Eton & Hou | 02:23.6 | | | ☑ | 7 | 88 | Lara Tembey | Woodford Green/Essex Ladi | 02:36.9 | | |
| 8 | 4 | Laura Whitehead | Herts Phoenix AC | 02:26.7 | | | | 8 | 22 | Desola Bakre | Enfield & Haringey | 02:50.3 | | |

| | | | | Perf | Record | Wind | AW | | | | | Perf | Wind | AW |
|------------------------|----|-------------------|----------------------------|---------|--------|------|----|------------------------|----|--------------------|-----------------------------|---------|------|----|
| <u>Women's 1500m A</u> | | | | | | | | <u>Women's 1500m B</u> | | | | | | |
| 1 | 6 | Lucy Dowsett | Team Cambridgeshire | 04:37.4 | | | ☑ | 1 | 7 | Melissa Bennington | Windsor Slough Eton & Hou | 05:06.8 | | |
| 2 | 1 | Bryony Proctor | Blackheath & Bromley H AC | 04:40.7 | | | ☑ | 2 | 11 | Catherine Chambers | Blackheath & Bromley H AC | 05:17.3 | | |
| 3 | 77 | Sophie Crumley | Windsor Slough Eton & Hou | 04:47.9 | | | ☑ | 3 | 55 | Chantelle Bazzoni | Shaftesbury Barnet Harriers | 05:22.3 | | |
| 4 | 4 | Charlotte Davies | Herts Phoenix AC | 04:51.8 | | | ☑ | 4 | 66 | Carrie Arkell | Team Cambridgeshire | 05:34.6 | | |
| 5 | 8 | Rebecca Oatham | Woodford Green/Essex Lad | 04:55.6 | | | ☑ | 5 | 3 | Sarah Brown | Harrow AC | 05:51.8 | | |
| 6 | 2 | Hannah Brown | Enfield & Haringey | 05:14.5 | | | | 6 | 44 | Danielle Cracknell | Herts Phoenix AC | 05:59.6 | | |
| 7 | 5 | Rebecca Gardener | Shaftesbury Barnet Harrier | 05:20.3 | | | | 7 | 22 | Sharon Walsh | Enfield & Haringey | DNF | | |
| 8 | 33 | Linzi Fairweather | Harrow AC | 05:44.4 | | | | 8 | | | | | | |

| | | | | Perf | Record | Wind | AW | | | | | Perf | Wind | AW |
|--------------------------------|---|-----------------|----------------------------|----------|--------|------|----|--------------------------------|----|---------------|---------------------------|----------|------|----|
| <u>Women's 1500m S/Chase A</u> | | | | | | | | <u>Women's 1500m S/Chase B</u> | | | | | | |
| 1 | 2 | Laura Parker | Enfield & Haringey | 05:16.10 | LR | | ☑ | 1 | 88 | Katherine Foy | Woodford Green/Essex Ladi | 06:20.80 | | ☑ |
| 2 | 5 | Lucy Yates | Shaftesbury Barnet Harrier | 05:27.60 | | | ☑ | 2 | | | | | | |
| 3 | 6 | Ellie Schofield | Team Cambridgeshire | 05:35.00 | | | ☑ | 3 | | | | | | |
| 4 | 3 | Amy Concannon | Harrow AC | 05:44.30 | | | ☑ | 4 | | | | | | |
| 5 | 1 | Amy De Matos | Blackheath & Bromley H AC | 05:46.00 | | | ☑ | 5 | | | | | | |
| 6 | 8 | Amelia Holford | Woodford Green/Essex Lad | 06:00.80 | | | ☑ | 6 | | | | | | |
| 7 | 4 | Jodie Moore | Herts Phoenix AC | 06:03.80 | | | ☑ | 7 | | | | | | |
| 8 | | | | | | | | 8 | | | | | | |

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Southern Premier Match 1 - Lee Valley Athletics Stadium

29 April 2007

| | Perf | Record | Wind | AW | | Perf | Wind | AW | | |
|--|------|----------------------|----------------------------|---------|--|------|------|---------------------|-----------------------------|---------|
| Women's 3000m A | | | | | Women's 3000m B | | | | | |
| 1 | 6 | Gemma Coe | Team Cambridgeshire | 10:39.9 | | 1 | 33 | Sarah Brown | Harrow AC | 11:10.8 |
| 2 | 3 | Leigh Lattimore | Harrow AC | 10:42.0 | | 2 | 7 | Yazmin Lala | Windsor Slough Eton & Hou | 11:16.5 |
| 3 | 77 | Rachel Steadman | Windsor Slough Eton & Hou | 11:16.3 | | 3 | 88 | Jessica Docking | Woodford Green/Essex Ladi | 12:01.0 |
| 4 | 8 | Kavita Solder | Woodford Green/Essex Lad | 11:34.2 | | 4 | 55 | Hannah Johnson3 | Shaftesbury Barnet Harriers | 13:22.1 |
| 5 | 5 | Emma Layton | Shaftesbury Barnet Harrier | 11:46.3 | | 5 | | | | |
| 6 | 1 | Rebecca Smith | Blackheath & Bromley H AC | 11:56.8 | | 6 | | | | |
| 7 | 2 | Sarah Burdett | Enfield & Haringey | 12:09.3 | | 7 | | | | |
| 8 | | | | | | 8 | | | | |
| Women's 400m Hurdles A | | | | | Women's 400m Hurdles B | | | | | |
| 1 | 1 | Katie Murray | Blackheath & Bromley H AC | 65.2 | | 1 | 11 | Sarah McLellan | Blackheath & Bromley H AC | 65.8 |
| 2 | 4 | Emily Stevens | Herts Phoenix AC | 67.0 | | 2 | 77 | Cassie Bardell | Windsor Slough Eton & Hou | 68.9 |
| 3 | 7 | Nicola Jelly | Windsor Slough Eton & Hou | 67.2 | | 3 | 44 | Hayley Kruse | Herts Phoenix AC | 71.6 |
| 4 | 3 | Hayley Comer | Harrow AC | 67.6 | | 4 | 33 | Chloe Flowers | Harrow AC | 72.9 |
| 5 | 6 | Emily Moss | Team Cambridgeshire | 68.8 | | 5 | 66 | Sam Eve | Team Cambridgeshire | 73.1 |
| 6 | 2 | Desola Bakre | Enfield & Haringey | 71.7 | | 6 | 88 | Natasha Clulow | Woodford Green/Essex Ladies | |
| 7 | 8 | Laura Gnanapragasam | Woodford Green/Essex Lad | 71.7 | | 7 | | | | |
| 8 | 5 | Lucy Yates | Shaftesbury Barnet Harrier | 82.0 | | 8 | | | | |
| Women's 100m Hurdles A Wind= +2.1 m/s | | | | | Women's 100m Hurdles B Wind= +2.1 m/s | | | | | |
| 1 | 1 | Serita Solomon | Blackheath & Bromley H AC | 14.2 | | 1 | 77 | Rose Reynolds | Windsor Slough Eton & Hou | 14.9 |
| 2 | 7 | Jenny Heckford | Windsor Slough Eton & Hou | 15.5 | | 2 | 44 | Nicky Burrows | Herts Phoenix AC | 15.5 |
| 3 | 6 | Kim Motley | Team Cambridgeshire | 15.9 | | 3 | 11 | Jo Wood | Blackheath & Bromley H AC | 17.3 |
| 4 | 4 | Natalie Farman | Herts Phoenix AC | 16.1 | | 4 | 88 | Laura Gnanapragasam | Woodford Green/Essex Ladi | 17.8 |
| 5 | 2 | Becky Sanders-Clarke | Enfield & Haringey | 16.3 | | 5 | 66 | Emily Craven | Team Cambridgeshire | 20.0 |
| 6 | 3 | Katie James | Harrow AC | 17.5 | | 6 | | | | |
| 7 | 8 | Eloise Wyre | Woodford Green/Essex Lad | 19.1 | | 7 | | | | |
| 8 | | | | | | 8 | | | | |
| Women's Hammer A | | | | | Women's Hammer B | | | | | |
| 1 | 8 | Sarah Smith | Woodford Green/Essex Lad | 43.79 | | 1 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 17.52 |
| 2 | 6 | Alice Forster | Team Cambridgeshire | 34.29 | | 2 | 44 | Hayley Kruse | Herts Phoenix AC | 16.83 |
| 3 | 7 | Nasya Harvey | Windsor Slough Eton & Hou | 31.72 | | 3 | 22 | Izzy Krassismenou | Enfield & Haringey | 9.48 |
| 4 | 4 | Katie Parker | Herts Phoenix AC | 28.39 | | 4 | 33 | Hollie Hamilton | Harrow AC | 3.66 |
| 5 | 5 | Briony Phillips | Shaftesbury Barnet Harrier | 24.13 | | 5 | | | | |
| 6 | 11 | Shauangh Brown | Blackheath & Bromley H AC | 23.49 | | 6 | | | | |
| 7 | 2 | Sharifa Brown | Enfield & Haringey | 16.59 | | 7 | | | | |
| 8 | 3 | Emma McGeehan | Harrow AC | 8.68 | | 8 | | | | |
| Women's Discus A | | | | | Women's Discus B | | | | | |
| 1 | 1 | Shauangh Brown | Blackheath & Bromley H AC | 43.17 | | 1 | 11 | Flo Clark | Blackheath & Bromley H AC | 35.02 |
| 2 | 5 | Briony Phillips | Shaftesbury Barnet Harrier | 34.66 | | 2 | 4 | Katie Parker | Herts Phoenix AC | 23.17 |
| 3 | 2 | Sharifa Brown | Enfield & Haringey | 29.48 | | 3 | 77 | Nasya Harvey | Windsor Slough Eton & Hou | 21.93 |
| 4 | 7 | Joanna Botwright | Windsor Slough Eton & Hou | 27.82 | | 4 | 22 | Izzy Krassismenou | Enfield & Haringey | 20.48 |
| 5 | 44 | Peta Lundgren | Herts Phoenix AC | 24.56 | | 5 | 88 | Samantha Moodie | Woodford Green/Essex Ladi | 16.80 |
| 6 | 6 | Alice Forster | Team Cambridgeshire | 23.98 | | 6 | 33 | Hollie Hamilton | Harrow AC | 13.30 |
| 7 | 8 | Eloise Wyre | Woodford Green/Essex Lad | 19.58 | | 7 | | | | |
| 8 | 3 | Chloe Flowers | Harrow AC | 14.40 | | 8 | | | | |
| Women's Javelin A | | | | | Women's Javelin B | | | | | |
| 1 | 4 | Peta Lundgren | Herts Phoenix AC | 42.32 | | 1 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 22.16 |
| 2 | 3 | Chelsey Raysbrook | Harrow AC | 33.76 | | 2 | 2 | Sharifa Brown | Enfield & Haringey | 21.59 |
| 3 | 5 | Briony Phillips | Shaftesbury Barnet Harrier | 33.02 | | 3 | 44 | Laura Wake | Herts Phoenix AC | 21.00 |
| 4 | 6 | Sophie Hallam | Team Cambridgeshire | 32.43 | | 4 | 33 | Hayley Comer | Harrow AC | 18.85 |
| 5 | 22 | Laura Jackson | Enfield & Haringey | 30.52 | | 5 | 11 | Katherine Jones | Blackheath & Bromley H AC | 16.95 |
| 6 | 1 | Frances Athawes | Blackheath & Bromley H AC | 25.64 | | 6 | 8 | Vikki Taylor | Woodford Green/Essex Ladi | 15.32 |
| 7 | 88 | Chloe Galloway | Woodford Green/Essex Lad | 24.30 | | 7 | 7 | Cassie Bardell | Windsor Slough Eton & Hou | 14.72 |
| 8 | 77 | Jo Debs | Windsor Slough Eton & Hou | 18.52 | | 8 | 66 | Leah Parsons | Team Cambridgeshire | 11.01 |

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Southern Premier Match 1 - Lee Valley Athletics Stadium

Perf Record Wind AW 29 April 2007

Perf Wind AW

Women's Shot Putt A

| | | | | | | | |
|---|----|-----------------|----------------------------|-------|--|--|---|
| 1 | 1 | Shauangh Brown | Blackheath & Bromley H AC | 12.85 | | | ☑ |
| 2 | 5 | Briony Phillips | Shaftesbury Barnet Harrier | 12.07 | | | ☑ |
| 3 | 6 | Alice Forster | Team Cambridgeshire | 10.58 | | | ☑ |
| 4 | 8 | Sarah Smith | Woodford Green/Essex Lad | 10.19 | | | ☑ |
| 5 | 4 | Peta Lundgren | Herts Phoenix AC | 9.28 | | | |
| 6 | 2 | Sharifa Brown | Enfield & Haringey | 8.59 | | | |
| 7 | 77 | Nasya Harvey | Windsor Slough Eton & Hou | 8.10 | | | |
| 8 | 3 | Hayley Comer | Harrow AC | 7.61 | | | |

Women's Shot Putt B

| | | | | | | | |
|---|----|----------------------|-----------------------------|-------|--|--|---|
| 1 | 11 | Charlotte Walden-Day | Blackheath & Bromley H AC | 10.45 | | | ☑ |
| 2 | 44 | Claire Jaggard | Herts Phoenix AC | 8.80 | | | |
| 3 | 88 | Clare Bond | Woodford Green/Essex Ladi | 8.80 | | | |
| 4 | 66 | Ellie Rhodes | Team Cambridgeshire | 8.75 | | | |
| 5 | 7 | Nina Harvey | Windsor Slough Eton & Hou | 7.75 | | | |
| 6 | 22 | Izzy Krassimenou | Enfield & Haringey | 6.68 | | | |
| 7 | 33 | Hollie Hamilton | Harrow AC | 6.59 | | | |
| 8 | 55 | Michelle Tuvey | Shaftesbury Barnet Harrier: | 6.26 | | | |

Women's Long Jump A

| | | | | | | | |
|---|----|-----------------|----------------------------|------|------|---|--|
| 1 | 8 | Hannah Frankson | Woodford Green/Essex Lad | 5.84 | +1.5 | ☑ | |
| 2 | 1 | Emily Martin | Blackheath & Bromley H AC | 5.67 | +3.3 | ☑ | |
| 3 | 5 | Amanda Ranger | Shaftesbury Barnet Harrier | 5.40 | +2.9 | ☑ | |
| 4 | 4 | Danielle Currie | Herts Phoenix AC | 4.97 | +2.3 | | |
| 5 | 22 | Yemi Bello | Enfield & Haringey | 4.93 | +4.1 | | |
| 6 | 77 | Jo Debs | Windsor Slough Eton & Hou | 4.68 | +3.0 | | |
| 7 | 6 | Emily Moss | Team Cambridgeshire | 4.56 | +2.2 | | |
| 8 | 3 | Katie James | Harrow AC | 4.51 | +3.2 | | |

Women's Long Jump B

| | | | | | | | |
|---|----|-------------------|-----------------------------|------|------|---|--|
| 1 | 88 | Kitty Eleyae | Woodford Green/Essex Ladi | 5.52 | +1.8 | ☑ | |
| 2 | 11 | Isobel Ivy | Blackheath & Bromley H AC | 5.30 | +1.5 | ☑ | |
| 3 | 55 | Jade Attoh | Shaftesbury Barnet Harrier: | 4.92 | +2.6 | | |
| 4 | 2 | Davinia Houston | Enfield & Haringey | 4.90 | +2.6 | | |
| 5 | 44 | Katie Grehan | Herts Phoenix AC | 4.74 | +2.1 | | |
| 6 | 7 | Rose Reynolds | Windsor Slough Eton & Hou | 4.59 | +3.9 | | |
| 7 | 66 | Nichola Gibson | Team Cambridgeshire | 4.22 | +3.1 | | |
| 8 | 33 | Linzi Fairweather | Harrow AC | 3.74 | +3.0 | | |

Women's Triple Jump A

| | | | | | | | |
|---|----|---------------------|----------------------------|-------|------|---|--|
| 1 | 22 | Davinia Houston | Enfield & Haringey | 12.36 | +2.2 | ☑ | |
| 2 | 8 | Hannah Frankson | Woodford Green/Essex Lad | 11.94 | +2.6 | ☑ | |
| 3 | 5 | Amanda Ranger | Shaftesbury Barnet Harrier | 11.88 | +2.4 | ☑ | |
| 4 | 11 | Jade Castell-Thomas | Blackheath & Bromley H AC | 11.04 | +2.0 | ☑ | |
| 5 | 66 | Ellie Rhodes | Team Cambridgeshire | 10.63 | +0.8 | ☑ | |
| 6 | 4 | Hayley Kruse | Herts Phoenix AC | 10.14 | +3.0 | ☑ | |
| 7 | 7 | Jenny Heckford | Windsor Slough Eton & Hou | 9.96 | +0.7 | | |
| 8 | 3 | Chloe Flowers | Harrow AC | 9.96 | +1.4 | | |

Women's Triple Jump B

| | | | | | | | |
|---|----|----------------|-----------------------------|-------|------|---|--|
| 1 | 55 | Jade Attoh | Shaftesbury Barnet Harrier: | 11.04 | +0.9 | ☑ | |
| 2 | 1 | Lauren Blackie | Blackheath & Bromley H AC | 10.94 | +2.4 | ☑ | |
| 3 | 2 | Desola Bakre | Enfield & Haringey | 10.78 | +2.2 | ☑ | |
| 4 | 44 | Natalie Farman | Herts Phoenix AC | 10.12 | +2.6 | ☑ | |
| 5 | 77 | Jo Debs | Windsor Slough Eton & Hou | 9.76 | +0.5 | | |
| 6 | 6 | Emily Moss | Team Cambridgeshire | 9.71 | +3.2 | | |
| 7 | 88 | Gemma Murray | Woodford Green/Essex Ladi | 8.88 | +1.8 | | |
| 8 | 33 | Katie James | Harrow AC | 8.46 | +0.9 | | |

Women's High Jump A

| | | | | | | | |
|----|----|----------------------|----------------------------|------|--|---|--|
| 1 | 3 | Eloise Newman | Harrow AC | 1.70 | | ☑ | |
| 2 | 4 | Natalie Farman | Herts Phoenix AC | 1.60 | | ☑ | |
| 3 | 8 | Chloe Galloway | Woodford Green/Essex Lad | 1.60 | | ☑ | |
| 4 | 1 | Charlotte Walden-Day | Blackheath & Bromley H AC | 1.55 | | ☑ | |
| 5= | 7 | Chanel Taite | Windsor Slough Eton & Hou | 1.55 | | ☑ | |
| 5= | 22 | Jasmin Hicks | Enfield & Haringey | 1.55 | | ☑ | |
| 7 | 55 | Abigail Lambden | Shaftesbury Barnet Harrier | 1.45 | | | |
| 8 | 6 | Emily Moss | Team Cambridgeshire | 1.40 | | | |

Women's High Jump B

| | | | | | | | |
|---|----|--------------------|---------------------------|------|--|---|--|
| 1 | 44 | Hayley Kruse | Herts Phoenix AC | 1.55 | | ☑ | |
| 2 | 88 | Natasha Matthews | Woodford Green/Essex Ladi | 1.50 | | | |
| 3 | 2 | Yemi Bello | Enfield & Haringey | 1.50 | | | |
| 4 | 11 | Emily Martin | Blackheath & Bromley H AC | 1.45 | | | |
| 5 | 77 | Jo Debs | Windsor Slough Eton & Hou | 1.40 | | | |
| 6 | 66 | Sophie Hallam | Team Cambridgeshire | 1.35 | | | |
| 7 | 33 | Yolanda Hutchinson | Harrow AC | 1.25 | | | |

Women's Pole Vault A

| | | | | | | | |
|---|---|--------------|---------------------------|------|--|---|--|
| 1 | 1 | Emily Godley | Blackheath & Bromley H AC | 3.35 | | ☑ | |
| 2 | 2 | Jasmin Hicks | Enfield & Haringey | 3.20 | | ☑ | |
| 3 | 4 | Laura Wake | Herts Phoenix AC | 2.15 | | | |
| 4 | 8 | Eloise Wyre | Woodford Green/Essex Lad | 2.00 | | | |

Women's Pole Vault B

| | | | | | | | |
|---|----|----------------|---------------------------|------|--|---|--|
| 1 | 11 | Rachel Arnheim | Blackheath & Bromley H AC | 3.20 | | ☑ | |
| 2 | 22 | Sarah Gibson | Enfield & Haringey | 2.60 | | ☑ | |
| 3 | 44 | Nicky Burrows | Herts Phoenix AC | 1.85 | | | |

Women's 4x100m Relay

| | | | | | | | | |
|---|---|-------------------------------|-------------------|----------------------|------------------|-------------------------|------|---|
| 1 | 2 | Enfield & Haringey | Torema Dorsett | Christal Robinson | Ruth-Ann Watson | Rachel Telfer-James | 46.6 | ☑ |
| 2 | 1 | Blackheath & Bromley H AC | Serita Solomon | Amy Godsell | Grace Sheppard | Anike Shand-Whittingham | 47.6 | ☑ |
| 3 | 5 | Shaftesbury Barnet Harriers | Clarice Underwood | Amanda Ranger | Jade Attoh | Perri Shakes Drayton | 49.4 | ☑ |
| 4 | 8 | Woodford Green/Essex Ladies | Hannah Frankson | Alicia Roberts-Brown | Natasha Matthews | Kitty Eleyae | 49.8 | ☑ |
| 5 | 4 | Herts Phoenix AC | Nicky Burrows | Laura Wake | Katie Grehan | Nina Edwards | 50.1 | ☑ |
| 6 | 3 | Harrow AC | Emma McGeehan | Dymond Smith | Katie James | Yolanda Hutchinson | 50.9 | ☑ |
| 7 | 6 | Team Cambridgeshire | - | Sharna Emanuel | Kim Motley | Leah Parsons | 53.2 | |
| 8 | 7 | Windsor Slough Eton & Hounslo | Chanel Taite | Jenny Heckford | Jo Debs | Charlotte Brunton | 53.6 | |

Southern Premier Match 1 - Lee Valley Athletics Stadium

29 April 2007

Women's 4x400m Relay

| | Perf | Record | Wind | AW | | Perf | Wind | AW |
|---|------|-------------------------------|---------------------|------------------|-------------------|----------------|---------|-------------------------------------|
| 1 | 1 | Blackheath & Bromley H AC | Jessica Harding | Katrina Cosby | Sarah McLellan | Isobel Ivy | 04:02.0 | <input checked="" type="checkbox"/> |
| 2 | 7 | Windsor Slough Eton & Hounslo | Cassie Bardell | Rachel Steadman | Nicola Jelly | Emma Patten | 04:09.4 | <input checked="" type="checkbox"/> |
| 3 | 4 | Herts Phoenix AC | Emily Stevens | Charlotte Davies | Natalie Farman | Deborah Willis | 04:09.5 | <input checked="" type="checkbox"/> |
| 4 | 5 | Shaftesbury Barnet Harriers | Sophie Proffitt | Katherine Deal | Abigail Lambden | Lucy Yates | 04:09.8 | <input checked="" type="checkbox"/> |
| 5 | 6 | Team Cambridgeshire | Emily Moss | Sam Eve | Harriet Arbuckle | Imola Asztalos | 04:10.5 | <input checked="" type="checkbox"/> |
| 6 | 2 | Enfield & Haringey | Claire Triggs | Kerri Trimble | Dominique Wildman | Erica Smith | 04:11.5 | <input checked="" type="checkbox"/> |
| 7 | 3 | Harrow AC | Linzi Fairweather | Leigh Lattimore | Chloe Flowers | Philippa Lowe | 04:12.5 | <input checked="" type="checkbox"/> |
| 8 | 8 | Woodford Green/Essex Ladies | Laura Gnanapragasam | Josie Wyre | Gemma Murray | Chloe Galloway | 04:25.3 | <input checked="" type="checkbox"/> |

National Juniors Athletics League 2006

Southern Premier Match 1 - Lee Valley Athletics Stadium

29 April 2007

| Events | Bla & B | | Enf & H | | Harrow | | Herts P | | SBH | | T Cambs | | WSE&H | | WGEL | | UNUSED | | TOTAL | |
|---------------------|---------|----|---------|----|--------|----|---------|----|-----|----|---------|----|-------|----|------|----|--------|-----|-------|-----|
| Men's 100m | 8 | 5 | 9 | 4 | 4 | 2 | 3 | 1 | 11 | 7 | 5 | 6 | 6 | 9 | 7 | 3 | | | 53 | 37 |
| Men's 200m | 11 | 6 | 9 | 9 | 6 | 2 | 3 | 4 | 7 | 7 | 4 | 3 | 5 | 5 | 8 | 1 | | | 53 | 37 |
| Men's 400m | 6 | 7 | 11 | 9 | 3 | 1 | 7 | 4 | 4 | 3 | 8 | 5 | 5 | 6 | 9 | 2 | | | 53 | 37 |
| Men's 800m | 3 | 5 | 11 | 7 | 7 | 3 | 5 | 1 | 9 | 9 | 4 | 4 | 6 | 2 | 8 | 6 | | | 53 | 37 |
| Men's 1500m | 7 | 7 | 9 | 2 | 6 | 3 | 3 | 4 | 8 | 6 | 4 | 5 | 11 | 9 | 5 | | 1 | | 53 | 37 |
| Men's 2000m S/Chase | 9 | 7 | 11 | 9 | 8 | 6 | 5 | | 7 | | 6 | | 4 | | | | 3 | 15 | 53 | 37 |
| Men's 3000m | 7 | 7 | 4 | 3 | 8 | 6 | 3 | 2 | 6 | 1 | 5 | 4 | 11 | 5 | 9 | 9 | | | 53 | 37 |
| Men's 400m Hurdles | 5 | 3 | 9 | 9 | 11 | 7 | 6 | 5 | 4 | 4 | 8 | | 7 | 6 | | | 3 | 3 | 53 | 37 |
| Men's 110m Hurdles | 11 | 6 | 8 | 9 | 4 | 3 | 5 | | 6 | 4 | | | 7 | 5 | 9 | 7 | 3 | 3 | 53 | 37 |
| Men's Hammer | 11 | 7 | 8 | 6 | 7 | 3 | | | 9 | 9 | 4 | 5 | 6 | 4 | 5 | 2 | 3 | 1 | 53 | 37 |
| Men's Discus | 8 | 5 | 3 | | 6 | 4 | 4 | 2 | 11 | 6 | 5 | 7 | 7 | 3 | 9 | 9 | | 1 | 53 | 37 |
| Men's Javelin | 4 | 2 | 6 | 5 | 3 | 3 | 5 | | 8 | 4 | 7 | 7 | 11 | 9 | 9 | 6 | | 1 | 53 | 37 |
| Men's Shot Putt | 11 | 6 | 5 | 2 | 4 | 5 | 3 | | 7 | 3 | 9 | 7 | 6 | 4 | 8 | 9 | | 1 | 53 | 37 |
| Men's Long Jump | 3 | 2 | 11 | 3 | 5 | 6 | 7 | 4 | 9 | 9 | 8 | 7 | 6 | 5 | 4 | | | 1 | 53 | 37 |
| Men's Triple Jump | 8 | 7 | 6 | 5 | 9 | 6 | 5 | | 11 | 9 | 7 | | 4 | 4 | | | 3 | 6 | 53 | 37 |
| Men's High Jump | 8 | 5 | 6 | 2 | 3 | 3 | 5 | 7 | 4 | 6 | 7 | | 11 | 9 | 9 | 4 | | 1 | 53 | 37 |
| Men's Pole Vault | 11 | | 6 | 7 | 9 | 6 | | | 7 | | | | 8 | 9 | | | 12 | 15 | 53 | 37 |
| Men's 4x100m Relay | 8 | | 11 | | 5 | | 3 | | 9 | | 6 | | 7 | | 4 | | | 37 | 53 | 37 |
| Men's 4x400m Relay | 11 | | 8 | | 3 | | 4 | | 5 | | 9 | | 6 | | 7 | | | 37 | 53 | 37 |
| | 150 | 87 | 151 | 91 | 111 | 69 | 76 | 34 | 142 | 87 | 106 | 60 | 134 | 94 | 110 | 58 | 27 | 123 | 1007 | 703 |

| Match Summary | Bla & B | Enf & H | Harrow | Herts P | SBH | T Cambs | WSE&H | WGEL | UNUSED | TOTAL |
|------------------|---------|---------|--------|---------|-------|---------|-------|-------|--------|--------|
| Teams | 491.0 | 444.5 | 338.0 | 312.0 | 417.0 | 324.0 | 398.5 | 362.0 | 302.0 | 3389.0 |
| Officials Points | 35.0 | 35.0 | 35.0 | 35.0 | 35.0 | 35.0 | 35.0 | 35.0 | 280.0 | 560.0 |
| Total | 526.0 | 479.5 | 373.0 | 347.0 | 452.0 | 359.0 | 433.5 | 397.0 | 582.0 | 3949.0 |
| Match Position | 1 | 2 | 6 | 8 | 3 | 7 | 4 | 5 | | |
| League Points | 8 | 7 | 3 | 1 | 6 | 2 | 5 | 4 | | |

| Standings | Bla & B | Enf & H | Harrow | Herts P | SBH | T Cambs | WSE&H | WGEL |
|------------------|---------|---------|--------|---------|-------|---------|-------|-------|
| League Points | 8.0 | 7.0 | 3.0 | 1.0 | 6.0 | 2.0 | 5.0 | 4.0 |
| Match Points | 526.0 | 479.5 | 373.0 | 347.0 | 452.0 | 359.0 | 433.5 | 397.0 |
| League Positions | 1 | 2 | 6 | 8 | 3 | 7 | 4 | 5 |

National Juniors Athletics League 2006

Southern Premier Match 1 - Lee Valley Athletics Stadium

29 April 2007

| Events | Bla & B | | Enf & H | | Harrow | | Herts P | | SBH | | T Cambs | | WSE&H | | WGEL | | UNUSED | | TOTAL | |
|-----------------------|---------|-----|---------|----|--------|----|---------|----|-------|----|---------|----|-------|----|-------|----|--------|-----|--------|-----|
| Women's 100m | 7 | 9 | 8 | 6 | 3 | 4 | 5 | 1 | 11 | 7 | 4 | 3 | 9 | 2 | 6 | 5 | | | 53 | 37 |
| Women's 200m | 6 | 9 | 9 | 7 | 5 | 5 | 8 | 6 | 11 | 3 | 4 | 2 | 3 | 1 | 7 | 4 | | | 53 | 37 |
| Women's 400m | 5 | 6 | 11 | 7 | 8 | 5 | | 9 | 7 | 1 | 6 | 3 | 9 | 2 | 4 | 4 | 3 | | 53 | 37 |
| Women's 800m | 6 | 6 | 7 | 1 | 9 | 7 | 3 | 3 | 5 | 9 | 8 | 5 | 4 | 4 | 11 | 2 | | | 53 | 37 |
| Women's 1500m | 9 | 7 | 5 | | 3 | 4 | 7 | 3 | 4 | 6 | 11 | 5 | 8 | 9 | 6 | | 3 | | 53 | 37 |
| Women's 1500m S/Chase | 6 | | 11 | | 7 | | 4 | | 9 | | 8 | | | 5 | 9 | | | | 50 | 9 |
| Women's 3000m | 5 | | 4 | | 9 | 9 | | | 6 | 5 | 11 | | 8 | 7 | 7 | 6 | 3 | 10 | 53 | 37 |
| Women's 400m Hurdles | 11 | 9 | 5 | | 7 | 5 | 9 | 6 | 3 | | 6 | 4 | 8 | 7 | 4 | 3 | | 3 | 53 | 37 |
| Women's 100m Hurdles | 11 | 6 | 6 | | 5 | | 7 | 7 | | | 8 | 4 | 9 | 9 | 4 | 5 | 3 | 6 | 53 | 37 |
| Women's Hammer | 5 | | 4 | 6 | 3 | 5 | 7 | 7 | 6 | 9 | 9 | | 8 | | 11 | | | 10 | 53 | 37 |
| Women's Discus | 11 | 9 | 8 | 5 | 3 | 3 | 6 | 7 | 9 | | 5 | | 7 | 6 | 4 | 4 | | 3 | 53 | 37 |
| Women's Javelin | 5 | 4 | 6 | 7 | 9 | 5 | 11 | 6 | 8 | 9 | 7 | 1 | 3 | 2 | 4 | 3 | | | 53 | 37 |
| Women's Shot Putt | 11 | 9 | 5 | 3 | 3 | 2 | 6 | 7 | 9 | 1 | 8 | 5 | 4 | 4 | 7 | 6 | | | 53 | 37 |
| Women's Long Jump | 9 | 7 | 6 | 5 | 3 | 1 | 7 | 4 | 8 | 6 | 4 | 2 | 5 | 3 | 11 | 9 | | | 53 | 37 |
| Women's Triple Jump | 7 | 7 | 11 | 6 | 3 | 1 | 5 | 5 | 8 | 9 | 6 | 3 | 4 | 4 | 9 | 2 | | | 53 | 37 |
| Women's High Jump | 7 | 5 | 5.5 | 6 | 11 | 2 | 9 | 9 | 4 | | 3 | 3 | 5.5 | 4 | 8 | 7 | | 1 | 53 | 37 |
| Women's Pole Vault | 11 | 9 | 9 | 7 | | | 8 | 6 | | | | | | | 7 | | 18 | 15 | 53 | 37 |
| Women's 4x100m Relay | 9 | | 11 | | 5 | | 6 | | 8 | | 4 | | 3 | | 7 | | | 37 | 53 | 37 |
| Women's 4x400m Relay | 11 | | 5 | | 4 | | 8 | | 7 | | 6 | | 9 | | 3 | | | 37 | 53 | 37 |
| | 152 | 102 | 137 | 66 | 100 | 58 | 116 | 86 | 123 | 65 | 118 | 40 | 107 | 64 | 125 | 69 | 27 | 125 | 1004 | 675 |
| Match Summary | Bla & B | | Enf & H | | Harrow | | Herts P | | SBH | | T Cambs | | WSE&H | | WGEL | | UNUSED | | TOTAL | |
| Teams | 254.0 | | 202.5 | | 158.0 | | 202.0 | | 188.0 | | 158.0 | | 170.5 | | 194.0 | | 152.0 | | 1679.0 | |
| Officials Points | | | | | | | | | | | | | | | | | | | | |
| Total | 254.0 | | 202.5 | | 158.0 | | 202.0 | | 188.0 | | 158.0 | | 170.5 | | 194.0 | | 152.0 | | 1679.0 | |
| Match Position | 1 | | 2 | | 8 | | 3 | | 5 | | 7 | | 6 | | 4 | | | | | |
| League Points | 8 | | 7 | | 1 | | 6 | | 4 | | 2 | | 3 | | 5 | | | | | |

| Standings | Bla & B | | Enf & H | | Harrow | | Herts P | | SBH | | T Cambs | | WSE&H | | WGEL | |
|------------------|---------|--|---------|--|--------|--|---------|--|-------|--|---------|--|-------|--|-------|--|
| League Points | 8.0 | | 7.0 | | 1.0 | | 6.0 | | 4.0 | | 2.0 | | 3.0 | | 5.0 | |
| Match Points | 254.0 | | 202.5 | | 158.0 | | 202.0 | | 188.0 | | 158.0 | | 170.5 | | 194.0 | |
| League Positions | 1 | | 2 | | 8 | | 3 | | 5 | | 7 | | 6 | | 4 | |

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|----------------------------|-----------|---------------|-----------|--------------------------------|-------------------|--------|---|---|
| EVENT | | Men's Hammer | | TIME | | 11:00 | | RECORD | | 23/04/2006 | | A Smith, Sale Harriers, 68.26m | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 1 | Alistair Williamson | Blackheath & Bromley H AC | NT | 56.32 | 59.38 | 59.38 | 1 | 58.69 | 60.52 | 61.06 | 61.06 | 1 | A | 1 | |
| 2 | 2 | Jamaro Nooks | Enfield & Haringey | 49.69 | 51.23 | 52.18 | 52.18 | 5 | 51.23 | WDRAW | | 52.18 | 5 | A | 3 | |
| 3 | 3 | James Chapman | Harrow AC | NT | 43.15 | 43.42 | 43.42 | 7 | | | | 43.42 | 7 | A | 4 | |
| 4 | 4 | - | Herts Phoenix AC | | | | | | | | | | | | | |
| 5 | 8 | Matthew Baptiste | Woodford Green/Essex Lad | 38.86 | NT | 40.89 | 40.89 | 9 | | | | 40.89 | 9 | A | 6 | |
| 6 | 7 | Robert Cramb | Windsor Slough Eton & Hou | 42.86 | NT | NT | 42.86 | 8 | | | | 42.86 | 8 | A | 5 | |
| 7 | 6 | Adam Jackson | Team Cambridgeshire | NT | NT | 33.02 | 33.02 | 10 | | | | 33.02 | 10 | A | 7 | |
| 8 | 5 | Chris Bennett | Shaftesbury Barnet Harriers | 57.76 | NT | 58.32 | 58.32 | 2 | 55.72 | 58.18 | 58.70 | 58.70 | 2 | A | 2 | |
| 9 | 11 | Richard Alameen | Blackheath & Bromley H AC | 52.27 | NT | NT | 52.27 | 4 | NT | NT | | 52.27 | 4 | B | | 2 |
| 10 | 22 | Danny Farenden | Enfield & Haringey | 44.23 | NT | 48.29 | 48.29 | 6 | WDRAW | | | 48.29 | 6 | B | | 3 |
| 11 | 33 | Theo Burton | Harrow AC | NT | 20.67 | WDRAW | 20.67 | 13 | | | | 20.67 | 13 | B | | 6 |
| 12 | 44 | - | Herts Phoenix AC | | | | | | | | | | | | | |
| 13 | 88 | Chris Linque | Woodford Green/Essex Lad | 14.30 | WDRAW | | 14.30 | 14 | | | | 14.30 | 14 | B | | 7 |
| 14 | 77 | David Melliush | Windsor Slough Eton & Hou | NT | NT | 24.46 | 24.46 | 12 | | | | 24.46 | 12 | B | | 5 |
| 15 | 66 | Paul Hayball | Team Cambridgeshire | 24.26 | 26.74 | 28.29 | 28.29 | 11 | | | | 28.29 | 11 | B | | 4 |
| 16 | 55 | Chris Scott | Shaftesbury Barnet Harriers | 54.10 | 54.65 | 53.39 | 54.65 | 3 | NT | 55.02 | 56.44 | 56.44 | 3 | B | | 1 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|---------------------|-----------------------------|----------|-------------------|-----|-----------------|--------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 1 | Alistair Williamson | Blackheath & Bromley H AC | 61.06 | 1 | 55 | Chris Scott | Shaftesbury Barnet Harriers | 56.44 | | |
| 2 | 5 | Chris Bennett | Shaftesbury Barnet Harriers | 58.70 | 2 | 11 | Richard Alameen | Blackheath & Bromley H AC | 52.27 | | |
| 3 | 2 | Jamaro Nooks | Enfield & Haringey | 52.18 | 3 | 22 | Danny Farenden | Enfield & Haringey | 48.29 | | |
| 4 | 3 | James Chapman | Harrow AC | 43.42 | 4 | 66 | Paul Hayball | Team Cambridgeshire | 28.29 | | |
| 5 | 7 | Robert Cramb | Windsor Slough Eton & Houn | 42.86 | 5 | 77 | David Melliush | Windsor Slough Eton & Hounslow | 24.46 | | |
| 6 | 8 | Matthew Baptiste | Woodford Green/Essex Ladies | 40.89 | 6 | 33 | Theo Burton | Harrow AC | 20.67 | REFEREE'S SIGNATURE | |
| 7 | 6 | Adam Jackson | Team Cambridgeshire | 33.02 | 7 | 88 | Chris Linque | Woodford Green/Essex Ladies | 14.30 | | |
| 8 | | | | | 8 | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|----------------------------|-----------|---------------|-----------|-------------|-------------------|--------|---|---|---|
| EVENT | | Men's Discus | | TIME | | 16:30 | | RECORD | | 21/06/1998 | | | | | Emeka Udechuku, Blackheath Harriers, 64.35m | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | Metres | | A | B |
| 1 | 5 | Martyn Elkins | Shaftesbury Barnet Harriers | 35.36 | 33.82 | 32.28 | 35.36 | 10 | | | | 35.36 | 10 | B | | 3 | |
| 2 | 7 | Matt Townsend | Windsor Slough Eton & Hou | 38.53 | NT | 38.53 | 38.53 | 5 | NT | NT | | 38.53 | 5 | A | 4 | | |
| 3 | 2 | Jamaro Nooks | Enfield & Haringey | - | | | | | | | | | | | | | |
| 4 | 3 | Theo Burton | Harrow AC | 32.99 | 37.99 | 33.68 | 37.99 | 6 | 35.73 | 35.30 | NT | 37.99 | 6 | A | 5 | | |
| 5 | 4 | Michael Holding | Herts Phoenix AC | 34.90 | 29.48 | 35.67 | 35.67 | 8 | | | | 35.67 | 8 | A | 7 | | |
| 6 | 1 | Jay Thomas | Blackheath & Bromley H AC | 28.26 | 27.38 | 27.14 | 28.26 | 12 | | | | 28.26 | 12 | B | | 4 | |
| 7 | 8 | Lee Mathurin | Woodford Green/Essex Lad | 38.36 | NT | 41.87 | 41.87 | 3 | 44.53 | 43.27 | 44.44 | 44.53 | 2 | A | 2 | | |
| 8 | 6 | Martin Tinkler | Team Cambridgeshire | 35.51 | 33.38 | 32.20 | 35.51 | 9 | | | | 35.51 | 9 | B | | 2 | |
| 9 | 55 | Chris Scott | Shaftesbury Barnet Harriers | 49.65 | 51.42 | 51.77 | 51.77 | 1 | 50.56 | 52.77 | 53.43 | 53.43 | 1 | A | 1 | | |
| 10 | 77 | David Shiel | Windsor Slough Eton & Hou | NT | 24.68 | 26.70 | 26.70 | 14 | | | | 26.70 | 14 | B | | 6 | |
| 11 | 22 | Bradley Elias | Enfield & Haringey | 34.39 | 31.79 | NT | 34.39 | 11 | | | | 34.39 | 11 | A | 8 | | |
| 12 | 33 | Rishi Naidoo | Harrow AC | 27.60 | NT | NT | 27.60 | 13 | | | | 27.60 | 13 | B | | 5 | |
| 13 | 44 | Leo Lundgren | Herts Phoenix AC | 25.53 | NT | 26.69 | 26.69 | 15 | | | | 26.69 | 15 | B | | 7 | |
| 14 | 11 | Liam Presnell | Blackheath & Bromley H AC | 42.52 | 40.37 | 40.24 | 42.52 | 2 | NT | 40.23 | 41.27 | 42.52 | 3 | A | 3 | | |
| 15 | 88 | Chris Linque | Woodford Green/Essex Lad | 41.43 | 41.62 | NT | 41.62 | 4 | NT | 41.80 | NT | 41.80 | 4 | B | | 1 | |
| 16 | 66 | Paul Hayball | Team Cambridgeshire | NT | 37.28 | 37.09 | 37.28 | 7 | | | | 37.28 | 7 | A | 6 | | |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | | |
|-------------------|-----|-----------------|-----------------------------|----------|-------------------|-----|----------------|--------------------------------|----------|---------------------|--|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | | |
| 1 | 55 | Chris Scott | Shaftesbury Barnet Harriers | 53.43 | 1 | 88 | Chris Linque | Woodford Green/Essex Ladies | 41.80 | | | |
| 2 | 8 | Lee Mathurin | Woodford Green/Essex Ladies | 44.53 | 2 | 6 | Martin Tinkler | Team Cambridgeshire | 35.51 | | | |
| 3 | 11 | Liam Presnell | Blackheath & Bromley H AC | 42.52 | 3 | 5 | Martyn Elkins | Shaftesbury Barnet Harriers | 35.36 | | | |
| 4 | 7 | Matt Townsend | Windsor Slough Eton & Houn | 38.53 | 4 | 1 | Jay Thomas | Blackheath & Bromley H AC | 28.26 | | | |
| 5 | 3 | Theo Burton | Harrow AC | 37.99 | 5 | 33 | Rishi Naidoo | Harrow AC | 27.60 | | | |
| 6 | 66 | Paul Hayball | Team Cambridgeshire | 37.28 | 6 | 77 | David Shiel | Windsor Slough Eton & Hounslow | 26.70 | REFEREE'S SIGNATURE | | |
| 7 | 4 | Michael Holding | Herts Phoenix AC | 35.67 | 7 | 44 | Leo Lundgren | Herts Phoenix AC | 26.69 | | | |
| 8 | 22 | Bradley Elias | Enfield & Haringey | 34.39 | 8 | | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|---|-----------|-------------|----------------|--------|---|---|
| EVENT | | Men's Javelin | | TIME | | 13:10 | | RECORD | | 12/09/1999 D Parker, Shaftesbury Barnet H, 69.60m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 6 | Aaron Steels | Team Cambridgeshire | 45.55 | NT | 47.41 | 47.41 | 5 | 44.73 | 44.86 | 42.48 | 47.41 | 5 | A | 4 | |
| 2 | 5 | Tom O'Brien | Shaftesbury Barnet Harriers | 31.41 | NT | - | 31.41 | 11 | | | | 31.41 | 11 | B | | 5 |
| 3 | 4 | Luke Allen | Herts Phoenix AC | NT | 33.16 | 34.09 | 34.09 | 10 | | | | 34.09 | 10 | A | 6 | |
| 4 | 3 | Jamie Dalton | Harrow AC | 27.55 | NT | - | 27.55 | 14 | | | | 27.55 | 14 | B | | 6 |
| 5 | 2 | Robert Elliott | Enfield & Haringey | 36.14 | 41.10 | - | 41.10 | 8 | | | | 41.10 | 8 | A | 5 | |
| 6 | 1 | Jonathan Vintner | Blackheath & Bromley H AC | 29.50 | 29.22 | 26.77 | 29.50 | 12 | | | | 29.50 | 12 | A | 7 | |
| 7 | 8 | Jay Boddington | Woodford Green/Essex Lad | 56.28 | 55.16 | 52.81 | 56.28 | 2 | 53.47 | 54.56 | 54.99 | 56.28 | 2 | A | 2 | |
| 8 | 7 | Dan Pembroke | Windsor Slough Eton & Hou | 57.40 | 58.70 | 53.61 | 58.70 | 1 | NT | - | | 58.70 | 1 | A | 1 | |
| 9 | 66 | Martin Tinkler | Team Cambridgeshire | 44.62 | 35.83 | 36.15 | 44.62 | 6 | 38.39 | 36.50 | 38.80 | 44.62 | 6 | B | | 2 |
| 10 | 55 | Aaron Harris | Shaftesbury Barnet Harriers | 49.89 | 47.45 | NT | 49.89 | 4 | NT | 45.01 | | 49.89 | 4 | A | 3 | |
| 11 | 44 | Leo Lundgren | Herts Phoenix AC | | | | | | | | | | | | | |
| 12 | 33 | Theo Burton | Harrow AC | 28.31 | 25.35 | - | 28.31 | 13 | | | | 28.31 | 13 | A | 8 | |
| 13 | 22 | Michael Healy | Enfield & Haringey | NT | 34.79 | 31.98 | 34.79 | 9 | | | | 34.79 | 9 | B | | 4 |
| 14 | 11 | Danny Brewer | Blackheath & Bromley H AC | NT | 6.32 | NT | 6.32 | 15 | | | | 6.32 | 15 | B | | 7 |
| 15 | 88 | Lee Lovelock-Jemmott | Woodford Green/Essex Lad | 41.03 | 44.04 | 41.76 | 44.04 | 7 | | | | 44.04 | 7 | B | | 3 |
| 16 | 77 | Ashley Bryant | Windsor Slough Eton & Hou | 51.50 | 49.65 | 47.53 | 51.50 | 3 | | | | 51.50 | 3 | B | | 1 |

| "A" STRING RESULT | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | | | | |
|-------------------|-----|------------------|-----------------------------|-------------------|------|-----|----------------------|--------------------------------|--------------------|---------------------|--|--|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | | | |
| 1 | 7 | Dan Pembroke | Windsor Slough Eton & Houn | 58.70 | 1 | 77 | Ashley Bryant | Windsor Slough Eton & Hounslov | 51.50 | | | | |
| 2 | 8 | Jay Boddington | Woodford Green/Essex Ladies | 56.28 | 2 | 66 | Martin Tinkler | Team Cambridgeshire | 44.62 | | | | |
| 3 | 55 | Aaron Harris | Shaftesbury Barnet Harriers | 49.89 | 3 | 88 | Lee Lovelock-Jemmott | Woodford Green/Essex Ladies | 44.04 | | | | |
| 4 | 6 | Aaron Steels | Team Cambridgeshire | 47.41 | 4 | 22 | Michael Healy | Enfield & Haringey | 34.79 | | | | |
| 5 | 2 | Robert Elliott | Enfield & Haringey | 41.10 | 5 | 5 | Tom O'Brien | Shaftesbury Barnet Harriers | 31.41 | | | | |
| 6 | 4 | Luke Allen | Herts Phoenix AC | 34.09 | 6 | 3 | Jamie Dalton | Harrow AC | 27.55 | REFEREE'S SIGNATURE | | | |
| 7 | 1 | Jonathan Vintner | Blackheath & Bromley H AC | 29.50 | 7 | 11 | Danny Brewer | Blackheath & Bromley H AC | 6.32 | | | | |
| 8 | 33 | Theo Burton | Harrow AC | 28.31 | 8 | | | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | | |
|---------|----|--------------------------|-----------------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|---------------|-----------|--|----------------|--------|---|---|---|
| EVENT | | Men's Shot Putt | | TIME | | 13:10 | | RECORD | | 23/05/2004 | | Chris Gearing, Belgrave Harriers, 18.33m | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | Metres | | A | B |
| 1 | 7 | Matt Townsend | Windsor Slough Eton & Hounslow AC | 9.64 | 10.57 | NT | 10.57 | 13 | | | | 10.57 | 13 | B | | 5 | |
| 2 | 3 | James Chapman | Harrow AC | 11.21 | NT | NT | 11.21 | 11 | | | | 11.21 | 11 | B | | 4 | |
| 3 | 5 | Martyn Elkins | Shaftesbury Barnet Harriers | NT | 10.38 | 10.50 | 10.50 | 14 | WDRAW | | | 10.50 | 14 | B | | 6 | |
| 4 | 4 | Luke Allen | Herts Phoenix AC | - | 11.17 | 9.85 | 11.17 | 12 | | | | 11.17 | 12 | A | 8 | | |
| 5 | 8 | Devon Ansil Douglas | Woodford Green/Essex Ladies | 13.47 | 13.64 | 13.27 | 13.64 | 5 | 13.46 | 14.22 | 15.08 | 15.08 | 3 | A | 3 | | |
| 6 | 2 | Jamaro Nooks | Enfield & Haringey | 11.81 | 11.30 | NT | 11.81 | 9 | | | | 11.81 | 9 | A | 6 | | |
| 7 | 6 | Dan Tinkler | Team Cambridgeshire | NT | 15.85 | 15.53 | 15.85 | 2 | 15.91 | 16.29 | NT | 16.29 | 2 | A | 2 | | |
| 8 | 1 | Jay Thomas | Blackheath & Bromley H AC | NT | 16.23 | NT | 16.23 | 1 | 16.06 | 16.51 | 16.12 | 16.51 | 1 | A | 1 | | |
| 9 | 77 | David Shiel | Windsor Slough Eton & Hounslow AC | 12.06 | 12.04 | 11.65 | 12.06 | 8 | | | | 12.06 | 8 | A | 5 | | |
| 10 | 33 | Theo Burton | Harrow AC | 11.68 | 11.47 | 10.67 | 11.68 | 10 | | | | 11.68 | 10 | A | 7 | | |
| 11 | 55 | Chris Scott | Shaftesbury Barnet Harriers | 12.00 | 12.54 | 13.02 | 13.02 | 7 | | | | 13.02 | 7 | A | 4 | | |
| 12 | 44 | Leo Lundgren | Herts Phoenix AC | | | | | | | | | | | | | | |
| 13 | 88 | Matthew Baptiste | Woodford Green/Essex Ladies | 13.64 | 14.23 | NT | 14.23 | 3 | 13.33 | 14.17 | 13.69 | 14.23 | 4 | B | | 1 | |
| 14 | 22 | Stanley Gaskin | Enfield & Haringey | 10.10 | 10.27 | NT | 10.27 | 15 | | | | 10.27 | 15 | B | | 7 | |
| 15 | 66 | Paul Hayball | Team Cambridgeshire | 13.49 | 13.88 | 12.98 | 13.88 | 4 | 13.69 | 13.88 | 13.33 | 13.88 | 5 | B | | 2 | |
| 16 | 11 | Liam Presnell | Blackheath & Bromley H AC | 13.05 | 13.63 | 13.28 | 13.63 | 6 | 13.54 | 13.64 | 13.12 | 13.64 | 6 | B | | 3 | |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|---------------------|-----------------------------------|----------|-------------------|-----|------------------|-----------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 1 | Jay Thomas | Blackheath & Bromley H AC | 16.51 | 1 | 88 | Matthew Baptiste | Woodford Green/Essex Ladies | 14.23 | | |
| 2 | 6 | Dan Tinkler | Team Cambridgeshire | 16.29 | 2 | 66 | Paul Hayball | Team Cambridgeshire | 13.88 | | |
| 3 | 8 | Devon Ansil Douglas | Woodford Green/Essex Ladies | 15.08 | 3 | 11 | Liam Presnell | Blackheath & Bromley H AC | 13.64 | | |
| 4 | 55 | Chris Scott | Shaftesbury Barnet Harriers | 13.02 | 4 | 3 | James Chapman | Harrow AC | 11.21 | | |
| 5 | 77 | David Shiel | Windsor Slough Eton & Hounslow AC | 12.06 | 5 | 7 | Matt Townsend | Windsor Slough Eton & Hounslow AC | 10.57 | | |
| 6 | 2 | Jamaro Nooks | Enfield & Haringey | 11.81 | 6 | 5 | Martyn Elkins | Shaftesbury Barnet Harriers | 10.50 | REFEREE'S SIGNATURE | |
| 7 | 33 | Theo Burton | Harrow AC | 11.68 | 7 | 22 | Stanley Gaskin | Enfield & Haringey | 10.27 | | |
| 8 | 4 | Luke Allen | Herts Phoenix AC | 11.17 | 8 | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|--|-----------|-------------|----------------|--------|---|---|
| EVENT | | Men's Long Jump | | TIME | | 11:00 | | RECORD | | 12/08/2001 J Moore, Birchfield Harriers, 7.42m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | Metres | | A |
| 1 | 1 | Jeremy Odamstey | Blackheath & Bromley H AC | NJ | NJ | 5.10 | 5.10 | 15 | | | | 5.10 | 15 | B | | 7 |
| 2 | 2 | Luke Thomas | Enfield & Haringey | 7.16 | 6.94 | 6.88 | 7.16 | 1 | NJ | 6.88 | NJ | 7.16 | 1 | A | 1 | |
| 3 | 5 | Nonso Okolo | Shaftesbury Barnet Harriers | 6.87 | 6.69 | NJ | 6.87 | 2 | NJ | 6.64 | 6.97 | 6.97 | 2 | A | 2 | |
| 4 | 7 | Ashley Bryant | Windsor Slough Eton & Hou | 6.17 | 5.92 | 5.96 | 6.17 | 6 | 6.08 | 6.29 | 6.31 | 6.31 | 6 | A | 5 | |
| 5 | 3 | Kofi Asante | Harrow AC | NJ | 5.98 | 6.14 | 6.14 | 7 | | | | 6.14 | 7 | A | 6 | |
| 6 | 4 | Michael Holding | Herts Phoenix AC | 6.29 | 6.37 | 6.16 | 6.37 | 5 | NJ | 6.18 | 6.39 | 6.39 | 5 | A | 4 | |
| 7 | 6 | Andrew Bullimore | Team Cambridgeshire | 6.82 | NJ | 6.59 | 6.82 | 3 | NJ | 6.82 | NJ | 6.82 | 3 | A | 3 | |
| 8 | 8 | Emmanuel Okpokiri | Woodford Green/Essex Lad | 5.71 | 6.09 | 6.05 | 6.09 | 8 | | | | 6.09 | 8 | A | 7 | |
| 9 | 11 | Mathew Walker | Blackheath & Bromley H AC | 5.91 | 5.87 | 5.82 | 5.91 | 11 | | | | 5.91 | 11 | A | 8 | |
| 10 | 22 | Omari Barton-Ellington | Enfield & Haringey | NJ | 5.44 | NJ | 5.44 | 14 | | | | 5.44 | 14 | B | | 6 |
| 11 | 55 | Daniel Lewis | Shaftesbury Barnet Harriers | 6.31 | 6.81 | NJ | 6.81 | 4 | | | | 6.81 | 4 | B | | 1 |
| 12 | 77 | Jamie East | Windsor Slough Eton & Hou | 5.79 | 5.56 | 5.62 | 5.79 | 12 | | | | 5.79 | 12 | B | | 4 |
| 13 | 33 | Moneur Williams | Harrow AC | 5.92 | 5.79 | 5.60 | 5.92 | 10 | | | | 5.92 | 10 | B | | 3 |
| 14 | 44 | Brad Armorgie | Herts Phoenix AC | 5.27 | 5.50 | | 5.50 | 13 | | | | 5.50 | 13 | B | | 5 |
| 15 | 66 | Sam Lawrence | Team Cambridgeshire | NJ | NJ | 6.07 | 6.07 | 9 | | | | 6.07 | 9 | B | | 2 |
| 16 | 88 | Jeremy Boayke | Woodford Green/Essex Lad | | | | | | | | | | | | | |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|-------------------|-----------------------------|----------|-------------------|-----|------------------------|-------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 2 | Luke Thomas | Enfield & Haringey | 7.16 | 1 | 55 | Daniel Lewis | Shaftesbury Barnet Harriers | 6.81 | | |
| 2 | 5 | Nonso Okolo | Shaftesbury Barnet Harriers | 6.97 | 2 | 66 | Sam Lawrence | Team Cambridgeshire | 6.07 | | |
| 3 | 6 | Andrew Bullimore | Team Cambridgeshire | 6.82 | 3 | 33 | Moneur Williams | Harrow AC | 5.92 | | |
| 4 | 4 | Michael Holding | Herts Phoenix AC | 6.39 | 4 | 77 | Jamie East | Windsor Slough Eton & Hounslo | 5.79 | | |
| 5 | 7 | Ashley Bryant | Windsor Slough Eton & Houn | 6.31 | 5 | 44 | Brad Armorgie | Herts Phoenix AC | 5.50 | | |
| 6 | 3 | Kofi Asante | Harrow AC | 6.14 | 6 | 22 | Omari Barton-Ellington | Enfield & Haringey | 5.44 | REFEREE'S SIGNATURE | |
| 7 | 8 | Emmanuel Okpokiri | Woodford Green/Essex Ladie | 6.09 | 7 | 1 | Jeremy Odamstey | Blackheath & Bromley H AC | 5.10 | | |
| 8 | 11 | Mathew Walker | Blackheath & Bromley H | 5.91 | 8 | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|---|-----------|-------------|----------------|--------|---|---|
| EVENT | | Men's Triple Jump | | TIME | | 14:30 | | RECORD | | 07/05/1990 T Fasinro, Hillingdon AC, 15.66m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 6 | Andrew Bullimore | Team Cambridgeshire | 12.97 | NJ | NJ | 12.97 | 6 | NJ | - | | 12.97 | 6 | A | 4 | |
| 2 | 2 | Ashley Baynes | Enfield & Haringey | 12.55 | 12.00 | NJ | 12.55 | 7 | | | | 12.55 | 7 | A | 5 | |
| 3 | 4 | Lewis Ely | Herts Phoenix AC | 10.81 | NJ | 10.26 | 10.81 | 10 | | | | 10.81 | 10 | A | 6 | |
| 4 | 5 | Nathan Fox | Shaftesbury Barnet Harriers | 14.77 | NJ | - | 14.77 | 1 | | | | 14.77 | 1 | A | 1 | |
| 5 | 7 | Steve Walker | Windsor Slough Eton & Hou | 10.60 | - | - | 10.60 | 11 | | | | 10.60 | 11 | A | 7 | |
| 6 | 8 | Jayesh Sidhar | Woodford Green/Essex Lad | | | | | | | | | | | | | |
| 7 | 1 | Jeremy Odamstey | Blackheath & Bromley H AC | 14.05 | 12.75 | 13.46 | 14.05 | 4 | NJ | 11.90 | - | 14.05 | 4 | A | 3 | |
| 8 | 3 | Kofi Asante | Harrow AC | 13.73 | 14.07 | 13.67 | 14.07 | 3 | NJ | 13.53 | NJ | 14.07 | 3 | A | 2 | |
| 9 | 66 | Aaron Steels | Team Cambridgeshire | NJ | NJ | | | | | | | | | | | |
| 10 | 22 | Omari Barton-Ellington | Enfield & Haringey | 12.21 | NJ | 11.67 | 12.21 | 9 | | | | 12.21 | 9 | B | | 4 |
| 11 | 44 | - | Herts Phoenix AC | | | | | | | | | | | | | |
| 12 | 55 | Daniel Lewis | Shaftesbury Barnet Harriers | 13.98 | 13.76 | 14.20 | 14.20 | 2 | 13.96 | 13.92 | 13.51 | 14.20 | 2 | B | | 1 |
| 13 | 77 | Iain Grierson | Windsor Slough Eton & Hou | 10.46 | - | - | 10.46 | 12 | | | | 10.46 | 12 | B | | 5 |
| 14 | 88 | - | Woodford Green/Essex Lad | | | | | | | | | | | | | |
| 15 | 11 | Marcus Morrison | Blackheath & Bromley H AC | NJ | 13.20 | 13.80 | 13.80 | 5 | 13.44 | NJ | NJ | 13.80 | 5 | B | | 2 |
| 16 | 33 | Moneur Williams | Harrow AC | 11.37 | 12.32 | 11.88 | 12.32 | 8 | | | | 12.32 | 8 | B | | 3 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|------------------|-----------------------------|----------|-------------------|-----|------------------------|--------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 5 | Nathan Fox | Shaftesbury Barnet Harriers | 14.77 | 1 | 55 | Daniel Lewis | Shaftesbury Barnet Harriers | 14.20 | | |
| 2 | 3 | Kofi Asante | Harrow AC | 14.07 | 2 | 11 | Marcus Morrison | Blackheath & Bromley H AC | 13.80 | | |
| 3 | 1 | Jeremy Odamstey | Blackheath & Bromley H AC | 14.05 | 3 | 33 | Moneur Williams | Harrow AC | 12.32 | | |
| 4 | 6 | Andrew Bullimore | Team Cambridgeshire | 12.97 | 4 | 22 | Omari Barton-Ellington | Enfield & Haringey | 12.21 | | |
| 5 | 2 | Ashley Baynes | Enfield & Haringey | 12.55 | 5 | 77 | Iain Grierson | Windsor Slough Eton & Hounslow | 10.46 | | |
| 6 | 4 | Lewis Ely | Herts Phoenix AC | 10.81 | 6 | | | | | REFEREE'S SIGNATURE | |
| 7 | 7 | Steve Walker | Windsor Slough Eton & Houn | 10.60 | 7 | | | | | | |
| 8 | | | | | 8 | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: HEIGHT CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | | | | | DATE | | 29 April 2007 | | | | | | | |
|---------|----|--------------------------|-----------------------------|-------|------|------------------------------|------|---------------|--------|------------|--------|---|--------|---------------|-------------|----------------------------------|-------------------|-----------------|----------|--------|---|
| EVENT | | Men's High Jump | | TIME | | 12:00 | | League Record | | 19/06/2005 | | Robbie Grabarz, Enfield & Haringey, 2.22m | | | | | | | | | |
| Order | No | NAME | CLUB | 1.40 | 1.45 | 1.50 | 1.55 | 1.60 | 1.65 | 1.70 | 1.75 | 1.80 | 1.85 | 1.90 | Best of All | Trials at HJ Cleared Total | Failures Total | Trials Final | Position | A or B | |
| | | | | 1.95 | 2.00 | 2.05 | 2.10 | 2.15 | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | | | | |
| 1 | 6 | Jamie Irons | Team Cambridgeshire | | | | | | | | o | o | o | xxx | 1.85 | | | 5 | A | 4 | |
| 2 | 5 | Nathan Fox | Shaftesbury Barnet Harriers | | | | | | o | xo | o | xxx | | | 1.75 | | | 11 | B | | 3 |
| 3 | 4 | Lewis Ely | Herts Phoenix AC | | | | | | | o | o | o | xxx | | 1.80 | | | 7 | A | 6 | |
| 4 | 3 | Hari Mehta | Harrow AC | | | | | xo | o | xxo | xo | - | | | 1.75 | | | 10 | A | 8 | |
| 5 | 2 | Leron Norbert | Enfield & Haringey | | | o | - | - | - | xxo | o | o | o | xxx | 1.85 | | | 6 | A | 5 | |
| 6 | 1 | Simon Hemmings | Blackheath & Bromley H AC | xxx | | | | | | | | o | xo | xxo | 1.90 | | | 4 | A | 3 | |
| 7 | 8 | Daniel Awde | Woodford Green/Essex Ladies | xxx | | | | | | | | o | o | xxo | 1.90 | | | 3 | A | 2 | |
| 8 | 7 | Alan McKie | Windsor Slough Eton & Houns | | o | xo | o | xxx | | | | | | | 2.10 | | | 1 | A | 1 | |
| 9 | 66 | - | Team Cambridgeshire | | | | | | | | | | | | | | | | | | |
| 10 | 55 | Daniel Lampard | Shaftesbury Barnet Harriers | | | | | | | o | o | xo | xx- | | 1.80 | | | 8 | A | 7 | |
| 11 | 44 | Brad Armorgie | Herts Phoenix AC | | | | | | | o | o | xxo | xxx | | 1.80 | | | 8 | B | | 2 |
| 12 | 33 | Andre Myers | Harrow AC | o | xo | o | o | xo | xxx | | | | | | 1.60 | | | 14 | B | | 6 |
| 13 | 22 | Michael Napper | Enfield & Haringey | | o | o | xo | xxx | | | | | | | 1.55 | | | 15 | B | | 7 |
| 14 | 11 | Marcus Morrison | Blackheath & Bromley H AC | o | xo | o | o | o | o | retired | | | | | 1.65 | | | 12 | B | | 4 |
| 15 | 88 | Andrew Mariani | Woodford Green/Essex Ladies | | | | | | xxo | retired | | | | | 1.65 | | | 13 | B | | 5 |
| 16 | 77 | Cameron Lake | Windsor Slough Eton & Houns | xo | xxx | | | | | | | xo | - | xo | 1.95 | | | 2 | B | | 1 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|----------------|--------------------------|--------|-------------------|-----|-----------------|--------------------------|--------|---------------------|--|
| Posn | No. | NAME | CLUB | HEIGHT | Posn | No. | NAME | CLUB | HEIGHT | | |
| 1 | 7 | Alan McKie | Windsor Slough Eton & H | 2.10 | 1 | 77 | Cameron Lake | Windsor Slough Eton & | 1.95 | | |
| 2 | 8 | Daniel Awde | Woodford Green/Essex L | 1.90 | 2 | 44 | Brad Armorgie | Herts Phoenix AC | 1.80 | | |
| 3 | 1 | Simon Hemmings | Blackheath & Bromley H | 1.90 | 3 | 5 | Nathan Fox | Shaftesbury Barnet Harri | 1.75 | | |
| 4 | 6 | Jamie Irons | Team Cambridgeshire | 1.85 | 4 | 11 | Marcus Morrison | Blackheath & Bromley H | 1.65 | | |
| 5 | 2 | Leron Norbert | Enfield & Haringey | 1.85 | 5 | 88 | Andrew Mariani | Woodford Green/Essex | 1.65 | | |
| 6 | 4 | Lewis Ely | Herts Phoenix AC | 1.80 | 6 | 33 | Andre Myers | Harrow AC | 1.60 | REFEREE'S SIGNATURE | |
| 7 | 55 | Daniel Lampard | Shaftesbury Barnet Harri | 1.80 | 7 | 22 | Michael Napper | Enfield & Haringey | 1.55 | | |
| 8 | 3 | Hari Mehta | Harrow AC | 1.75 | | | | | | | |

UK ATHLETICS: HEIGHT CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | | | | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-------|------|------------------------------|------|---------------|--------|------------|--------|--|--------|---------------|-------------|----------------------------------|-------------------|-----------------|----------|--------|
| EVENT | | Men's Pole Vault | | TIME | | 14:30 | | League Record | | 13/09/1998 | | Christian Linskey, Shaftesbury Barnet H, 4.90m | | | | | | | | |
| Order | No | NAME | CLUB | 2.00 | 2.30 | 2.75 | 2.90 | 3.05 | 3.20 | 3.35 | 3.50 | 3.65 | 3.80 | 3.95 | Best of All | Trials at Ht Cleared Total | Failures Total | Trials Final | Position | A or B |
| | | | | 4.10 | 4.20 | 4.30 | 4.40 | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | | | | |
| 1 | 6 | - | Team Cambridgeshire | | | | | | | | | | | | | | | | | |
| 2 | 2 | Jonathan Hill | Enfield & Haringey | | | | | | | o | xxx | | | | 3.35 | | | 5 | A | 5 |
| 3 | 4 | - | Herts Phoenix AC | | | | | | | | | | | | | | | | | |
| 4 | 5 | Scott Bartlett | Shaftesbury Barnet Harriers | | | | | | | | | | | | | | | | | |
| 5 | 7 | Steve Walker | Windsor Slough Eton & Houns | xxx | | | | | | | xo | - | xo | xxo | 3.95 | | | 3 | A | 3 |
| 6 | 8 | Daniel Awde | Woodford Green/Essex Ladies | | xxx | | | | | | | | | | | | | | | |
| 7 | 1 | Scott Huggins | Blackheath & Bromley H AC | | o | o | xxx | | | | | | | | 4.30 | | | 1 | A | 1 |
| 8 | 3 | Ian Smart | Harrow AC | xx- | | | | | | | | xo | o | o | 3.95 | | | 2 | A | 2 |
| 9 | 66 | - | Team Cambridgeshire | | | | | | | | | | | | | | | | | |
| 10 | 22 | Jamie Brandon | Enfield & Haringey | | | xo | o | o | xxx | | | | | | 3.05 | | | 7 | B | 2 |
| 11 | 44 | - | Herts Phoenix AC | | | | | | | | | | | | | | | | | |
| 12 | 55 | James Grant | Shaftesbury Barnet Harriers | | | | o | - | o | xxo | o | xxx | | | 3.65 | | | 4 | A | 4 |
| 13 | 77 | Iain Grierson | Windsor Slough Eton & Houns | | | o | o | xo | xxo | xxx | | | | | 3.20 | | | 6 | B | 1 |
| 14 | 88 | - | Woodford Green/Essex Ladies | | | | | | | | | | | | | | | | | |
| 15 | 11 | Simon Hemmings | Blackheath & Bromley H AC | | | | | | | | | | | | | | | | | |
| 16 | 33 | Jamie Dalton | Harrow AC | | | xo | xxo | xxx | | | | | | | 2.75 | | | 8 | B | 3 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|---------------|--------------------------|--------|-------------------|-----|---------------|-----------------------|--------|---------------------|--|
| Posn | No. | NAME | CLUB | HEIGHT | Posn | No. | NAME | CLUB | HEIGHT | | |
| 1 | 1 | Scott Huggins | Blackheath & Bromley H | 4.30 | 1 | 77 | Iain Grierson | Windsor Slough Eton & | 3.20 | | |
| 2 | 3 | Ian Smart | Harrow AC | 3.95 | 2 | 22 | Jamie Brandon | Enfield & Haringey | 3.05 | | |
| 3 | 7 | Steve Walker | Windsor Slough Eton & H | 3.95 | 3 | 33 | Jamie Dalton | Harrow AC | 2.75 | | |
| 4 | 55 | James Grant | Shaftesbury Barnet Harri | 3.65 | | | | | | | |
| 5 | 2 | Jonathan Hill | Enfield & Haringey | 3.35 | | | | | | | |
| | | | | | | | | | | REFEREE'S SIGNATURE | |
| | | | | | | | | | | | |

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|--|-----------|-------------|----------------|--------|---|---|
| EVENT | | Women's Hammer | | TIME | | 12:10 | | RECORD | | 23/04/2006 S Holt, Sale Harriers, 56.75m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 1 | Oye Banki Jemiyo | Blackheath & Bromley H AC | NT | NT | | | | | | | | | | | |
| 2 | 2 | Sharifa Brown | Enfield & Haringey | 16.34 | 15.88 | 16.59 | 16.59 | 9 | | | | 16.59 | 9 | A | 7 | |
| 3 | 3 | Emma McGeehan | Harrow AC | 8.68 | - | - | 8.68 | 11 | | | | 8.68 | 11 | A | 8 | |
| 4 | 4 | Katie Parker | Herts Phoenix AC | 28.03 | 27.12 | 26.85 | 28.03 | 4 | 26.33 | 28.34 | 28.39 | 28.39 | 4 | A | 4 | |
| 5 | 8 | Sarah Smith | Woodford Green/Essex Lad | NT | 39.31 | 40.36 | 40.36 | 1 | 40.67 | 43.52 | 43.79 | 43.79 | 1 | A | 1 | |
| 6 | 7 | Nasya Harvey | Windsor Slough Eton & Hou | NT | 28.00 | 31.72 | 31.72 | 3 | 31.63 | NT | 27.68 | 31.72 | 3 | A | 3 | |
| 7 | 6 | Alice Forster | Team Cambridgeshire | 33.21 | 32.04 | 31.71 | 33.21 | 2 | 34.29 | NT | NT | 34.29 | 2 | A | 2 | |
| 8 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | 21.55 | 21.36 | 24.13 | 24.13 | 5 | | | | 24.13 | 5 | A | 5 | |
| 9 | 11 | Shauangh Brown | Blackheath & Bromley H AC | 23.49 | 23.40 | 22.48 | 23.49 | 6 | | | | 23.49 | 6 | A | 6 | |
| 10 | 22 | Izzy Krassismenou | Enfield & Haringey | 8.48 | 8.18 | 9.48 | 9.48 | 10 | | | | 9.48 | 10 | B | | 3 |
| 11 | 33 | Hollie Hamilton | Harrow AC | 3.66 | - | - | 3.66 | 12 | | | | 3.66 | 12 | B | | 4 |
| 12 | 44 | Hayley Kruse | Herts Phoenix AC | 16.83 | - | - | 16.83 | 8 | | | | 16.83 | 8 | B | | 2 |
| 13 | 88 | Vikki Taylor | Woodford Green/Essex Lad | NT | NT | | | | | | | | | | | |
| 14 | 77 | Nina Harvey | Windsor Slough Eton & Hou | NT | NT | | | | | | | | | | | |
| 15 | 66 | Sophie Cracknell | Team Cambridgeshire | | | | | | | | | | | | | |
| 16 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 17.04 | 15.71 | 17.52 | 17.52 | 7 | | | | 17.52 | 7 | B | | 1 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|-----------------|-----------------------------|----------|-------------------|-----|-------------------|-----------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 8 | Sarah Smith | Woodford Green/Essex Ladies | 43.79 | 1 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 17.52 | | |
| 2 | 6 | Alice Forster | Team Cambridgeshire | 34.29 | 2 | 44 | Hayley Kruse | Herts Phoenix AC | 16.83 | | |
| 3 | 7 | Nasya Harvey | Windsor Slough Eton & Houn | 31.72 | 3 | 22 | Izzy Krassismenou | Enfield & Haringey | 9.48 | | |
| 4 | 4 | Katie Parker | Herts Phoenix AC | 28.39 | 4 | 33 | Hollie Hamilton | Harrow AC | 3.66 | | |
| 5 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | 24.13 | 5 | | | | | | |
| 6 | 11 | Shauangh Brown | Blackheath & Bromley H AC | 23.49 | 6 | | | | | REFEREE'S SIGNATURE | |
| 7 | 2 | Sharifa Brown | Enfield & Haringey | 16.59 | 7 | | | | | | |
| 8 | 3 | Emma McGeehan | Harrow AC | 8.68 | 8 | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|----------------------------|-----------|--|-----------|-------------|-------------------|--------|---|---|
| EVENT | | Women's Discus | | TIME | | 15:20 | | RECORD | | 14/04/1996 Philippa Roles, Swansea Harriers, 47.78m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | NT | 34.21 | 34.66 | 34.66 | 2 | 31.30 | NT | 34.66 | 34.66 | 3 | A | 2 | |
| 2 | 7 | Joanna Botwright | Windsor Slough Eton & Hou | NT | 27.82 | 27.70 | 27.82 | 5 | 27.40 | NT | 27.47 | 27.82 | 5 | A | 4 | |
| 3 | 2 | Sharifa Brown | Enfield & Haringey | 26.66 | 27.79 | 29.48 | 29.48 | 4 | 27.83 | 25.79 | 27.74 | 29.48 | 4 | A | 3 | |
| 4 | 3 | Chloe Flowers | Harrow AC | 14.40 | - | - | 14.40 | 13 | | | | 14.40 | 13 | A | 8 | |
| 5 | 4 | Katie Parker | Herts Phoenix AC | 20.90 | 19.93 | 23.17 | 23.17 | 8 | | | | 23.17 | 8 | B | | 2 |
| 6 | 1 | Shauangh Brown | Blackheath & Bromley H AC | NT | 40.31 | 42.17 | 42.17 | 1 | NT | 43.17 | 42.96 | 43.17 | 1 | A | 1 | |
| 7 | 8 | Eloise Wyre | Woodford Green/Essex Lad | 18.22 | 19.58 | 18.73 | 19.58 | 11 | | | | 19.58 | 11 | A | 7 | |
| 8 | 6 | Alice Forster | Team Cambridgeshire | NT | 20.41 | 23.98 | 23.98 | 7 | | | | 23.98 | 7 | A | 6 | |
| 9 | 55 | Chantelle Bazzoni | Shaftesbury Barnet Harriers | | | | | | | | | | | | | |
| 10 | 77 | Nasya Harvey | Windsor Slough Eton & Hou | NT | NT | 21.93 | 21.93 | 9 | | | | 21.93 | 9 | B | | 3 |
| 11 | 22 | Izzy Krassismenou | Enfield & Haringey | 20.48 | 16.76 | NT | 20.48 | 10 | | | | 20.48 | 10 | B | | 4 |
| 12 | 33 | Hollie Hamilton | Harrow AC | 7.68 | 11.60 | 13.30 | 13.30 | 14 | | | | 13.30 | 14 | B | | 6 |
| 13 | 44 | Peta Lundgren | Herts Phoenix AC | NT | 22.72 | 24.56 | 24.56 | 6 | | | | 24.56 | 6 | A | 5 | |
| 14 | 11 | Flo Clark | Blackheath & Bromley H AC | 32.72 | 33.29 | NT | 33.29 | 3 | NT | 35.02 | 30.25 | 35.02 | 2 | B | | 1 |
| 15 | 88 | Samantha Moodie | Woodford Green/Essex Lad | NT | NT | 16.80 | 16.80 | 12 | | | | 16.80 | 12 | B | | 5 |
| 16 | 66 | Sophie Cracknell | Team Cambridgeshire | - | - | | | | | | | | | | | |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|------------------|-----------------------------|----------|-------------------|-----|-------------------|--------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 1 | Shauangh Brown | Blackheath & Bromley H AC | 43.17 | 1 | 11 | Flo Clark | Blackheath & Bromley H AC | 35.02 | | |
| 2 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | 34.66 | 2 | 4 | Katie Parker | Herts Phoenix AC | 23.17 | | |
| 3 | 2 | Sharifa Brown | Enfield & Haringey | 29.48 | 3 | 77 | Nasya Harvey | Windsor Slough Eton & Hounslow | 21.93 | | |
| 4 | 7 | Joanna Botwright | Windsor Slough Eton & Houn | 27.82 | 4 | 22 | Izzy Krassismenou | Enfield & Haringey | 20.48 | | |
| 5 | 44 | Peta Lundgren | Herts Phoenix AC | 24.56 | 5 | 88 | Samantha Moodie | Woodford Green/Essex Ladies | 16.80 | | |
| 6 | 6 | Alice Forster | Team Cambridgeshire | 23.98 | 6 | 33 | Hollie Hamilton | Harrow AC | 13.30 | REFEREE'S SIGNATURE | |
| 7 | 8 | Eloise Wyre | Woodford Green/Essex Ladies | 19.58 | 7 | | | | | | |
| 8 | 3 | Chloe Flowers | Harrow AC | 14.40 | 8 | | | | | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|---|-----------|-------------|----------------|--------|---|---|
| EVENT | | Women's Javelin | | TIME | | 14:20 | | RECORD | | 24/04/2005 J Blair, Birchfield Harriers, 51.23m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 6 | Sophie Hallam | Team Cambridgeshire | NT | 29.55 | 30.91 | 30.91 | 4 | 30.95 | 32.43 | 29.94 | 32.43 | 4 | A | 4 | |
| 2 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | 31.27 | 31.74 | 30.27 | 31.74 | 3 | 30.92 | 31.88 | 33.02 | 33.02 | 3 | A | 3 | |
| 3 | 4 | Peta Lundgren | Herts Phoenix AC | 32.87 | 38.14 | 37.15 | 38.14 | 1 | 36.19 | 38.29 | 42.32 | 42.32 | 1 | A | 1 | |
| 4 | 3 | Chelsey Raysbrook | Harrow AC | 31.37 | 33.33 | 32.65 | 33.33 | 2 | 33.76 | 32.26 | 31.26 | 33.76 | 2 | A | 2 | |
| 5 | 2 | Sharifa Brown | Enfield & Haringey | 20.22 | 21.59 | 19.89 | 21.59 | 9 | | | | 21.59 | 9 | B | | 2 |
| 6 | 1 | Frances Athawes | Blackheath & Bromley H AC | 24.72 | 25.64 | NT | 25.64 | 6 | 25.09 | 24.55 | 24.86 | 25.64 | 6 | A | 6 | |
| 7 | 8 | Vikki Taylor | Woodford Green/Essex Lad | NT | 15.32 | NT | 15.32 | 14 | | | | 15.32 | 14 | B | | 6 |
| 8 | 7 | Cassie Bardell | Windsor Slough Eton & Hou | 14.72 | NT | 14.38 | 14.72 | 15 | | | | 14.72 | 15 | B | | 7 |
| 9 | 66 | Leah Parsons | Team Cambridgeshire | NT | 11.01 | - | 11.01 | 16 | | | | 11.01 | 16 | B | | 8 |
| 10 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 16.32 | 19.50 | 22.16 | 22.16 | 8 | | | | 22.16 | 8 | B | | 1 |
| 11 | 44 | Laura Wake | Herts Phoenix AC | NT | 21.00 | NT | 21.00 | 10 | | | | 21.00 | 10 | B | | 3 |
| 12 | 33 | Hayley Comer | Harrow AC | 17.94 | 18.49 | 18.85 | 18.85 | 11 | | | | 18.85 | 11 | B | | 4 |
| 13 | 22 | Laura Jackson | Enfield & Haringey | 26.81 | 23.73 | 25.45 | 26.81 | 5 | 25.46 | 27.36 | 30.52 | 30.52 | 5 | A | 5 | |
| 14 | 11 | Katherine Jones | Blackheath & Bromley H AC | 16.95 | NT | NT | 16.95 | 13 | | | | 16.95 | 13 | B | | 5 |
| 15 | 88 | Chloe Galloway | Woodford Green/Essex Lad | - | 24.30 | - | 24.30 | 7 | | | | 24.30 | 7 | A | 7 | |
| 16 | 77 | Jo Debs | Windsor Slough Eton & Hou | 18.52 | NT | 16.77 | 18.52 | 12 | | | | 18.52 | 12 | A | 8 | |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|-------------------|-----------------------------|----------|-------------------|-----|-----------------|--------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 4 | Peta Lundgren | Herts Phoenix AC | 42.32 | 1 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 22.16 | | |
| 2 | 3 | Chelsey Raysbrook | Harrow AC | 33.76 | 2 | 2 | Sharifa Brown | Enfield & Haringey | 21.59 | | |
| 3 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | 33.02 | 3 | 44 | Laura Wake | Herts Phoenix AC | 21.00 | | |
| 4 | 6 | Sophie Hallam | Team Cambridgeshire | 32.43 | 4 | 33 | Hayley Comer | Harrow AC | 18.85 | | |
| 5 | 22 | Laura Jackson | Enfield & Haringey | 30.52 | 5 | 11 | Katherine Jones | Blackheath & Bromley H AC | 16.95 | | |
| 6 | 1 | Frances Athawes | Blackheath & Bromley H AC | 25.64 | 6 | 8 | Vikki Taylor | Woodford Green/Essex Ladies | 15.32 | REFEREE'S SIGNATURE | |
| 7 | 88 | Chloe Galloway | Woodford Green/Essex Ladie | 24.30 | 7 | 7 | Cassie Bardell | Windsor Slough Eton & Hounslow | 14.72 | | |
| 8 | 77 | Jo Debs | Windsor Slough Eton & H | 18.52 | 8 | 66 | Leah Parsons | Team Cambridgeshire | 11.01 | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|--|-----------|-------------|----------------|--------|---|---|
| EVENT | | Women's Shot Putt | | TIME | | 11:00 | | RECORD | | 13/09/1998 Julie Dunkley, Shaftesbury Barnet H, 14.67m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 7 | Nina Harvey | Windsor Slough Eton & Hou | 7.75 | NT | 7.30 | 7.75 | 12 | | | | 7.75 | 12 | B | | 5 |
| 2 | 3 | Hayley Comer | Harrow AC | 7.09 | 7.61 | 7.23 | 7.61 | 13 | | | | 7.61 | 13 | A | 8 | |
| 3 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | 11.97 | NT | 11.07 | 11.97 | 2 | NT | 11.87 | 12.07 | 12.07 | 2 | A | 2 | |
| 4 | 4 | Peta Lundgren | Herts Phoenix AC | 9.28 | 8.49 | 9.20 | 9.28 | 6 | NT | NT | 8.40 | 9.28 | 6 | A | 5 | |
| 5 | 8 | Sarah Smith | Woodford Green/Essex Lad | 10.19 | 10.18 | NT | 10.19 | 3 | | | | 10.19 | 5 | A | 4 | |
| 6 | 2 | Sharifa Brown | Enfield & Haringey | 8.59 | 8.43 | 8.23 | 8.59 | 10 | | | | 8.59 | 10 | A | 6 | |
| 7 | 6 | Alice Forster | Team Cambridgeshire | 10.03 | 9.38 | 10.07 | 10.07 | 5 | 9.96 | 10.58 | 10.33 | 10.58 | 3 | A | 3 | |
| 8 | 1 | Shauangh Brown | Blackheath & Bromley H AC | 12.21 | NT | 12.11 | 12.21 | 1 | 12.24 | NT | 12.85 | 12.85 | 1 | A | 1 | |
| 9 | 77 | Nasya Harvey | Windsor Slough Eton & Hou | 8.10 | 7.72 | 7.80 | 8.10 | 11 | | | | 8.10 | 11 | A | 7 | |
| 10 | 33 | Hollie Hamilton | Harrow AC | 6.28 | 6.59 | NT | 6.59 | 15 | | | | 6.59 | 15 | B | | 7 |
| 11 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 6.26 | 5.76 | 5.18 | 6.26 | 16 | | | | 6.26 | 16 | B | | 8 |
| 12 | 44 | Claire Jaggard | Herts Phoenix AC | 8.41 | 8.80 | 8.74 | 8.80 | 7 | | | | 8.80 | 7 | B | | 2 |
| 13 | 88 | Clare Bond | Woodford Green/Essex Lad | 8.41 | 8.18 | 8.80 | 8.80 | 8 | | | | 8.80 | 8 | B | | 3 |
| 14 | 22 | Izzy Krassismenou | Enfield & Haringey | 6.68 | 6.58 | 5.93 | 6.68 | 14 | | | | 6.68 | 14 | B | | 6 |
| 15 | 66 | Ellie Rhodes | Team Cambridgeshire | 8.75 | 7.73 | 8.55 | 8.75 | 9 | | | | 8.75 | 9 | B | | 4 |
| 16 | 11 | Charlotte Walden-Day | Blackheath & Bromley H AC | 10.12 | 9.25 | 10.10 | 10.12 | 4 | 10.45 | 9.38 | 9.84 | 10.45 | 4 | B | | 1 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|-----------------|-----------------------------|----------|-------------------|-----|----------------------|--------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 1 | Shauangh Brown | Blackheath & Bromley H AC | 12.85 | 1 | 11 | Charlotte Walden-Day | Blackheath & Bromley H AC | 10.45 | | |
| 2 | 5 | Briony Phillips | Shaftesbury Barnet Harriers | 12.07 | 2 | 44 | Claire Jaggard | Herts Phoenix AC | 8.80 | | |
| 3 | 6 | Alice Forster | Team Cambridgeshire | 10.58 | 3 | 88 | Clare Bond | Woodford Green/Essex Ladies | 8.80 | | |
| 4 | 8 | Sarah Smith | Woodford Green/Essex Ladie | 10.19 | 4 | 66 | Ellie Rhodes | Team Cambridgeshire | 8.75 | | |
| 5 | 4 | Peta Lundgren | Herts Phoenix AC | 9.28 | 5 | 7 | Nina Harvey | Windsor Slough Eton & Hounslow | 7.75 | | |
| 6 | 2 | Sharifa Brown | Enfield & Haringey | 8.59 | 6 | 22 | Izzy Krassismenou | Enfield & Haringey | 6.68 | REFEREE'S SIGNATURE | |
| 7 | 77 | Nasya Harvey | Windsor Slough Eton & Houn | 8.10 | 7 | 33 | Hollie Hamilton | Harrow AC | 6.59 | | |
| 8 | 3 | Hayley Comer | Harrow AC | 7.61 | 8 | 55 | Michelle Tuvey | Shaftesbury Barnet Harriers | 6.26 | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|---------------|-----------|-------------|----------------|--------|---------------------------------|---|--|
| EVENT | | Women's Long Jump | | TIME | | 12:30 | | RECORD | | 22/06/1997 | | | | | D Freeman, Leeds City AC, 6.20m | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | | |
| 1 | 1 | Emily Martin | Blackheath & Bromley H AC | 5.67 | 5.58 | 5.25 | 5.67 | 2 | 5.33 | 5.37 | 5.39 | 5.67 | 2 | A | 2 | | |
| 2 | 2 | Davinia Houston | Enfield & Haringey | NJ | NJ | 4.90 | 4.90 | 9 | | | | 4.90 | 9 | B | | 4 | |
| 3 | 5 | Amanda Ranger | Shaftesbury Barnet Harriers | 5.40 | NJ | 5.38 | 5.40 | 3 | 5.40 | NJ | 5.39 | 5.40 | 4 | A | 3 | | |
| 4 | 7 | Rose Reynolds | Windsor Slough Eton & Hou | 4.59 | 4.47 | 4.52 | 4.59 | 12 | | | | 4.59 | 12 | B | | 6 | |
| 5 | 3 | Katie James | Harrow AC | 4.51 | 4.23 | 4.39 | 4.51 | 14 | | | | 4.51 | 14 | A | 8 | | |
| 6 | 4 | Danielle Currie | Herts Phoenix AC | 4.97 | 4.66 | 4.80 | 4.97 | 6 | | | | 4.97 | 6 | A | 4 | | |
| 7 | 6 | Emily Moss | Team Cambridgeshire | 4.56 | 4.54 | - | 4.56 | 13 | | | | 4.56 | 13 | A | 7 | | |
| 8 | 8 | Hannah Frankson | Woodford Green/Essex Lad | NJ | 5.79 | 5.64 | 5.79 | 1 | 5.69 | 5.76 | 5.84 | 5.84 | 1 | A | 1 | | |
| 9 | 11 | Isobel Ivy | Blackheath & Bromley H AC | 5.02 | 4.90 | 4.98 | 5.02 | 5 | 4.70 | NJ | 5.30 | 5.30 | 5 | B | | 2 | |
| 10 | 22 | Yemi Bello | Enfield & Haringey | 4.93 | NJ | NJ | 4.93 | 7 | - | NJ | | 4.93 | 7 | A | 5 | | |
| 11 | 55 | Jade Attoh | Shaftesbury Barnet Harriers | 4.92 | 3.07 | 4.75 | 4.92 | 8 | | | | 4.92 | 8 | B | | 3 | |
| 12 | 77 | Jo Debs | Windsor Slough Eton & Hou | 4.44 | NJ | 4.68 | 4.68 | 11 | | | | 4.68 | 11 | A | 6 | | |
| 13 | 33 | Linzi Fairweather | Harrow AC | 3.74 | - | - | 3.74 | 16 | | | | 3.74 | 16 | B | | 8 | |
| 14 | 44 | Katie Grehan | Herts Phoenix AC | 4.74 | 4.44 | 4.71 | 4.74 | 10 | | | | 4.74 | 10 | B | | 5 | |
| 15 | 66 | Nichola Gibson | Team Cambridgeshire | 4.22 | 4.14 | 4.12 | 4.22 | 15 | | | | 4.22 | 15 | B | | 7 | |
| 16 | 88 | Kitty Eleyae | Woodford Green/Essex Lad | 4.89 | 5.12 | 5.29 | 5.29 | 4 | 5.52 | | | 5.52 | 3 | B | | 1 | |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|-----------------|-----------------------------|----------|-------------------|-----|-------------------|--------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 8 | Hannah Frankson | Woodford Green/Essex Ladies | 5.84 | 1 | 88 | Kitty Eleyae | Woodford Green/Essex Ladies | 5.52 | | |
| 2 | 1 | Emily Martin | Blackheath & Bromley H AC | 5.67 | 2 | 11 | Isobel Ivy | Blackheath & Bromley H AC | 5.30 | | |
| 3 | 5 | Amanda Ranger | Shaftesbury Barnet Harriers | 5.40 | 3 | 55 | Jade Attoh | Shaftesbury Barnet Harriers | 4.92 | | |
| 4 | 4 | Danielle Currie | Herts Phoenix AC | 4.97 | 4 | 2 | Davinia Houston | Enfield & Haringey | 4.90 | | |
| 5 | 22 | Yemi Bello | Enfield & Haringey | 4.93 | 5 | 44 | Katie Grehan | Herts Phoenix AC | 4.74 | | |
| 6 | 77 | Jo Debs | Windsor Slough Eton & Houn | 4.68 | 6 | 7 | Rose Reynolds | Windsor Slough Eton & Hounslow | 4.59 | REFEREE'S SIGNATURE | |
| 7 | 6 | Emily Moss | Team Cambridgeshire | 4.56 | 7 | 66 | Nichola Gibson | Team Cambridgeshire | 4.22 | | |
| 8 | 3 | Katie James | Harrow AC | 4.51 | 8 | 33 | Linzi Fairweather | Harrow AC | 3.74 | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: DISTANCE CARD

| MEETING | | Southern Premier Match 1 | | VENUE | | Lee Valley Athletics Stadium | | DATE | | 29 April 2007 | | | | | | |
|---------|----|--------------------------|-----------------------------|-----------|-----------|------------------------------|-----------|-------------------------|-----------|---|-----------|-------------|----------------|--------|---|---|
| EVENT | | Women's Triple Jump | | TIME | | 16:00 | | RECORD | | 10/09/2006 Noni Mordi, Shaftesbury Barnet H, 12.88m | | | | | | |
| Order | No | NAME | CLUB | 1st Trial | 2nd Trial | 3rd Trial | Best of 3 | Position after 3 Trials | 4th Trial | 5th Trial | 6th Trial | Best of All | Final Position | A or B | | |
| | | | | Metres | Metres | Metres | Metres | | Metres | Metres | Metres | Metres | | A | B | |
| 1 | 6 | Emily Moss | Team Cambridgeshire | 9.71 | 9.68 | - | 9.71 | 14 | | | | 9.71 | 14 | B | | 6 |
| 2 | 2 | Desola Bakre | Enfield & Haringey | 10.59 | 10.48 | 10.78 | 10.78 | 7 | | | | 10.78 | 7 | B | | 3 |
| 3 | 4 | Hayley Kruse | Herts Phoenix AC | 10.05 | 9.81 | 10.14 | 10.14 | 9 | | | | 10.14 | 9 | A | 6 | |
| 4 | 5 | Amanda Ranger | Shaftesbury Barnet Harriers | 11.79 | 11.85 | 11.88 | 11.88 | 3 | 11.65 | NJ | | 11.88 | 3 | A | 3 | |
| 5 | 7 | Jenny Heckford | Windsor Slough Eton & Hou | 9.89 | 9.88 | 9.96 | 9.96 | 11 | | | | 9.96 | 11 | A | 7 | |
| 6 | 8 | Hannah Frankson | Woodford Green/Essex Lad | 11.32 | 11.94 | 11.79 | 11.94 | 2 | 11.46 | 11.66 | | 11.94 | 2 | A | 2 | |
| 7 | 1 | Lauren Blackie | Blackheath & Bromley H AC | NJ | 10.90 | 10.94 | 10.94 | 6 | 10.87 | NJ | NJ | 10.94 | 6 | B | | 2 |
| 8 | 3 | Chloe Flowers | Harrow AC | NJ | 9.96 | | 9.96 | 12 | | | | 9.96 | 12 | A | 8 | |
| 9 | 66 | Ellie Rhodes | Team Cambridgeshire | NJ | 10.63 | NJ | 10.63 | 8 | | | | 10.63 | 8 | A | 5 | |
| 10 | 22 | Davinia Houston | Enfield & Haringey | 12.36 | 11.43 | 11.31 | 12.36 | 1 | 11.68 | NJ | 11.31 | 12.36 | 1 | A | 1 | |
| 11 | 44 | Natalie Farman | Herts Phoenix AC | 10.12 | 9.61 | - | 10.12 | 10 | | | | 10.12 | 10 | B | | 4 |
| 12 | 55 | Jade Attoh | Shaftesbury Barnet Harriers | 10.86 | 11.04 | 10.91 | 11.04 | 4 | 11.00 | 10.93 | | 11.04 | 4 | B | | 1 |
| 13 | 77 | Jo Debs | Windsor Slough Eton & Hou | 9.43 | 9.76 | 9.68 | 9.76 | 13 | | | | 9.76 | 13 | B | | 5 |
| 14 | 88 | Gemma Murray | Woodford Green/Essex Lad | 8.57 | 8.88 | NJ | 8.88 | 15 | | | | 8.88 | 15 | B | | 7 |
| 15 | 11 | Jade Castell-Thomas | Blackheath & Bromley H AC | 11.04 | 10.92 | 10.82 | 11.04 | 4 | NJ | NJ | | 11.04 | 4 | A | 4 | |
| 16 | 33 | Katie James | Harrow AC | 8.46 | - | - | 8.46 | 16 | | | | 8.46 | 16 | B | | 8 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|---------------------|-----------------------------|----------|-------------------|-----|----------------|--------------------------------|----------|---------------------|--|
| Posn | No. | NAME | CLUB | DISTANCE | Posn | No. | NAME | CLUB | DISTANCE | | |
| 1 | 22 | Davinia Houston | Enfield & Haringey | 12.36 | 1 | 55 | Jade Attoh | Shaftesbury Barnet Harriers | 11.04 | | |
| 2 | 8 | Hannah Frankson | Woodford Green/Essex Ladies | 11.94 | 2 | 1 | Lauren Blackie | Blackheath & Bromley H AC | 10.94 | | |
| 3 | 5 | Amanda Ranger | Shaftesbury Barnet Harriers | 11.88 | 3 | 2 | Desola Bakre | Enfield & Haringey | 10.78 | | |
| 4 | 11 | Jade Castell-Thomas | Blackheath & Bromley H AC | 11.04 | 4 | 44 | Natalie Farman | Herts Phoenix AC | 10.12 | | |
| 5 | 66 | Ellie Rhodes | Team Cambridgeshire | 10.63 | 5 | 77 | Jo Debs | Windsor Slough Eton & Hounslow | 9.76 | | |
| 6 | 4 | Hayley Kruse | Herts Phoenix AC | 10.14 | 6 | 6 | Emily Moss | Team Cambridgeshire | 9.71 | REFEREE'S SIGNATURE | |
| 7 | 7 | Jenny Heckford | Windsor Slough Eton & Houn | 9.96 | 7 | 88 | Gemma Murray | Woodford Green/Essex Ladies | 8.88 | | |
| 8 | 3 | Chloe Flowers | Harrow AC | 9.96 | 8 | 33 | Katie James | Harrow AC | 8.46 | | |

Results by Sprints Software 07973 827735

UK ATHLETICS: HEIGHT CARD

| MEETING | | Southern Premier Match 1 | | | | VENUE | | Lee Valley Athletics Stadium | | | | | | DATE | | 29 April 2007 | | | | | | | |
|---------|----|--------------------------|-----------------------------|--------|--------|--------|--------|------------------------------|--------|---------------|--------|------------|--------|--------------------------------|-------------|-------------------------|-------|----------|-------|--------|-------------------|--------|--------|
| EVENT | | Women's High Jump | | | | TIME | | 14:30 | | League Record | | 22/06/1997 | | S Jones, Wigan Harriers, 1.83m | | | | | | | | | |
| Order | No | NAME | CLUB | 1.25 | 1.30 | 1.35 | 1.40 | 1.45 | 1.50 | 1.55 | 1.60 | 1.65 | 1.70 | 1.73 | Best of All | Trials at HT Cleared | Total | Failures | Total | Trials | Final Position | A or B | |
| | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | | | | | | Metres | Metres |
| 1 | 6 | Emily Moss | Team Cambridgeshire | | | o | o | xxx | | | | | | | 1.40 | | | | | | 12 | A | 8 |
| 2 | 5 | Sarah Clifford | Shaftesbury Barnet Harriers | | | | | | | | | | | | | | | | | | | | |
| 3 | 4 | Natalie Farman | Herts Phoenix AC | | | | xo | o | xx- | - | o | xxx | | | 1.60 | | | | | | 2 | A | 2 |
| 4 | 3 | Eloise Newman | Harrow AC | | | | | | | o | o | o | xo | xxx | 1.70 | | | | | | 1 | A | 1 |
| 5 | 2 | Yemi Bello | Enfield & Haringey | | | o | o | xo | xo | xxx | | | | | 1.50 | | | | | | 9 | B | 3 |
| 6 | 1 | Charlotte Walden-Day | Blackheath & Bromley H AC | | | | | o | o | xo | xxx | | | | 1.55 | | | | | | 4 | A | 4 |
| 7 | 8 | Chloe Galloway | Woodford Green/Essex Ladies | | | | | o | o | o | xxo | xxx | | | 1.60 | | | | | | 3 | A | 3 |
| 8 | 7 | Chanel Taite | Windsor Slough Eton & Houns | | | | | | o | xxo | xxx | | | | 1.55 | | | | | | 5 | A | 5 |
| 9 | 66 | Sophie Hallam | Team Cambridgeshire | | | o | - | - | - | | | | | | 1.35 | | | | | | 14 | B | 6 |
| 10 | 55 | Abigail Lambden | Shaftesbury Barnet Harriers | | | | | xxo | xxx | | | | | | 1.45 | | | | | | 10 | A | 7 |
| 11 | 44 | Hayley Kruse | Herts Phoenix AC | | | | o | xo | o | xxo | xxx | | | | 1.55 | | | | | | 5 | B | 1 |
| 12 | 33 | Yolanda Hutchinson | Harrow AC | o | - | | | | | | | | | | 1.25 | | | | | | 15 | B | 7 |
| 13 | 22 | Jasmin Hicks | Enfield & Haringey | | o | o | o | o | o | xxo | - | | | | 1.55 | | | | | | 5 | A | 5 |
| 14 | 11 | Emily Martin | Blackheath & Bromley H AC | | | o | o | o | xxx | | | | | | 1.45 | | | | | | 10 | B | 4 |
| 15 | 88 | Natasha Matthews | Woodford Green/Essex Ladies | | | o | xo | o | o | xxx | | | | | 1.50 | | | | | | 8 | B | 2 |
| 16 | 77 | Jo Debs | Windsor Slough Eton & Houns | | o | o | xxo | xxx | | | | | | | 1.40 | | | | | | 12 | B | 5 |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|----------------------|--------------------------|--------|-------------------|-----|--------------------|------------------------|--------|---------------------|--|
| Posn | No. | NAME | CLUB | HEIGHT | Posn | No. | NAME | CLUB | HEIGHT | | |
| 1 | 3 | Eloise Newman | Harrow AC | 1.70 | 1 | 44 | Hayley Kruse | Herts Phoenix AC | 1.55 | | |
| 2 | 4 | Natalie Farman | Herts Phoenix AC | 1.60 | 2 | 88 | Natasha Matthews | Woodford Green/Essex | 1.50 | | |
| 3 | 8 | Chloe Galloway | Woodford Green/Essex L | 1.60 | 3 | 2 | Yemi Bello | Enfield & Haringey | 1.50 | | |
| 4 | 1 | Charlotte Walden-Day | Blackheath & Bromley H | 1.55 | 4 | 11 | Emily Martin | Blackheath & Bromley H | 1.45 | | |
| 5= | 7 | Chanel Taite | Windsor Slough Eton & H | 1.55 | 5 | 77 | Jo Debs | Windsor Slough Eton & | 1.40 | | |
| 5= | 22 | Jasmin Hicks | Enfield & Haringey | 1.55 | 6 | 66 | Sophie Hallam | Team Cambridgeshire | 1.35 | REFEREE'S SIGNATURE | |
| 7 | 55 | Abigail Lambden | Shaftesbury Barnet Harri | 1.45 | 7 | 33 | Yolanda Hutchinson | Harrow AC | 1.25 | | |
| 8 | 6 | Emily Moss | Team Cambridgeshire | 1.40 | | | | | | | |

UK ATHLETICS: HEIGHT CARD

| MEETING | | Southern Premier Match 1 | | | VENUE | | Lee Valley Athletics Stadium | | | | | | | DATE | | 29 April 2007 | | | | | | | |
|---------|----|--------------------------|-----------------------------|--------------|--------|--------|------------------------------|---------------|--------|------------|--------------------------------------|--------|--------|--------|--------|---------------|------------------------|-----------------|-------------------|-----------------|-------------------|--------|---|
| EVENT | | Women's Pole Vault | | | TIME | | 11:00 | League Record | | 08/09/2002 | Z Brown, Shaftesbury Barnet H, 3.82m | | | | | | | | | | | | |
| Order | No | NAME | CLUB | 1.70 3.45 | 1.85 | 2.00 | 2.15 | 2.30 | 2.45 | 2.60 | 2.75 | 2.90 | 3.05 | 3.20 | 3.35 | Best of All | Tries at HT Cleared | Total Trials | Total Failures | Total Trials | Final Position | A or B | |
| | | | | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | Metres | | | | | | | |
| 1 | 6 | Naomi Riddel | Team Cambridgeshire | | | | | | | | | | | | | | | | | | | | |
| 2 | 2 | Jasmin Hicks | Enfield & Haringey | | | | | | | | xxo | o | o | xxo | xxx | 3.20 | | | | | 3 | A | 2 |
| 3 | 4 | Laura Wake | Herts Phoenix AC | | o | xxo | o | xxx | | | | | | | | 2.15 | | | | | 5 | A | 3 |
| 4 | 5 | - | Shaftesbury Barnet Harriers | | | | | | | | | | | | | | | | | | | | |
| 5 | 7 | - | Windsor Slough Eton & Houns | | | | | | | | | | | | | | | | | | | | |
| 6 | 8 | Eloise Wyre | Woodford Green/Essex Ladies | o | o | o | xxx | | | | | | | | | 2.00 | | | | | 6 | A | 4 |
| 7 | 1 | Emily Godley | Blackheath & Bromley H AC | xxx | | | | | | | | | xxo | xxo | xxo | 3.35 | | | | | 1 | A | 1 |
| 8 | 3 | - | Harrow AC | | | | | | | | | | | | | | | | | | | | |
| 9 | 66 | - | Team Cambridgeshire | | | | | | | | | | | | | | | | | | | | |
| 10 | 22 | Sarah Gibson | Enfield & Haringey | | | | o | o | o | xxo | xxx | | | | | 2.60 | | | | | 4 | B | 2 |
| 11 | 44 | Nicky Burrows | Herts Phoenix AC | o | o | xxx | | | | | | | | | | 1.85 | | | | | 7 | B | 3 |
| 12 | 55 | - | Shaftesbury Barnet Harriers | | | | | | | | | | | | | | | | | | | | |
| 13 | 77 | - | Windsor Slough Eton & Houns | | | | | | | | | | | | | | | | | | | | |
| 14 | 88 | - | Woodford Green/Essex Ladies | | | | | | | | | | | | | | | | | | | | |
| 15 | 11 | Rachel Arnheim | Blackheath & Bromley H AC | | | | | | | | o | o | o | o | xxx | 3.20 | | | | | 2 | B | 1 |
| 16 | 33 | - | Harrow AC | | | | | | | | | | | | | | | | | | | | |

| "A" STRING RESULT | | | | | "B" STRING RESULT | | | | | JUDGES' SIGNATURES | |
|-------------------|-----|--------------|------------------------|--------|-------------------|-----|----------------|------------------------|--------|---------------------|--|
| Posn | No. | NAME | CLUB | HEIGHT | Posn | No. | NAME | CLUB | HEIGHT | | |
| 1 | 1 | Emily Godley | Blackheath & Bromley H | 3.35 | 1 | 11 | Rachel Arnheim | Blackheath & Bromley H | 3.20 | | |
| 2 | 2 | Jasmin Hicks | Enfield & Haringey | 3.20 | 2 | 22 | Sarah Gibson | Enfield & Haringey | 2.60 | | |
| 3 | 4 | Laura Wake | Herts Phoenix AC | 2.15 | 3 | 44 | Nicky Burrows | Herts Phoenix AC | 1.85 | | |
| 4 | 8 | Eloise Wyre | Woodford Green/Essex L | 2.00 | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | REFEREE'S SIGNATURE | |
| | | | | | | | | | | | |