

100M A	Wind -0.5 m/s	100M B	Wind +0.7 m/s
1 Gavin Eastman	E&H 10.64	1 Leroy Slue	HRW 10.71
2 Jeff Lawal-Balogun	KNT 10.66	2 John Browne	KNT 10.78
3 Andrew Matthews	WSE 10.75	3 Isaiah Adekanmbi	E&H 10.87
4 Chris Dougherty	TVH 10.77	4 James Christie	TVH 10.97
5 Duayne Bovell	B&B 10.92	5 Milton Baker	CDF 11.11
6 Brian Doyle	HRW 10.92	6 Liam Freemantle	WSE 11.17
7 Phil Doorgachurn	CDF 10.94	7 Jon Miller	BRD 11.22
8 Tim Ward	BRD 10.98	8 Neil Francis	B&B 11.34

200M A	Wind +2.1 m/s	200M B	Wind +0.6 m/s
1 Luke Fagan	E&H 21.07	1 John Browne	KNT 21.47
2 Jeff Lawal-Balogun	KNT 21.10	2 James Bridge	TVH 21.95
3 Toby Sandeman	TVH 21.22	3 Liam Freemantle	WSE 22.21
4 Tim Ward	BRD 21.57	4 Isaiah Adekanmbi	E&H 22.26
5 Phil Doorgachurn	CDF 21.76	5 Jon Miller	BRD 22.56
6 Leroy Slue	HRW 21.79	6 Neil Francis	B&B 22.90
7 Andrew Matthews	WSE 21.90	7 Othroy Marsh	HRW 33.07
8 Duayne Bovell	B&B 22.04		

400M A		400M B	
1 Brian Doyle	HRW 47.47	1 Louis Burgess	E&H 48.05
2 Nick Leavey	TVH 47.83	2 Robert Smith	TVH 48.91
3 Stephen Johnson	WSE 48.47	3 Ed Harrison	B&B 49.54
4 Al Low	BRD 48.65	4 Billy McGill	BRD 50.14
5 Kofi Appiah	E&H 48.81	5 Jeff Christie	WSE 51.38
6 Andrew Moreton	KNT 49.73	6 Antoni Davis-Phillip	KNT 52.09
7 Ian Allerton	B&B 50.11	7 Matt Birchall	HRW 53.20
8 Lloyd Newman	CDF 53.95	8 Michael Johnson	CDF 58.07

800M A		800M B	
1 Jo Maynard	CDF 1.53.38	1 Dean Goodman	HRW 1.55.69
2 Ian May	WSE 1.54.64	2 David McKinlay	B&B 1.56.84
3 James Poole	B&B 1.55.30	3 Stevie Marrow	BRD 1.57.69
4 Brendan O'Shea	BRD 1.55.39	4 Louis Phiri	TVH 1.58.27
5 Dean Clark	TVH 1.55.70	5 Andrew Dunwoody	KNT 1.58.49
6 Jon Lodowski	E&H 1.56.36	6 Matt Stephenson	CDF 1.58.76
7 Andrew Pickett	KNT 1.56.57	7 Luke Turton	WSE 2.00.50
8 Matt Birchall	HRW 1.56.68		

1500M A		1500M B	
1 Mark Draper	WSE 3.56.42	1 Gareth Hill	BRD 3.59.11
2 James Poole	B&B 3.57.71	2 Dan Ryan	B&B 4.03.09
3 Andrew Hennessy	TVH 3.57.72	3 Andrew Dunwoody	KNT 4.06.22
4 Ian Rawlinson	BRD 3.58.06	4 Alex Tovey	WSE 4.07.37
5 Rob Mullett	E&H 3.59.03	5 Dean Clark	TVH 4.08.33
6 Charis Discome	CDF 4.00.77	6 Matt Carey	HRW 4.14.44
7 Andrew Pickett	KNT 4.01.86	7 Steve Milward	CDF 4.16.63
8 Richard Franzese	HRW 4.02.89	8 Paul Northrop	E&H 4.19.02

5000M A		5000M B	
1 Michael Skinner	B&B 14.16.44	1 Al McCormack	BRD 14.58.56
2 Paddy Hamilton	BRD 14.39.20	2 Jerome Brooks	TVH 15.06.76
3 Owain Jones	WSE 14.55.62	3 Peter Tucker	B&B 15.10.21
4 Chris Smith	TVH 15.00.90	4 Nathan White	WSE 15.15.47
5 Mike Johnson	CDF 15.03.43	5 Chris Lionnet	KNT 15.26.30
6 Richard Gamble	E&H 15.04.11	6 Chris Symonds	E&H 15.52.45
7 Noel Pollock	KNT 15.17.58	7 Damian Nevins	HRW 16.12.05
8 David Branfoot	HRW 15.36.07	8 Jorge Thomas	CDF 16.49.27

110MH A	Wind -0.3 m/s	110MH B	Wind +2.5 m/s
1 Matt Butler	CDF 14.24	1 Lee Hamilton	KNT 15.66
2 Robert Henry	E&H 14.82	2 Ben Sumner	E&H 15.93
3 Neale Kelly	BRD 15.48	3 Ian Neely	BRD 16.48
4 Callum McKay	WSE 15.49	4 Andy Clements	WSE 17.07
5 Joe Appiah	KNT 15.78	5 Gabriel Akin	HRW 17.26
6 Tom Nichols	HRW 16.00	6 Matt Ledger	CDF 17.58
7 Alex Pope	B&B 16.37	7 Dale Willis	B&B 17.87

400MH A		400MH B	
1 Ben Carne	HRW 51.67	1 Ogadima Duru	E&H 53.48
2 Ben Sumner	E&H 52.20	2 Andy Clements	WSE 53.90
3 Ed Harrison	B&B 52.92	3 Ian Neely	BRD 55.11
4 Thomas Patton	TVH 53.22	4 Lee Hamilton	KNT 55.34
5 Jon Miller	BRD 53.40	5 Wayne Taylor	TVH 57.31
6 Jeff Christie	WSE 55.06	6 Noel Reid	HRW 59.25
7 Shaun Mulligan	KNT 57.98	7 Ashley Healey	B&B 59.40
8 Steve Milward	CDF 66.17	8 Matt Ledger	CDF 69.09

3000M SC A		3000M SC B	
1 Andrew Hennessy	TVH 9.07.86	1 Peter Norris	HRW 9.35.60
2 James Connor	KNT 9.16.75	2 Steve Norris	TVH 9.46.70
3 Matt Carey	HRW 9.18.82	3 Paul Martin	B&B 9.48.99
4 Steve Milward	CDF 9.27.09	4 Rich Munn	KNT 9.56.42
5 Joe Kealey	BRD 9.39.00		
6 Alex B. Littlewood	B&B 9.41.85		

Discus Throw A		Discus Throw B	
1 Matt Brown	E&H 52.12	1 Ali Morganello	BRD 43.99
2 Jeremy Harper	WSE 49.70	2 Mike Small	WSE 38.49
3 Luke Rosenberg	HRW 49.06	3 Liam Presnell	B&B 37.70
4 Gerard Sluiter	TVH 46.76	4 Joel Capper	E&H 36.19
5 Neil Elliot	BRD 46.63	5 Richard Hurren	HRW 35.63
6 Alex Pope	B&B 43.12	6 Ali Mortimer	TVH 34.70
7 David Coleman	CDF 42.85	7 Jay Thomas	KNT 33.40
8 Alan Porter	KNT 35.24	8 Simon Bull	CDF 31.72

Hammer Throw A		Hammer Throw B	
1 Carl Saggars	E&H 61.87	1 Alan James	WSE 49.95
2 Steve Sammut	WSE 57.91	2 Neil Elliot	BRD 41.71
3 David Little	BRD 55.30	3 Danny Farenden	E&H 37.39
4 Daniel Gamester	KNT 44.33	4 Luke Rosenberg	HRW 37.22
5 Richard Al Ameen	B&B 42.39	5 Allon Pekin	KNT 35.17
6 Alan French	HRW 38.74	6 Alex Pope	B&B 29.76
7 Ali Mortimer	TVH 34.08	7 Simon Bull	CDF 28.51
8 David Coleman	CDF 30.70	8 Gerard Sluiter	TVH 22.22

High Jump A		High Jump B	
1 Mark Crowley	E&H 2.14	1 Cameron Lake	WSE 2.00
2 Alan McKie	WSE 2.05	2 Gary Coulter	BRD 1.95
3 Kabelo Mnomo	CDF 2.05	3 Tom Nichols	HRW 1.85
4 Codlan Flanagan	BRD 1.95	4 Neil McDaid	E&H 1.85
5 Tim Maitland	HRW 1.95	5 Matt Ledger	CDF 1.80
6 Bomene Barikor	B&B 1.90	6 Dale Willis	B&B 1.75
7 Matthew Hulyer	TVH 1.80	7 Shaun Mulligan	KNT 1.65
8 Joe Appiah	KNT 1.70	8 Nav Childs	TVH 1.60

Javelin Throw A

1 Anthony Lovett	E&H 65.45
2 Chrissy Smith	BRD 65.43
3 Dave Sketchley	HRW 61.08
4 Jon Harvey	TVH 55.25
5 Jeremy Harper	WSE 52.41
6 Alan Porter	KNT 51.55
7 Simon Bull	CDF 48.31
8 Alex Pope	B&B 40.39

Javelin Throw B

1 Jeremy Tigar	WSE 48.23
2 Ali Smith	BRD 47.02
3 Matt Ledger	CDF 43.50
4 Matthew Burton	KNT 41.02
5 Robert Henry	E&H 40.84
6 Noel Reid	HRW 37.85
7 Ali Mortimer	TVH 34.35
8 Richard Holt	B&B 4.45

Long Jump A

1 Anthony Timms	BRD 6.84
2 Matthew Burton	KNT 6.74
3 Gabriel Akin	HRW 6.74
4 Nav Childs	TVH 6.70
5 Jon Ramos	E&H 6.66
6 Ollie Briggs	WSE 6.41
7 Alex Pope	B&B 6.19
8 Jody Chappell	CDF 6.17

Long Jump B

1 Matthew Hulyer	TVH 6.57
2 Joe Appiah	KNT 6.43
3 Tomide Isinkaye	E&H 6.28
4 Ashley Bryant	WSE 6.26
5 Des Kaporu	BRD 5.98
6 Dale Willis	B&B 5.61
7 Ian Newbury	CDF 5.44
8 Kad. Greenidge-Smith	HRW 5.35

Pole Vault A

1 Scott Huggins	B&B 4.80
2 Richard Hurren	HRW 4.60
3 Chris Mills	WSE 4.50
4 Mike Walker	CDF 4.40
5 Greg Conlon	TVH 4.20
6 Jon Hill	E&H 3.80
7 Davy Robertson	BRD 3.80
8 Howard Frost	KNT 3.60

Pole Vault B

1 Martin Densley	WSE 4.20
2 Anthony Simons	TVH 4.20
3=Ian Smart	HRW 4.00
3=Jon Murray	CDF 4.00
5 Matt Darrian	BRD 3.80
6 Jamie Brandon	E&H 3.20
7 Alex Pope	B&B 3.00
8 Antoni Davis-Phillip	KNT 2.40

Shot Putt A

1 Neil Elliot	BRD 15.67
2 Jay Thomas	KNT 15.11
3 Luke Rosenberg	HRW 14.45
4 Gerard Sluiter	TVH 13.98
5 Jeremy Harper	WSE 13.56
6 Carl Sagers	E&H 13.55
7 Alex Pope	B&B 12.54
8 Simon Bull	CDF 12.25

Shot Putt B

1 Mike Small	WSE 12.64
2 Richard Hurren	HRW 12.39
3 Albert Johnson	KNT 12.30
4 Joel Capper	E&H 12.09
5 Ali Morganella	BRD 11.77
6 Liam Presnell	B&B 11.45
7 David Coleman	CDF 11.18
8 Ali Mortimer	TVH 11.14

Triple Jump A

1 Matthew Burton	KNT 15.25
2 Tony Daffurn	HRW 14.65
3 Nav Childs	TVH 14.53
4 Tomide Isinkaye	E&H 13.47
5 Ollie Briggs	WSE 12.79
6 Des Kaporu	BRD 12.14
7 Jody Chappell	CDF 12.10
8 Dale Willis	B&B 11.78

Triple Jump B

1 Kofi Asante	HRW 13.44
2 Rawlston Moria	KNT 13.18
3 Matthew Hulyer	TVH 13.07
4 Jon Ramos	E&H 12.50
5 Rob Green	CDF 11.83
6 Christopher Bart	WSE 11.75
7 Bomene Barikor	B&B 11.70
8 Matt Darrian	BRD 11.06

4x100M Relay

1 KNT 41.46	1 Paul Egboh	2 Matthew Wepke
	3 John Browne	4 Jeff Lawal-Balogun
2 HRW 41.47	1 Rohan Samuel	2 Brian Doyle
	3 Leroy Slue	4 Othroy Marsh
3 TVH 41.67	1 James Christie	2 Chris Dougherty
	3 James Bridge	4 Toby Sandeman
4 WSE 41.90	1 Andrew Matthews	2 Adam Butler
	3 Stephen Johnson	4 Liam Freemantle
5 E&H 42.38	1 Luke Fagan	2 Tristan Antony
	3 Isaiah Adekanmbi	4 Jon Ramos
6 B&B 42.50	1 Ed Harrison	2 Ian Allerton
	3 Bomene Barikor	4 Duayne Bovell
7 BRD 43.15	1 Tim Ward	2 Tunde Balogun
	3 Ian Neely	4 Jon Miller

4x400M Relay

1 E&H 3.16.37	1 Ben Sumner	2 Aaron Teall
	3 John Lodowski	4 Kofi Appiah
2 TVH 3.18.26	1 Louis Phiri	2 Thomas Patton
	3 Robert Smith	4 Nick Leavey
3 WSE 3.19.58	1 Stephen Johnson	2 Fahad Khan
	3 Ian May	4 Andy Clements
4 KNT 3.23.29	1 Antoni Davis-Phillip	2 Andrew Moreton
	3 Lee Hamilton	4 Shaun Mulligan
5 BRD 3.24.21	1 Billy McGill	2 Stevie Marrow
	3 Jon Miller	4 Al Low
6 B&B 3.24.78	1 Bomene Barikor	2 Derek Paisley
	3 David McKinlay	4 Ian Allerton
7 HRW 3.36.07	1 Brian Doyle	2 Noel Reid
	3 Ben Carne	4 Matt Birchall

MATCH RESULT

	Event	Lge
1 Windsor, Slough, Eton, H'low	317	8
2 Enfield & Haringey AC	305	7
3 Border Harriers	301	6
4=Thames Valley Harriers	286	4.5
4=Harrow AC	286	4.5
6 Kent AC	282	3
7 Blackheath & Bromley H&AC	225	2
8 Cardiff AC	171	1

Athlete of the Match

Luke Fagan E&H 200m 21.07

100m (1)	Wind +0.5 m/s	100m (2)	Wind +2.4 m/s
1 Toby Sandeman	TVH 10.90	1 Gary Carr	ASH 10.76
2 Adam Butler	WSE 10.97	2 Jason Commissiiong	TVH 10.88
3 Mark Hanson	E&H 11.04	3 Paul Egboh	KNT 11.03
4 James Bridge	TVH 11.15	4 Llyod Newman	CDF 11.25
5 Andre Williams	TVH 11.20	5 Micheal Adekdmge	E&H 11.36
6 Leon James-Lionel	WSE 11.20	6 Ian Newbury	CDF 11.42
7 Keith Marle	E&H 11.48	7 Kody Thompson	CDF 11.47

100m (3)	Wind +1.2 m/s	3k steeple	
1 Othroy Marsh	HRW 10.75	1 Andrew Donno	BHT 9.55.80
2 Tolene Ezekiel	VPH 11.05		
3 Matthew Wekpe	KNT 11.10		
4 Josh Wood	HRW 11.12		
5 Mat Harris	KNT 11.41		
6 Tomide Isinkaye	E&H 11.44		
7 Richardo Martin	KNT 11.68		
8 Alex Animashaun	HRW 11.78		