

M 100m A

1	Josh Patrick	WSE	10.8
2	Charlie Dack	BSD	10.9
3	William Ife	E&H	10.9
4	Sam Lawrence	TC	10.9
5	Simon Merrill	B&B	10.9
6	Confidence Lawson	SBH	11.0
7	Sam Watts	W&E	11.1
8	Stefan Greenidge	HRW	11.3

M 100m B

1	Antonio Infantino	E&H	10.7
2	Matt Harrison	BSD	11.2
3	Joshua Mbai	HRW	11.3
4	Adam Medcraft U17	WSE	11.3
5	Gianluca Zicchi	TC	11.3
6	Neil Francis	B&B	11.3
7	Tom 'brien	SBH	11.5
8	Omololu Abiodun U17	W&E	11.5

M 200m A

1	Rhion Samuel U17	E&H	22.0
2	Sam Lawrence	TC	22.2
3	Matt Harrison	BSD	22.4
4	Daniel Putnam U17	B&B	22.4
5	Tom Evans U17	WSE	22.5
6	Joshua Mbai U17	HRW	22.9
7	Jordan Warner	SBH	23.0
8	Omololu Abiodun U17	W&E	23.6

M 200m B

1	Antonio Infantino	E&H	21.9
2	Confidence Lawson	SBH	22.7
3	Tom Benstead U17	B&B	23.0
4	Paige Haines	BSD	23.0
5	Adam Medcraft U17	WSE	23.1
6	Nnamdi Umeh U17	W&E	23.8
7	Philip Smith	HRW	24.4
8	Ben Davies	TC	25.1

M 400m A

1	Daniel Putnam U17	B&B	50.6
2	Paige Haines	BSD	51.0
3	Sonny Flynn	HRW	51.7
4	Matt Harris	E&H	51.8
5	Oliver Kelly U17	SBH	52.1
6	Marc Forrest U17	WSE	52.3
7	Tom Larkin U17	W&E	53.8

M 400m B

1	Michael Skee	E&H	50.4
2	Tom Benstead U17	B&B	51.3
3	Andrew Kendall	HRW	52.7
4	Chris Vickers	W&E	54.7
5	Nick Lingley U17	WSE	55.2
6	Mark Sampford	BSD	55.8

M 800m A

1	Matthew Sullivan	SBH	1.56.0
2	Rikky Letch U17	WSE	1.56.6
3	Stephen Cavey U17	B&B	1.58.6
4	Dale Clutterbuck U17	BSD	1.59.4
5	Luke Disney	E&H	1.59.6
6	Omar Mansour	W&E	1.59.9
7	Josh Reed	TC	2.01.1
8	Cameron Scott	HRW	2.08.0

M 800m B

1	Ronnie Sparke	W&E	1.59.2
2	Luke Turton	WSE	2.00.9
3	Ramone M-Rodney	E&H	2.01.0
4	Jake Wright	BSD	2.03.4
5	Michael Smith	TC	2.07.1
6	Billy C-Pallet	SBH	2.07.5
7	James Clark	B&B	2.07.9
8	Philip Smith	HRW	2.10.8

M 1500m A

1	Matthew Sullivan	SBH	4.09.7
2	Shaun Collins	E&H	4.10.6
3	Alex Tovey	WSE	4.12.9
4	Alexbruce Littlewood	B&B	4.12.9
5	Richard Mann	HRW	4.15.3
6	Antony Taylor U17	BSD	4.21.3
7	Richard Pawlak	TC	4.22.8
8	Gavin Lewis	W&E	4.40.3

M 1500m B

1	Elliott Woolmer U17	WSE	4.13.9
2	Richard Goodman U17	SBH	4.17.8
3	Alex Jones U17	E&H	4.22.8
4	Will Mycroft	TC	4.24.1
5	Stephen Cavey U17	B&B	4.41.1
6	Ronnie Sparke	W&E	4.41.1
7	Matt Lewis	HRW	4.43.2
8	Matt Hardy U17	BSD	4.59.4

M 3000m A

1	James Shane	BSD	8.51.2
2	Nathan White	WSE	8.58.2
3	Jake Shelley	SBH	8.59.5
4	Sam Hunt	B&B	9.06.7
5	Matt Sharp	E&H	9.15.3
6	Chris Wright	TC	9.38.7
7	Darren Southcott U17	W&E	10.16.5

M 3000m B

1	Rhys Glastonbury	WSE	9.06.7
2	Niall Fleming U17	SBH	9.28.9
3	Dean Scott U17	E&H	9.33.8
4	Alistair Cliff	B&B	9.45.9
5	Christopher Smith	TC	9.50.6
6	Daniel Yaxley U17	W&E	10.32.1

M 110mH A			M 110mH B		
1	Simon Merrill	B&B 14.0	1	Jamie East	WSE 15.0
2	Aaron James	E&H 14.2	2	Stephen Barnard	E&H 15.4
3	Emmanuel Okpokiri	W&E 14.5	3	Peter Clarke	W&E 17.7
4	Lawrence Clark	WSE 14.7	4	Zak Haile U17	SBH 18.4
5	Curtess Matthews	SBH 15.8			
6	Jordan Morley	HRW 17.8			
7	Jamie Irons	TC 19.7			
M 400mH A			M 400mH B		
1	Christian Roberts	TC 55.1	1	Ayrton Richards	B&B 61.0
2	Matt Threadgold	B&B 58.2	2	Tom Bryant	SBH 61.6
3	Jamie East	WSE 60.9	3	Tom Lewis	HRW 64.0
4	Olu Oyewobi U17	E&H 62.9	4	Tom Brind U17	E&H 67.7
5	James Gravestock	SBH 64.2			
6	Jordan Morley	HRW 74.4			
M 2000m Sc A			M 2000m Sc B		
1	Ben Nagy	E&H 6.25.1	1	Adil Hussein	E&H 6.46.4
2	Alex B Littlewood	B&B 6.35.7	2	Tom Patison	HRW 6.49.2
3	Tom Lewis	HRW 6.36.4	3	Hector Kurtyanek U17	B&B 7.00.5
4	Jake Wright	BSD 6.46.1	4	Cameron Smart	WSE 7.16.7
5	Darren Southcott U17	W&E 6.59.7	5	Mark Sampford	BSD 7.24.4
6	Nathan Ditton U17	WSE 6.59.9	6	Robert Meadows U17	W&E 7.40.7
7	Josh Lunn	TC 7.30.2			
8	Tom Bryant	SBH 7.43.3			
M Discus Throw A			M Discus Throw B		
1	Matthew Baptiste	W&E 51.96	1	Devon Douglas	W&E 44.50
2	Martin Tinkler	TC 42.72	2	Ben Hale	TC 36.64
3	Liam Presnell	B&B 39.47	3	Daniel Ridge	B&B 34.76
4	Tom Peacock U17	SBH 39.15	4	Martyn Elkins	SBH 34.08
5	Theo Burton	HRW 36.22	5	Kieran Hines	E&H 31.84
6	Jay Hill	E&H 33.49	6	Nick Lingley U17	WSE 18.46
7	Tariq Martin U17	BSD 28.11	7	Matt Payne Davis	HRW 17.97
8	Jamie East	WSE 24.12			
M Hammer Throw A			M Hammer Throw B		
1	Peter Clarke	W&E 55.00	1	Lee Lovelock Jemmott	W&E 40.15
2	Richard Al-Aneen	B&B 50.97	2	Tom Peacock U17	SBH 36.00
3	Matt Payne-Davis	HRW 50.72	3	Stan Gaskin	E&H 35.95
4	Ben Hale	TC 44.90	4	Paul Hayball	TC 29.48
5	Martyn Elkins	SBH 41.55			
6	Danny Farendon	E&H 39.78			
7	Tariq Martin U17	BSD 24.70			
M High Jump A			M High Jump B		
1	Chris Baker	E&H 2.05	1	Leron Norbert	E&H 2.00
2	Cameron Lake	WSE 2.05	2	Jamie East	WSE 1.85
3	Daniel Lampard	SBH 1.95	3	Ben Kelk	TC 1.75
4	Jamie Irons	TC 1.85	4	=Simeon Stuart	W&E 1.70
5	Peter Kirabo	W&E 1.70	4	=Tom Rose	SBH 1.70
6	James Powell U17	B&B 1.70	6	Ben Parkin U17	B&B 1.65
7	Matty Sadoh	HRW 1.65	7	Ethan D'cruz	HRW 1.65
M Javelin Throw A			M Javelin Throw B		
1	Jay Boddington	W&E 53.30	1	Martin Tinkler	TC 42.80
2	Jamie Broadey	E&H 51.31	2	Alex Harman	E&H 39.13
3	James Cook	SBH 46.37	3	Emmanuel Okpokiri	W&E 32.56
4	Paul Hayball	TC 43.76	4	Mark Longhurst U17	B&B 32.23
5	Andy Pike U17	WSE 40.59	5	Marc Forrest U17	WSE 31.44
6	James Powell U17	B&B 33.02	6	Jamie Dalton	HRW 30.97
7	Ethan D'cruz	HRW 31.02	7	Tom 'brien	SBH 28.14
8	Paige Haines	BSD 21.45			

M Long Jump A			M Long Jump B		
1	Stefan Greenidge	HRW 6.67	1	Felix Maisey-Curtis	HRW 6.36
2	Daniel Lewis	SBH 6.51	2	Sean Wynter	E&H 6.30
3	David Harvey U17	WSE 6.44	3	Kem Onubogu	SBH 6.23
4	Omari B-Ellington	E&H 6.42	4	David Crisp U17	W&E 6.18
5	Simeon Stuart	W&E 6.36	5	Sion Whittaker	TC 5.90
6	Sam Richards	TC 6.12	6	Steve Banks	BSD 5.82
7	Steven Paoletti	BSD 5.95	7	Andrew Winchcombe U1	WSE 5.55
8	Mark Longhurst U17	B&B 5.77	8	Jack Jacobs U17	B&B 5.25
M Pole Vault A			M Pole Vault B		
1	Jordan Henwood U17	E&H 4.05	1	Chris Baker	E&H 3.35
2	James Grant	SBH 4.00	2	Matthew Farley	W&E 2.60
3	Tom Galgut	WSE 3.35	3	David Walker U17	WSE 2.30
4	=Jamie Dalton	HRW 3.05	4	Matt Lewis	HRW 2.00
4	=Mark Longhurst U17	B&B 3.05			
6	Lewis Tibbott U17	W&E 2.90			
7	Paul Hayball	TC 2.60			
M Shot Putt A			M Shot Putt B		
1	Devon Douglas	W&E 16.49	1	Matthew Baptiste	W&E 14.56
2	Robert Mohan	TC 13.79	2	Martin Tinkler	TC 13.77
3	Eddie Ekinem	B&B 13.38	3	Tom Peacock U17	SBH 12.01
4	Opy Jacobs	SBH 13.29	4	Liam Presnell	B&B 11.39
5	Theo Burton	HRW 12.00	5	Jay Hill	E&H 11.17
6	Stan Gaskin	E&H 11.38	6	Matty Sadoh	HRW 8.99
7	Tariq Martin U17	BSD 8.39			
8	Andrew Winchcombe U	WSE 6.31			
M Triple Jump A			M Triple Jump B		
1	Sean Winter	E&H 14.34	1	Kem Onubogu	SBH 13.69
2	Daniel Lewis	SBH 13.76	2	Omari B-Ellington	E&H 12.78
3	David Crisp U17	W&E 13.70	3	Peter Clarke	W&E 12.76
4	Kola Adedonin	B&B 13.61	4	Matty Sadoh	HRW 12.53
5	Felix Maisey-Curtis	HRW 13.30	5	Jack Jacobs U17	B&B 11.60
6	Sion Whittaker	TC 12.28	6	Sam Richards	TC 11.07
7	Steven Paoletti	BSD 12.25	7	David Harvey U17	WSE 10.96
8	Andrew Wincombe U17	WSE 11.71			
W 100m A			W 100m B		
1	Chinedu Monye	WSE 12.0	1	Carlette Grant U17	E&H 12.4
2	Claudenia Williams	SBH 12.3	2	Clarice Underwood	SBH 12.4
3	Harriet Lucas	B&B 12.4	3	Dymond Smith	HRW 12.5
4	Yolanda Hutchinson	HRW 12.5	4	Mary Iheke	B&B 12.5
5	Lola Paul	E&H 12.6	5	Kelly Murphy U17	BSD 12.8
6	Kirsty Shepherd	BSD 12.6	6	Pascale Waterson U17	WSE 13.2
7	Emma Collard	W&E 12.8	7	Leah Parsons	TC 13.2
8	Sharna Emanuel	TC 13.2	8	Hannah Frankson	W&E 13.5
W 200m A			W 200m B		
1	Savannah E-Thompson	B&B 25.4	1	Carlette Grant U17	E&H 25.4
2	Claudenia Williams	SBH 25.9	2	Daniella Annon U17	B&B 25.9
3	Lola Paul	E&H 26.0	3	Natasha Matthews	W&E 26.3
4	Kirsty Shepherd	BSD 26.1	4	Kelly Murphy U17	BSD 26.3
5	Emma Collard	W&E 27.0	5	Clarice Underwood	SBH 27.2
6	Sharna Emanuel	TC 27.1	6	Pascale Waterson U17	WSE 27.3
7	Beth Newton	WSE 27.2	7	Hannah Lynch	TC 27.5
8	Philippa Lowe	HRW 27.8	8	Rachel Nakaye	HRW 27.7

W 400m A			W 400m B		
1	Shelayna Oskan	WSE 57.5	1	Mary Iheke	B&B 57.6
2	Savannah E-Thompson	B&B 58.4	2	Megan Hunter	SBH 58.9
3	Erica Smith	E&H 59.3	3	Emma Paton	WSE 61.0
4	Lucy Dowsett	TC 59.6	4	Rachel Davies	HRW 61.5
5	Lucy Yates	SBH 61.3	5	Chelsea Oldham	TC 65.5
6	Dymond Smith	HRW 62.0	6	Gemma Murray	W&E 68.1
7	Gemma Kersey U17	BSD 62.1	7	Angelika Brown U17	E&H 72.2
8	Katherine Foy	W&E 63.1			
W 800m A			W 800m B		
1	Vicky Fouhy	WSE 2.14.0	1	Chantelle Bazonni	SBH 2.26.0
2	Sophia Connor	SBH 2.14.5	2	Hilary Arredondo	E&H 2.27.0
3	Philippa Lowe	HRW 2.15.7	3	Rachel Stedman	WSE 2.28.1
4	Danielle Critchley U	B&B 2.15.9	4	Sarah McLellan	B&B 2.32.7
5	Anna Sharrock	E&H 2.21.7	5	Kate Stockings	W&E 2.33.6
6	Emily Kier	TC 2.22.2	6	Katie Parker	TC 2.34.0
7	Denise Dignum	BSD 2.26.4	7	Tabitha Daniels-Moss	HRW 2.54.9
8	Claudia Conway U17	W&E 2.26.9			
W 1500m A			W 1500m B		
1	Lucy Yates	SBH 4.45.4	1	Bex Myers U17	WSE 5.01.8
2	Martha Reynolds U17	WSE 4.48.4	2	Ella Wardman	E&H 5.15.7
3	Gemma Kersey U17	BSD 4.53.2	3	Amelia Holford	W&E 5.30.2
4	Leigh Lattimore	HRW 4.58.1	4	Michelle Fewster U17	B&B 5.42.9
5	Emily Kier	TC 5.00.5	5	Chantelle Bazonni	SBH 5.48.4
6	Anna Sharrock	E&H 5.03.0	6	Sarah Brown	HRW 6.06.5
7	Becky Hewitt	W&E 5.17.1			
8	Melody Cane U17	B&B 5.32.7			
W 3000m A			W 3000m B		
1	Ella Wardman	E&H 10.49.6	1	Katie Murray	B&B 11.34.2
2	Jess Williams	TC 10.53.4	2	Amy Concannon	HRW 11.56.7
3	Jen Hamer U17	B&B 10.55.2	3	Mellisa Hack U17	WSE 12.20.0
4	Sophie Carroll	BSD 10.56.7	4	Victoria Bryan	SBH 12.46.3
5	Sarah Brown	HRW 10.58.9	5	Kavita Solder	W&E 13.34.6
6	Rachel Stedman	WSE 11.14.7			
7	Laura Graham	SBH 11.41.5			
8	Jessica Docking	W&E 11.51.1			
W 100mH A			W 100mH B		
1	Rose Reynolds	WSE 14.7	1	Victoria Dixon	SBH 15.8
2	Kim Motley	TC 15.4	2	Emily Craven	TC 18.0
3	Natasha Matthews	W&E 16.6	3	Jasmin Gardiner	HRW 20.7
4	Ann-Sophie Gnadou	B&B 17.1			
5	Imogen Stanis-Oppler	SBH 17.1			
6	Sarah Gibson	E&H 17.1			
7	Rachel Nakaye	HRW 17.1			
8	Maria Mathers	BSD 23.6			
W 400mH A			W 400mH B		
1	Katrina Cosby	B&B 66.7	1	Katie Murray	B&B 67.2
2	Hayley Comer	HRW 66.7	2	Jazmin Hicks	E&H 74.2
3	Lizzy Thompson	WSE 68.2	3	Rachel Nakaye	HRW 76.3
4	Abigail Lambden	SBH 69.4	4	Emily Craven	TC 77.1
5	Charlotte O'Neill	E&H 77.8	5	Steph Brown	WSE 79.0
6	Nichola Gibson	TC 84.2	6	Amelia Holford	W&E 85.0
7	Samantha Moodie U17	W&E 91.8			

W 2000m SC A  
 1 Kate Stockings U17 W&E 5.53.4  
 2 Hilary Arredondo E&H 5.55.8  
 3 Rebecca Smith U17 B&B 6.04.5  
 4 Claire Simm SBH 6.11.3  
 5 Amy Concannon HRW 6.21.7  
 6 Steph Brown WSE 6.31.9  
 7 Katie Parker TC 6.51.3

W 2000m SC B  
 1 Jessica Docking W&E 5.59.2  
 2 Sophia Maslin U17 B&B 6.13.0  
 3 Tabither Daniels-Mos HRW 7.05.1

W Discus Throw A  
 1 Shaunagh Brown B&B 48.48  
 2 Briony Phillips SBH 35.25  
 3 Jo Botwright WSE 33.63  
 4 Sharifa Brown E&H 27.88  
 5 Kelly Lawrence TC 26.66  
 6 Leann Carroll HRW 16.83  
 7 Maria Mathers BSD 16.78  
 8 Clare Bond W&E 15.23

W Discus Throw B  
 1 Alice Forster TC 26.18  
 2 Chloe Wright U17 WSE 22.29  
 3 Sherene Doughty SBH 20.63  
 4 Ann-Sophie Gnadou B&B 16.84  
 5 Chelsea Ives W&E 15.06  
 6 Christy Falegan E&H 14.68  
 7 Sophie Carroll BSD 12.24  
 8 Ria Bailey HRW 12.02

W Hammer Throw A  
 1 Sarah Smith W&E 43.84  
 2 Oyebanke Jemiyo B&B 42.80  
 3 Nasya Harvey WSE 41.06  
 4 Kelly Lawrence TC 33.36  
 5 Briony Phillips SBH 26.12  
 6 Leann Carroll HRW 25.42  
 7 Maria Mathers BSD 21.63  
 8 Sharifa Brown E&H 19.37

W Hammer Throw B  
 1 Alice Forster TC 33.51  
 2 Nina Harvey WSE 33.50  
 3 Clare Bond W&E 28.20  
 4 Shaunagh Brown B&B 24.76  
 5 Christy Falegan E&H 19.77  
 6 Sherene Doughty SBH 16.72  
 7 Gemma Kersey U17 BSD 7.81  
 8 Ria Bailey HRW 5.52

W High Jump A  
 1 Jessica Matthews U17 B&B 1.65  
 2 Leah Parsons TC 1.60  
 3 Samantha Moodie U17 W&E 1.60  
 4 Sade Bailey BSD 1.60  
 5 Lizzy Thompson WSE 1.55  
 6 Charlotte O'Neil E&H 1.50  
 7 Claire Simm SBH 1.40  
 8 Jasmin Gardiner HRW 1.30

W High Jump B  
 1 Zoe Kier TC 1.55  
 2 Rachel Arhiem B&B 1.50  
 3 Steph Brown WSE 1.45  
 4 Margaret Akot E&H 1.45  
 5 Temo Sanya SBH 1.40  
 6 Becky Hewitt W&E 1.40

W Javelin Throw A  
 1 Briony Phillips SBH 32.88  
 2 Sarah McGuire B&B 31.53  
 3 Emma Woodruffe TC 30.95  
 4 Maria Mathers BSD 30.65  
 5 Helen Farmer U17 WSE 26.11  
 6 Sharifa Brown E&H 25.54  
 7 Sarah Smith W&E 22.45  
 8 Haley Comer HRW 18.82

W Javelin Throw B  
 1 Ann-Sophie Gnadou B&B 30.46  
 2 Becky Richards U17 WSE 25.97  
 3 Leah Parsons TC 25.41  
 4 Nicole Cara SBH 24.04  
 5 Izzy Krassismenou E&H 21.01  
 6 Katherine Foy W&E 14.90  
 7 Leann Garoll HRW 12.24  
 8 Denise Dignum BSD 5.98

W Long Jump A  
 1 Davinia Houston E&H 5.62  
 2 Jade Attoh SBH 5.42  
 3 Hannah Frankson W&E 5.31  
 4 Jessica Matthews U17 B&B 5.24  
 5 Amy Quelch WSE 5.11  
 6 Leah Parsons TC 4.78  
 7 Sarah Brown HRW 4.33  
 8 Gemma Vine U17 BSD 3.74

W Long Jump B  
 1 Dee Bakre E&H 5.44  
 2 Isobel Ivy B&B 5.17  
 3 Claire Hing U17 WSE 4.87  
 4 Nichola Gibson TC 4.53  
 5 Chelsea Ives W&E 4.42  
 6 Temi Sanya SBH 4.32  
 7 Kayleigh Franklin U17 BSD 3.73  
 8 Ria Bailey HRW 3.32

W Pole Vault A  
 1 Rachel Arhiem B&B 3.50  
 2 Sarah Gibson E&H 3.05  
 3 Sophie Upton WSE 3.05  
 4 Alice Humble HRW 2.75  
 5 Samantha Moodie U17 W&E 2.45  
 6 Chelsea Oldham TC 1.70

W Pole Vault B  
 1 Emily Godley B&B 3.20  
 2 Jazmin Hicks E&H 3.05

W Shot Putt A		W Shot Putt B					
1	Shaunagh Brown	B&B	13.07	1	Sabine Efiannayi U17	B&B	11.31
2	Briony Phillips	SBH	11.84	2	Sherene Doughty	SBH	9.17
3	Alice Forster	TC	11.10	3	Kelly Lawrence	TC	8.29
4	Sarah Smith	W&E	10.11	4	Nina Harvey	WSE	8.04
5	Sharifa Brown	E&H	8.87	5	Clare Bond	W&E	7.90
6	Nasya Harvey	WSE	8.87	6	Kayleigh Franklin U1	BSD	6.53
7	Maria Mathers	BSD	7.30	7	Christy Falegan	E&H	6.42
8	Leann Carroll	HRW	6.65	8	Rachel Davies	HRW	5.69

W Triple Jump A		W Triple Jump B					
1	Lauren Blackie	B&B	12.01	1	Davinia Houston	E&H	11.83
2	Dee Bakre	E&H	11.84	2	Isobel Ivy	B&B	10.88
3	Jade Attoh	SBH	11.75	3	Natasha Matthews	W&E	10.15
4	Hannah Frankson	W&E	11.19	4	Claire Hing U17	WSE	9.55
5	Steph Brown	WSE	9.70	5	Sherene Doughty	SBH	9.29
6	Alice Humble	HRW	9.27	6	Jasmin Gardiner	HRW	7.77
7	Kayleigh Franklin U1	BSD	8.79	7	Chelsea Oldham	TC	7.50
8	Nichola Gibson	TC	8.68				

W 4x100m Relay						
1	E&H	49.6	1	Lola Paul	2	Erica Smith
			3	Angelika Brown U17	4	Carlette Grant U17
2	B&B	50.0	1	Daniella Annon U17	2	Mary Iheke
			3	Katrina Cosby	4	Harriet Lucas
3	HRW	50.4	1	Yolanda Hutchinson	2	Rachel Nakaye
			3	Dymond Smith	4	Ria Bailey
4	SBH	50.6	1	Clarice Underwood	2	Sherene Doughty
			3	Temi Sanya	4	Claudenia Williams
5	WSE	50.8	1	Shelayna Oskan	2	Beth Newton
			3	Rose Reynolds	4	Chinedu Monye
6	W&E	52.8	1	Hannah Frankson	2	Natasha Matthews
			3	Samantha Moodie U17	4	Emma Collard
7	BSD	53.1	1	Kirsty Shepherd	2	Kelly Murphy U17
			3	Gemma Vine U17	4	Sade Bailey
8	TC	54.2	1	Ellie Morris	2	Sinead Rogan
			3	Sharna Emanuel	4	Kim Motley

W 4x400m Relay						
1	WSE	4.02.9	1	Beth Newton	2	Vicky Fouhy
			3	Emma Paton	4	Shelayna Oskan
2	B&B	4.03.9	1	Isobel Ivy	2	Katrina Cosby
			3	Jessica Saville	4	Savannah E-Thompson
3	HRW	4.09.8	1	Haley Comer	2	Rachel Davies
			3	Philippa Lowe	4	Dymond Smith
4	E&H	4.15.1	1	Erica Smith	2	Dee Bakre
			3	Sarah Gibson	4	Anna Sharrock
5	SBH	4.15.6	1	Abigail Lambden	2	Claudenia Williams
			3	Lucy Yates	4	Megan Hunter
6	TC	4.20.0	1	Lucy Dowsett	2	Chelsea Oldham
			3	Zoe Kier	4	Hannah Lynch
7	BSD	4.20.8	1	Gemma Kersey U17	2	Denise Dignum
			3	Sophie Carroll	4	Sade Bailey
8	W&E	4.29.0	1	Katherine Foy	2	Chelsea Ives
			3	Becky Hewitt	4	Gemma Murray

M 4x100m Relay

1 E&H 43.1	1		2
	3		4
2 B&B 43.7	1 Simon Merrill	2 Neil Francis	
	3 Daniel Putnam U17	4 Tom Benstead U17	
3 BSD 44.6	1 Kurt Rimbach	2 Paige Haines	
	3 Matt Harrison	4 Charlie Dack	
4 HRW 44.7	1 Stefan Greenidge	2 Joshua Mbai U17	
	3 Matty Sadoh	4 Sonny Flynn	
5 WSE 44.7	1 Josh Patrick	2 Jamie East	
	3 David Harvey U17	4 Tom Evans U17	
6 SBH 44.8	1 Tom 'brien	2 Richard Odumosu	
	3 Dominic Jackson	4 Confidence Lawson	
7 W&E 44.9	1 Omololu Abiodun U17	2 Nnamdi Umeh U17	
	3 Emmanuel Okpokiri	4 Lee Lovelock Jemmott	
8 TC 45.3	1 Gianluca Zicchi	2 Ben Kelk	
	3 Ben Davies	4 Sam Lawrence	

M 4x400m Relay

1 BSD 2.24.8	1 James Shane	2 Paige Haines	
	3 Dale Clutterbuck U17	4 Matt Harrison	
2 E&H 2.28.8	1	2	
	3	4	
3 WSE 2.29.8	1 Adam Medcraft U17	2 Rikky Letch U17	
	3 Alex Tovey	4 Marc Forrest U17	
4 B&B 2.31.0	1 Matt Threadgold	2 Ayrton Richards	
	3 Tom Benstead U17	4 Neil Francis	
5 W&E 2.35.2	1 Omar Mansour	2 Tom Larkin U17	
	3 Ronnie Sparke	4 Chris Vickers	
6 HRW 2.36.8	1 Andrew Kendall	2 Felix Maisey-Curtis	
	3 Philip Smith	4 Sonny Flynn	
7 TC 2.40.8	1 Michael Smith	2 Adam Binns	
	3 Christian Roberts	4 Richard Pawlak	
8 SBH 2.43.3	1 Jordan Warner	2 Dominic Jackson	
	3 Billy C-Pallet	4 Confidence Lawson	

PRIOR STANDINGS				MATCH RESULT				LEAGUE STANDINGS			
	Event	Lge		Event	Lge		Event	Lge	Event	Lge	
1	B&B 1069	16	1	E&H 533	8	1	Blackheath & Bromley H&AC	1596.5	23		
2	E&H 1012.5	14	2	B&B 527.5	7	2	Enfield & Haringey AC	1545.5	22		
3	SBH 936	12	3	WSE 458	6	3	Shaftsbury Barnet H.	1393.5	17		
4	HRW 820	9	4	SBH 457.5	5	4	Windsor, Slough, Eton, H'low	1241.5	12		
5	TC 811	7	5	W&E 413.5	4	5	Harrow AC	1177.5	11		
6	W&E 800	6	6	TC 383	3	6	Woodford Grn & Essex Lds	1213.5	10		
7	WSE 783.5	6	7	HRW 357.5	2	7	Team Cambridgeshire	1194	10		
8	BSD 456	2	8	BSD 259	1	8	Basildon AC	715	3		

NJL Southern Premier Div Round:3 GUEST EVENTS  
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hammer

1 Jay Hill	E&H 56.47
2 Devon Douglas	W&E 38.46

High Jump Men

1 Billy Fauloner U17	W&E 1.80
2 Lewis Ely	B&B 1.95

100m Women

1 Angelika Brown U17	E&H 12.6
2 Sherene Doughty	SBH 12.9
3 Becky Richards U17	WSE 13.1
4 Claire Hing U17	WSE 13.6

100m Men 1

1 Rhion Samuel U17	E&H 10.8
2 Tom Evans U17	WSE 11.1
3 Jordon Arthur U17	E&H 11.2
4 Lee Lovelock Jemmott	W&E 11.5
5 Nnamdi Umeh	W&E 11.6

## 100m Men 2

1	Reece Noonan U17	E&H 11.3
2	Dominic Jackson U17	SBH 11.5
3	David Harvey U17	WSE 11.7
4	Ben Kelk U17	TCA 11.8
5	Kurt Rimbech	BSD 12.2

NJL Southern Premier Div Round:3 SCORING SHEETS  
Cambridge University, Sun 29 June 2008

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*-----*												
Team	BSD	B&B	E&H	HRW	SBH	TC	WSE	W&E	POINTS			
									Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88				
M 100m	A	9	6	8	3	5	7	11	4	53	0	53
	B	7	3	9	6	2	4	5	1	37	0	37
Cumulative		16	9	17	9	7	11	16	5	90	0	90
M 200m	A	8	7	11	5	4	9	6	3	53	0	53
	B	5	6	9	2	7	1	4	3	37	0	37
Cumulative		29	22	37	16	18	21	26	11	180	0	180
M 400m	A	9	11	7	8	6	0	5	4	50	3	53
	B	3	7	9	6	0	0	4	5	34	3	37
Cumulative		41	40	53	30	24	21	35	20	264	6	270
M 800m	A	7	8	6	3	11	4	9	5	53	0	53
	B	5	2	6	1	3	4	7	9	37	0	37
Cumulative		53	50	65	34	38	29	51	34	354	6	360
M 1500m	A	5	7	9	6	11	4	8	3	53	0	53
	B	1	4	6	2	7	5	9	3	37	0	37
Cumulative		59	61	80	42	56	38	68	40	444	6	450
M 3000m	A	11	7	6	0	8	5	9	4	50	3	53
	B	0	5	6	0	7	4	9	3	34	3	37
Cumulative		70	73	92	42	71	47	86	47	528	12	540
M 110mH	A	0	11	9	5	6	4	7	8	50	3	53
	B	0	0	7	0	5	0	9	6	27	10	37
Cumulative		70	84	108	47	82	51	102	61	605	25	630
M 400mH	A	0	9	7	5	6	11	8	0	46	7	53
	B	0	9	5	6	7	0	0	0	27	10	37
Cumulative		70	102	120	58	95	62	110	61	678	42	720
M 2000Sc	A	7	9	11	8	3	4	5	6	53	0	53
	B	4	6	9	7	0	0	5	3	34	3	37
Cumulative		81	117	140	73	98	66	120	70	765	45	810
M DT	A	4	8	5	6	7	9	3	11	53	0	53
	B	0	6	4	2	5	7	3	9	36	1	37
Cumulative		85	131	149	81	110	82	126	90	854	46	900
M HT	A	4	9	5	8	6	7	0	11	50	3	53
	B	0	0	6	0	7	5	0	9	27	10	37
Cumulative		89	140	160	89	123	94	126	110	931	59	990
*-----*												



*-----*												
Team	BSD	B&B	E&H	HRW	SBH	TC	WSE	W&E	POINTS			
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot	
+-----+												
M HJ	A	0	5	11	4	8	7	9	6	50	3	53
	B	0	3	9	2	4.5	6	7	4.5	36	1	37
Cumulative		89	148	180	95	135.5	107	142	120.5	1017	63	1080
+-----+												
M JT	A	3	5	9	4	8	7	6	11	53	0	53
	B	0	5	7	3	2	9	4	6	36	1	37
Cumulative		92	158	196	102	145.5	123	152	137.5	1106	64	1170
+-----+												
M LJ	A	4	3	7	11	9	5	8	6	53	0	53
	B	3	1	7	9	6	4	2	5	37	0	37
Cumulative		99	162	210	122	160.5	132	162	148.5	1196	64	1260
+-----+												
M PV	A	0	6.5	11	6.5	9	4	8	5	50	3	53
	B	0	0	9	5	0	0	6	7	27	10	37
Cumulative		99	168.5	230	133.5	169.5	136	176	160.5	1273	77	1350
+-----+												
M SP	A	4	8	5	6	7	9	3	11	53	0	53
	B	0	5	4	3	6	7	0	9	34	3	37
Cumulative		103	181.5	239	142.5	182.5	152	179	180.5	1360	80	1440
+-----+												
M TJ	A	4	7	11	6	9	5	3	8	53	0	53
	B	0	4	7	5	9	3	2	6	36	1	37
Cumulative		107	192.5	257	153.5	200.5	160	184	194.5	1449	81	1530
+-----+												
W 100m	A	5	8	6	7	9	3	11	4	53	0	53
	B	4	5	9	6	7	2	3	1	37	0	37
Cumulative		116	205.5	272	166.5	216.5	165	198	199.5	1539	81	1620
+-----+												
W 200m	A	7	11	8	3	9	5	4	6	53	0	53
	B	5	7	9	1	4	2	3	6	37	0	37
Cumulative		128	223.5	289	170.5	229.5	172	205	211.5	1629	81	1710
+-----+												
W 400m	A	4	9	8	5	6	7	11	3	53	0	53
	B	0	9	2	5	7	4	6	3	36	1	37
Cumulative		132	241.5	299	180.5	242.5	183	222	217.5	1718	82	1800
+-----+												
W 800m	A	4	7	6	8	9	5	11	3	53	0	53
	B	0	5	7	2	9	3	6	4	36	1	37
Cumulative		136	253.5	312	190.5	260.5	191	239	224.5	1807	83	1890
+-----+												
W 1500m	A	8	3	5	7	11	6	9	4	53	0	53
	B	0	5	7	3	4	0	9	6	34	3	37
Cumulative		144	261.5	324	200.5	275.5	197	257	234.5	1894	86	1980
+-----+												
W 3000m	A	7	8	11	6	4	9	5	3	53	0	53
	B	0	9	0	7	5	0	6	4	31	6	37
Cumulative		151	278.5	335	213.5	284.5	206	268	241.5	1978	92	2070
*-----*												

*-----*											
Team	BSD	B&B	E&H	HRW	SBH	TC	WSE	W&E	POINTS		
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
*-----*											
W 100mH A	3	7	5	4	6	9	11	8	53	0	53
B	0	0	0	6	9	7	0	0	22	15	37
Cumulative	154	285.5	340	223.5	299.5	222	279	249.5	2053	107	2160
*-----*											
W 400mH A	0	11	6	9	7	5	8	4	50	3	53
B	0	9	7	6	0	5	4	3	34	3	37
Cumulative	154	305.5	353	238.5	306.5	232	291	256.5	2137	113	2250
*-----*											
W 2000SC A	0	8	9	6	7	4	5	11	50	3	53
B	0	7	0	6	0	0	0	9	22	15	37
Cumulative	154	320.5	362	250.5	313.5	236	296	276.5	2209	131	2340
*-----*											
W DT A	4	11	7	5	9	6	8	3	53	0	53
B	2	5	3	1	6	9	7	4	37	0	37
Cumulative	160	336.5	372	256.5	328.5	251	311	283.5	2299	131	2430
*-----*											
W HT A	4	9	3	5	6	7	8	11	53	0	53
B	2	5	4	1	3	9	7	6	37	0	37
Cumulative	166	350.5	379	262.5	337.5	267	326	300.5	2389	131	2520
*-----*											
W HJ A	7	11	5	3	4	9	6	8	53	0	53
B	0	7	5	0	4	9	6	3	34	3	37
Cumulative	173	368.5	389	265.5	345.5	285	338	311.5	2476	134	2610
*-----*											
W JT A	7	9	5	3	11	8	6	4	53	0	53
B	1	9	4	2	5	6	7	3	37	0	37
Cumulative	181	386.5	398	270.5	361.5	299	351	318.5	2566	134	2700
*-----*											
W LJ A	3	7	11	4	9	5	6	8	53	0	53
B	2	7	9	1	3	5	6	4	37	0	37
Cumulative	186	400.5	418	275.5	373.5	309	363	330.5	2656	134	2790
*-----*											
W PV A	0	11	9	7	0	5	8	6	46	7	53
B	0	9	7	0	0	0	0	0	16	21	37
Cumulative	186	420.5	434	282.5	373.5	314	371	336.5	2718	162	2880
*-----*											
W SP A	4	11	6	3	9	8	5	7	53	0	53
B	3	9	2	1	7	6	5	4	37	0	37
Cumulative	193	440.5	442	286.5	389.5	328	381	347.5	2808	162	2970
*-----*											
W TJ A	4	11	9	5	8	3	6	7	53	0	53
B	0	7	9	3	4	2	5	6	36	1	37
Cumulative	197	458.5	460	294.5	401.5	333	392	360.5	2897	163	3060
*-----*											
W 4x1	4	9	11	8	7	3	6	5	53	0	53
Cumulative	201	467.5	471	302.5	408.5	336	398	365.5	2950	163	3113
*-----*											
W 4x4	4	9	7	8	6	5	11	3	53	0	53
Cumulative	205	476.5	478	310.5	414.5	341	409	368.5	3003	163	3166
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|      Team| BSD | B&B | E&H | HRW | SBH | TC | WSE | W&E |      POINTS |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1    |    8|    9|   11|    7|    5|    3|    6|    4| 53| 0| 53|
|Cumulative| 213|485.5| 489|317.5|419.5| 344| 415|372.5|3056| 163|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4    |   11|    7|    9|    5|    3|    4|    8|    6| 53| 0| 53|
|Cumulative| 224|492.5| 498|322.5|422.5| 348| 423|378.5|3109| 163|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      Add|   35|   35|   35|   35|   35|   35|   35|   35| 0| 0| 0|
| subtract|    0|    0|    0|    0|    0|    0|    0|    0| 0| 0| 0|
|Cumulative| 259|527.5| 533|357.5|457.5| 383| 458|413.5|3109| 163|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS| 259|527.5| 533|357.5|457.5| 383| 458|413.5|3109| 163|3272|
*-----*
    
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Pos	Club	Points	Add	Sub	Total
1	Enfield & Haringey AC	498	35	0	533
2	Blackheath & Bromley H&AC	492.5	35	0	527.5
3	Windsor, Slough, Eton, H'low	423	35	0	458
4	Shaftsbury Barnet H.	422.5	35	0	457.5
5	Woodford Grn & Essex Lds	378.5	35	0	413.5
6	Team Cambridgeshire	348	35	0	383
7	Harrow AC	322.5	35	0	357.5
8	Basildon AC	224	35	0	259

Used + add - sub = total	3109	280	0	3389
Unused points	163			163
(Used+unused)+add-sub=total	3272	280	0	3552

Club	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
E&H	A 9	7	3	5	6	7	0	1	B 10	8	4	2	4	1	2	0
B&B	A 9	9	6	9	1	2	0	2	B 7	6	3	8	2	2	1	1
WSE	A 6	4	9	1	8	5	1	3	B 4	5	6	4	4	3	2	0
SBH	A 4	9	4	5	8	2	3	2	B 3	8	3	5	4	3	2	0
W&E	A 6	0	5	2	6	3	8	7	B 5	1	7	3	5	8	0	2
TC	A 1	6	2	6	2	9	7	4	B 4	3	3	4	5	2	3	1
HRW	A 1	1	6	5	6	8	4	6	B 1	2	7	3	0	4	6	6
BSD	A 2	2	3	6	0	2	13	3	B 0	1	0	3	2	3	3	2

Men	Event	Women	Event
1 Enfield & Haringey AC	277	1 Blackheath & Bromley H&AC	284
2=Blackheath & Bromley H&AC	208.5	2 Windsor, Slough, Eton, H'low	225
2=Shaftsbury Barnet H.	208.5	3 Enfield & Haringey AC	221
4 Woodford Grn & Essex Lds	204.5	4 Shaftsbury Barnet H.	214
5 Windsor, Slough, Eton, H'low	198	5 Team Cambridgeshire	181
6 Team Cambridgeshire	167	6 Woodford Grn & Essex Lds	174
7 Harrow AC	165.5	7 Harrow AC	157
8 Basildon AC	126	8 Basildon AC	98