

Division 2 Match 4 - Kingston

				Perf	Record	Wind	AW	22 August 2009						
				Perf	Record	Wind	AW							
Men's 100m A				Wind=	-1.5 m/s			Men's 100m B				Wind=	-0.7 m/s	Man
1	2	Christian Malcolm	Cardiff AAC	10.59			☑	1	44	Dele Onifade	Herne Hill Harriers	10.87		☑
2	1	Dwayne Grant	Blackheath & Bromley H & AC	10.74			☑	2	88	Jason Commissiong	Thames Valley Harriers	10.96		☑
3	4	Robert Graham	Herne Hill Harriers	11.01			☑	3	55	Andre Nembhard	Kingston AC & Poly Harriers	11.09		☑
4	8	William De Torvy	Thames Valley Harriers	11.06			☑	4	11	Duaine Bovell	Blackheath & Bromley H & AC	11.16		☑
5	5	Justin Green	Kingston AC & Poly Harriers	11.09			☑	5	22	Gareth Hopkins (U20)	Cardiff AAC	11.16		☑
6	7	Wyn Roberts	Swansea Harriers	11.12			☑	6	33	Dewayne Simms	Harrow AC	11.16		☑
7	3	Joshua Wood	Harrow AC	11.17			☑	7	66	Umar Hameed	Leeds City AC	11.42		
8	6	Dan Gardner	Leeds City AC	11.36				8	77	Gareth Dodd	Swansea Harriers	11.62		
Men's 200m A				Wind=	+1.4 m/s			Men's 200m B				Wind=	+1.3 m/s	
1	2	Christian Malcolm	Cardiff AAC	21.01			☑	1	11	Daniel Haque	Blackheath & Bromley H & AC	21.70		☑
2	1	Dwayne Grant	Blackheath & Bromley H & AC	21.27			☑	2	22	Lloyd Refell	Cardiff AAC	22.24		☑
3	4	Lawrence Mensah	Herne Hill Harriers	21.95			☑	3	44	Byron Robinson	Herne Hill Harriers	22.35		☑
4	5	Justin Green	Kingston AC & Poly Harriers	22.27			☑	4	88	Nigel Thomas	Thames Valley Harriers	22.58		☑
5	8	Lumar Sylvester	Thames Valley Harriers	22.32			☑	5	55	Chris Hall	Kingston AC & Poly Harriers	22.59		☑
6	6	Tom Mosley	Leeds City AC	22.61			☑	6	66	Umar Hameed	Leeds City AC	22.81		☑
7	7	Gareth Dodd	Swansea Harriers	23.13				7	33	Sonny Flynn	Harrow AC	23.42		
8	3	Donald MacLeod	Harrow AC	23.31				8	77	Steve Davies	Swansea Harriers	27.90		
Men's 400m A								Men's 400m B						
1	3	Craig Stewart	Harrow AC	48.69			☑	1	22	Gareth Warburton	Cardiff AAC	48.70		☑
2	8	Shane Christie	Thames Valley Harriers	49.30			☑	2	33	Donald MacLeod	Harrow AC	48.70		☑
3	1	Femi Owolade	Blackheath & Bromley H & AC	49.33			☑	3	44	Peter Phillips	Herne Hill Harriers	49.00		☑
4	2	Nathan Feluus	Cardiff AAC	49.47			☑	4	11	Alloy Wilson	Blackheath & Bromley H & AC	49.71		☑
5	4	Samuel Adeyemi	Herne Hill Harriers	49.77			☑	5	88	Lloyd King	Thames Valley Harriers	50.66		☑
6	6	Sam Lowrey	Leeds City AC	50.43			☑	6	66	Ben Craddock	Leeds City AC	50.72		☑
7	5	Adam Bellis	Kingston AC & Poly Harriers	50.90			☑	7	55	Jason-Louis Bernard	Kingston AC & Poly Harriers	52.01		
8	7	Steve Richards	Swansea Harriers	55.14				8	77	Sam Walsh	Swansea Harriers	53.24		
Men's 800m A - REVISED RESULT - 15:08								Men's 800m B						
1	2	Joe Thomas	Cardiff AAC	01:51.12			☑	1	22	Gareth warburton	Cardiff AAC	01:55.91		☑
2	6	Michael Salter	Leeds City AC	01:53.41			☑	2	66	Ben Craddock	Leeds City AC	01:56.95		☑
3	1	Russell Bentley	Blackheath & Bromley H & AC	01:55.02			☑	3	11	Scott Overall	Blackheath & Bromley H & AC	01:57.18		☑
4	3	Matt Addison	Harrow AC	01:55.42			☑	4	55	Craig Price	Kingston AC & Poly Harriers	01:58.68		☑
5	8	Louis William	Thames Valley Harriers	01:55.96			☑	5	88	Paul Whitelam	Thames Valley Harriers	01:59.84		☑
6	5	Michael Hobson	Kingston AC & Poly Harriers	01:57.72			☑	6	77	Sam Walsh	Swansea Harriers	02:00.30		
7	4	Lewis Lloyd	Herne Hill Harriers	02:00.92				7	33	Luke Hunt	Harrow AC	02:01.64		
8	7	Chris Davies	Swansea Harriers	02:06.23				8	44	Mike Cummings	Herne Hill Harriers	02:01.72		
Men's 1500m A								Men's 1500m B						
1	22	James Thie	Cardiff AAC	03:53.70			☑	1	2	Chris Discombe	Cardiff AAC	03:59.39		☑
2	6	Nick Hooker	Leeds City AC	03:57.37			☑	2	66	Michael Salter	Leeds City AC	04:01.22		☑
3	11	Scott Overall	Blackheath & Bromley H & AC	03:57.39			☑	3	77	Martin Conroy	Swansea Harriers	04:01.95		☑
4	8	Andrew Hennesey	Thames Valley Harriers	04:00.48			☑	4	88	Paul Whitelam	Thames Valley Harriers	04:05.05		☑
5	7	Guy Smith	Swansea Harriers	04:01.82			☑	5	33	Adam Stainsby	Harrow AC	04:10.24		
6	5	Michael Hobson	Kingston AC & Poly Harriers	04:07.72			☑	6	1	James Poole	Blackheath & Bromley H & AC	04:12.05		
7	3	Ben Warren	Harrow AC	04:08.31				7	44	Simon Coombes	Herne Hill Harriers	04:12.81		
8	4	Jonathan Henderson	Herne Hill Harriers	04:08.99				8	55	Andy Robinson(M40)	Kingston AC & Poly Harriers	04:15.63		
Men's 3000m S/Chase A - Manual Result				Manual				Men's 3000m S/Chase B						
1	6	James Wilkinson	Leeds City AC	09:23.7			☑	1	22	Andy Friend	Cardiff AAC	09:36.7		☑
2	2	Chris Discombe	Cardiff AAC	09:29.1			☑	2	77	Martin Conroy	Swansea Harriers	09:41.9		☑
3	8	Andrew Hennesey	Thames Valley Harriers	09:29.8			☑	3	33	Peter Norris	Harrow AC	09:58.1		☑
4	1	Alex Bruce Littlewood	Blackheath & Bromley H & AC	09:37.5			☑	4	66	James Lavin	Leeds City AC	10:04.5		
5	7	Sullivan Smith	Swansea Harriers	09:39.9			☑	5	4	Andrew Donno	Herne Hill Harriers	10:06.5		
6	3	Alan Wray	Harrow AC	09:51.5			☑	6	11	James Poole	Blackheath & Bromley H & AC	10:09.6		
7	44	Jeff Cunningham	Herne Hill Harriers	09:58.4			☑	7	88	Steve Norris	Thames Valley Harriers	10:14.30		
8	55	Mike Maranzano	Kingston AC & Poly Harriers	10:23.00				8	5	James Robertson	Kingston AC & Poly Harriers	10:28.30		



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				22 August 2009							
	Perf	Record	Wind	AW		Perf	Wind	AW			
<u>Men's 5000m A</u>				<u>Men's 5000m B</u>							
1	1	Andrew Rayner	Blackheath & Bromley H & AC	14:46.64	<input checked="" type="checkbox"/>	1	66	James Smith	Leeds City AC	14:51.12	<input checked="" type="checkbox"/>
2	6	Simon Deakin	Leeds City AC	14:47.83	<input checked="" type="checkbox"/>	2	2	Nat Lane	Cardiff AAC	14:54.34	<input checked="" type="checkbox"/>
3	22	Tom Marshall	Cardiff AAC	14:50.10	<input checked="" type="checkbox"/>	3	11	Peter Tucker	Blackheath & Bromley H & AC	15:28.60	<input checked="" type="checkbox"/>
4	7	Craig Hopkins	Swansea Harriers	14:59.94	<input checked="" type="checkbox"/>	4	77	Brian Maher	Swansea Harriers	15:29.33	<input checked="" type="checkbox"/>
5	3	Dave Branfoot	Harrow AC	15:02.25	<input checked="" type="checkbox"/>	5	33	Martin Matthews	Harrow AC	15:34.73	<input checked="" type="checkbox"/>
6	8	Chris Smith	Thames Valley Harriers	15:02.98	<input checked="" type="checkbox"/>	6	5	Julian Hough	Kingston AC & Poly Harriers	15:53.77	<input checked="" type="checkbox"/>
7	4	Ben Paviour	Herne Hill Harriers	15:29.85	<input checked="" type="checkbox"/>	7	88	James Sumpter	Thames Valley Harriers	16:01.53	<input checked="" type="checkbox"/>
8	55	Will Clark	Kingston AC & Poly Harriers	15:51.95	<input checked="" type="checkbox"/>	8	44	Jeff Cunningham	Herne Hill Harriers	16:28.14	<input checked="" type="checkbox"/>
<u>Men's 400m Hurdles A</u>				<u>Men's 400m Hurdles B</u>							
1	2	Gareth Wiltshire	Cardiff AAC	54.47	<input checked="" type="checkbox"/>	1	22	Luke Morgan (U20)	Cardiff AAC	56.70	<input checked="" type="checkbox"/>
2	6	Matt Hudson	Leeds City AC	55.34	<input checked="" type="checkbox"/>	2	55	Tom Parry	Kingston AC & Poly Harriers	58.53	
3	5	Danny Eckersley	Kingston AC & Poly Harriers	55.39	<input checked="" type="checkbox"/>	3	11	Ben Parkin	Blackheath & Bromley H & AC	59.46	
4	4	Sam Parsons	Herne Hill Harriers	55.43	<input checked="" type="checkbox"/>	4	33	Noel Reid	Harrow AC	60.66	
5	8	Delroy Mitchell	Thames Valley Harriers	57.12	<input checked="" type="checkbox"/>	5	44	Didier Sorel	Herne Hill Harriers	61.02	
6	3	Chad McLeod	Harrow AC	59.05		6	66	Tom Lindsey	Leeds City AC	61.02	
7	1	Eo Harrison	Blackheath & Bromley H & AC	66.71		7	77	Steve Davies	Swansea Harriers	73.50	
8	7	Steve Richards	Swansea Harriers	67.25		8	88	Phil Wetton	Thames Valley Harriers	74.50	
<u>Men's 110m Hurdles A</u> Wind=-0.1 m/s				<u>Men's 110m Hurdles B</u> Wind=-0.5 m/s							
1	6	Matt Hudson	Leeds City AC	14.85	<input checked="" type="checkbox"/>	1	33	Gabriel Akin	Harrow AC	15.16	<input checked="" type="checkbox"/>
2	2	David Guest (U20)	Cardiff AAC	14.90	<input checked="" type="checkbox"/>	2	55	Chris Hall	Kingston AC & Poly Harriers	16.88	
3	4	Thomas Ashby	Herne Hill Harriers	15.05	<input checked="" type="checkbox"/>	3	44	Blade Ashby	Herne Hill Harriers	17.05	
4	5	Matt Field	Kingston AC & Poly Harriers	15.29	<input checked="" type="checkbox"/>	4	11	Bomene Barikor	Blackheath & Bromley H & AC	17.54	
5	8	Myles Fisher	Thames Valley Harriers	15.57	<input checked="" type="checkbox"/>	5	22	Matt Ledger	Cardiff AAC	17.86	
6	3	Sam Botchey	Harrow AC	17.26		6	66	Tom Lindsey	Leeds City AC	19.39	
7	1	Richard Holt	Blackheath & Bromley H & AC	17.52		7	88	Manuel Da Silva	Thames Valley Harriers	29.96	
8	7	Gareth Dodd	Swansea Harriers	23.80		8	77		Swansea Harriers	DNS	
<u>Men's Hammer A</u>				<u>Men's Hammer B</u>							
1	1	Karim Chester	Blackheath & Bromley H & AC	62.16	<input checked="" type="checkbox"/>	1	44	Mark Hanily	Herne Hill Harriers	51.47	<input checked="" type="checkbox"/>
2	4	Stuart Thurgood	Herne Hill Harriers	55.22	<input checked="" type="checkbox"/>	2	55	Kyle Stevens	Kingston AC & Poly Harriers	49.69	<input checked="" type="checkbox"/>
3	7	Ritchie Wells	Swansea Harriers	50.59	<input checked="" type="checkbox"/>	3	11	Andrew Jordan	Blackheath & Bromley H & AC	45.72	<input checked="" type="checkbox"/>
4	5	Gareth Cook(M40)	Kingston AC & Poly Harriers	49.92	<input checked="" type="checkbox"/>	4	8	Ali Mortimore	Thames Valley Harriers	38.10	
5	88	Gavin Cook	Thames Valley Harriers	48.20	<input checked="" type="checkbox"/>	5	66	Sam Allan	Leeds City AC	28.54	
6	3	Matt Payne-Davis	Harrow AC	44.67	<input checked="" type="checkbox"/>	6	2	Matt Ledger	Cardiff AAC	21.36	
7	6	Mark Harrison	Leeds City AC	33.89		7	77	David Jones (v60)	Swansea Harriers	12.84	
8	22	Dave Coleman	Cardiff AAC	27.38		8	33	Rohan Samuel	Harrow AC	8.66	
<u>Men's Discus A</u>				<u>Men's Discus B</u>							
1	2	David Guest (U20)	Cardiff AAC	48.65	<input checked="" type="checkbox"/>	1	44	Gavin Johnson Assoon	Herne Hill Harriers	41.12	<input checked="" type="checkbox"/>
2	4	Thomas Ashby	Herne Hill Harriers	45.92	<input checked="" type="checkbox"/>	2	55	Andy Wheble	Kingston AC & Poly Harriers	40.12	<input checked="" type="checkbox"/>
3	1	Alex Pope	Blackheath & Bromley H & AC	42.45	<input checked="" type="checkbox"/>	3	11	Karim Chester	Blackheath & Bromley H & AC	39.22	<input checked="" type="checkbox"/>
4	5	Nick Owen	Kingston AC & Poly Harriers	42.09	<input checked="" type="checkbox"/>	4	22	Dave Coleman	Cardiff AAC	38.24	<input checked="" type="checkbox"/>
5	6	Matt Allison	Leeds City AC	40.00	<input checked="" type="checkbox"/>	5	33	Saoirse Chinery-Edoo	Harrow AC	32.19	
6	3	Guy Stroud	Harrow AC	35.55	<input checked="" type="checkbox"/>	6	66	Mark Harrison	Leeds City AC	31.16	
7	8	Ali Mortimore	Thames Valley Harriers	32.22		7	88	Gavin Cook	Thames Valley Harriers	30.25	
8	77	Ritchie Wells	Swansea Harriers	28.08		8	7	Oliver Wright	Swansea Harriers	26.09	
<u>Men's Javelin A</u>				<u>Men's Javelin B</u>							
1	3	Dave Sketchley	Harrow AC	58.61	<input checked="" type="checkbox"/>	1	66	Sam Allan	Leeds City AC	54.13	<input checked="" type="checkbox"/>
2	44	Gavin Johnson Assoon	Herne Hill Harriers	56.14	<input checked="" type="checkbox"/>	2	4	Allandre Johnson	Herne Hill Harriers	54.01	<input checked="" type="checkbox"/>
3	6	Matt Allison	Leeds City AC	54.83	<input checked="" type="checkbox"/>	3	33	Guy Stroud	Harrow AC	48.71	
4	8	Jonathan Harvey	Thames Valley Harriers	50.77	<input checked="" type="checkbox"/>	4	88	Jason Commissiong	Thames Valley Harriers	44.58	
5	1	Alex Pope	Blackheath & Bromley H & AC	50.41	<input checked="" type="checkbox"/>	5	5	Humphrey Waddington	Kingston AC & Poly Harriers	43.54	
6	7	Oliver Wright	Swansea Harriers	47.02		6	2	Matt Ledger	Cardiff AAC	40.30	
7	55	Chris Dack	Kingston AC & Poly Harriers	44.97		7	77	Robby Wells	Swansea Harriers	38.29	
8	22	Josh Williams	Cardiff AAC	43.71		8	11	Colin Brand	Blackheath & Bromley H & AC	31.87	



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				Perf	Record	Wind	AW								
<i>Men's Shot Putt A</i>								<i>Men's Shot Putt B</i>							
1	5	Nick Owen	Kingston AC & Poly Harriers	14.91			☑	1	55	Kyle Stevens	Kingston AC & Poly Harriers	14.72			☑
2	4	Thomas Ashby	Herne Hill Harriers	13.16			☑	2	44	Kevin Burke	Herne Hill Harriers	13.05			☑
3	2	David Guest (U20)	Cardiff AAC	12.91				3	1	Alex Pope	Blackheath & Bromley H & AC	11.95			
4	11	Karim Chester	Blackheath & Bromley H & AC	12.70				4	66	Anthony Timms	Leeds City AC	11.09			
5	6	Matt Allison	Leeds City AC	12.40				5	22	Dave Coleman	Cardiff AAC	10.38			
6	3	Guy Stroud	Harrow AC	12.39				6	33	Noel Reid	Harrow AC	9.78			
7	8	Ali Mortimore	Thames Valley Harriers	11.13				7	88	Gavin Cook	Thames Valley Harriers	8.85			
8	7	Oliver Wright	Swansea Harriers	10.85				8	77	Ritchie Wells	Swansea Harriers	7.39			
<i>Men's Long Jump A</i>								<i>Men's Long Jump B</i>							
1	66	Dan Gardner	Leeds City AC	7.21	+1.1	☑		1	6	Anthony Timms	Leeds City AC	6.81	-0.5	☑	
2	2	David Guest (U20)	Cardiff AAC	7.09	+0.8	☑		2	33	Stefan Greenidge	Harrow AC	6.63	-0.4	☑	
3	3	Kadeem Greenidge-Smith	Harrow AC	7.05	+0.9	☑		3	55	Chris Hall	Kingston AC & Poly Harriers	6.47	-1.8		
4	5	Humphrey Waddington	Kingston AC & Poly Harriers	7.02	-0.6	☑		4	44	Kevin Burke	Herne Hill Harriers	6.21	+1.5		
5	4	Paul Oluyemi	Herne Hill Harriers	7.00	-0.7	☑		5	77	Robby Wells	Swansea Harriers	6.18	+0.4		
6	7	Wyn Roberts	Swansea Harriers	6.42	+1.1			6	8	Nav Childs	Thames Valley Harriers	5.96	+1.0		
7	11	Bornene Barikor	Blackheath & Bromley H & AC	6.40	-1.1			7	1	Sam Bobb	Blackheath & Bromley H & AC	5.72	-0.9		
8	88	John Munroe	Thames Valley Harriers	6.32	+0.3			8	22	Josh Williams	Cardiff AAC	5.25	+0.5		
<i>Men's Triple Jump A</i>								<i>Men's Triple Jump B</i>							
1	6	Matt Barton	Leeds City AC	14.90	+0.7	☑		1	55	Chris Hall	Kingston AC & Poly Harriers	13.22	-0.5	☑	
2	5	Humphrey Waddington	Kingston AC & Poly Harriers	14.45	-0.9	☑		2	11	Mark Longhurst	Blackheath & Bromley H & AC	13.18	+1.5	☑	
3	1	Sam Bobb	Blackheath & Bromley H & AC	14.42	+1.8	☑		3	4	Akin Oyediran	Herne Hill Harriers	12.88	-0.4		
4	8	Nav Childs	Thames Valley Harriers	14.13	+0.7	☑		4	88	Adrian Assinor	Thames Valley Harriers	12.78	-0.4		
5	7	Wyn Roberts	Swansea Harriers	13.34	-0.6	☑		5	66	Dan Gardner	Leeds City AC	12.70	+1.1		
6	22	Matt Ledger	Cardiff AAC	13.14	+0.5	☑		6	33	Matt Sadoh	Harrow AC	11.86	+1.9		
7	44	Taiwo Aderini	Herne Hill Harriers	12.96	-0.4			7	77	Robby Wells	Swansea Harriers	11.65	+1.7		
8	3	James Okeyemi	Harrow AC	12.94	-1.0			8	2	Gareth Wiltshire	Cardiff AAC	11.62	+0.5		
<i>Men's High Jump A</i>								<i>Men's High Jump B</i>							
1	22	Matt Ledger	Cardiff AAC	1.95			☑	1	2	Lewis Long	Cardiff AAC	1.80			
2	1	Lewis Ely	Blackheath & Bromley H & AC	1.90			☑	2	44	Blade Ashby	Herne Hill Harriers	1.80			
3	6	Matt Hudson	Leeds City AC	1.85				3	55	Chris Dack	Kingston AC & Poly Harriers	1.75			
4	4	Thomas Ashby	Herne Hill Harriers	1.85				4	66	Steve Lindsell	Leeds City AC	1.75			
5=	8	Myles Fisher	Thames Valley Harriers	1.80				5=	11	Alex Pope	Blackheath & Bromley H & AC	1.70			
5=	5	Matt Field	Kingston AC & Poly Harriers	1.80				5=	33	Gabriel Akin	Harrow AC	1.70			
7	77	Robby Wells	Swansea Harriers	1.80				7	7	Emyr Jones	Swansea Harriers	1.50			
8	3	Noel Reid	Harrow AC	1.75				8	88	Delroy Mitchell	Thames Valley Harriers	1.30			
<i>Men's Pole Vault A</i>								<i>Men's Pole Vault B</i>							
1	2	David Guest (U20)	Cardiff AAC	4.72			☑	1	3	Ian Smart	Harrow AC	4.20			☑
2	33	Matt Weaver	Harrow AC	4.40			☑	2	1	Nick Moore	Blackheath & Bromley H & AC	4.00			☑
3	8	Greg Conlon	Thames Valley Harriers	4.20			☑	3	22	Stephen Guest (U20)	Cardiff AAC	4.00			☑
4	6	Dan Gardner	Leeds City AC	4.20			☑	4	66	Mark Fuzard	Leeds City AC	3.20			
5	11	Mark Longhurst	Blackheath & Bromley H & AC	4.00			☑	5	55	Gordon Lester (U20)	Kingston AC & Poly Harriers	3.20			
6	7	Emyr Jones	Swansea Harriers	3.80			☑	6	44	Didier Sorel	Herne Hill Harriers	3.00			
7	5	Bilen Ahmet	Kingston AC & Poly Harriers	3.60				7	77	Gareth Dodd	Swansea Harriers	2.20			
8	4	Pablo Sisca	Herne Hill Harriers	3.20											



Division 2 Match 4 - Kingston

22 August 2009

	Perf	Record	Wind	AW		Perf	Wind	AW	
<u>Men's 4x100m Relay</u>									
1	1	Blackheath & Bromley H & AC	Duaine Bovell	Daniel Haque	Femi Owolade	Dwayne Grant		41.68	<input checked="" type="checkbox"/>
2	8	Thames Valley Harriers	Moses Bond	Jason Commissiong	Nigel Thomas	William Tovey		41.87	<input checked="" type="checkbox"/>
3	4	Herne Hill Harriers	Robert Graham	Jeffrey Ocrach	Byron Robinson	Dele Onifade		42.52	<input checked="" type="checkbox"/>
4	5	Kingston AC & Poly Harriers	Humphrey Waddington	Andre Nembhard	Chris Hall	Justin Green		42.72	<input checked="" type="checkbox"/>
5	6	Leeds City AC	Dan Gardner	Anthony Timms	Umar Hameed	Tom Mosley		43.01	<input checked="" type="checkbox"/>
6	2	Cardiff AAC	Lloyd Refell	Gareth Hopkins (U20)	Luke Morgan (U20)	David Guest (U20)		43.36	<input checked="" type="checkbox"/>
7	7	Swansea Harriers	Wyn Roberts	Gareth Dodd	Emyr Jones	Oliver Wright		46.23	
8	3	Harrow AC	Rohan Samuel	Craig Stewart	Gabriel Akin	Joshua Wood		DISQ	

	Perf	Record	Wind	AW		Perf	Wind	AW	
<u>Men's 4x400m Relay</u>									
1	3	Harrow AC	Sonny Flynn	Adam Stainsby	Donald MacLeod	Craig Stewart		03:18.40	<input checked="" type="checkbox"/>
2	8	Thames Valley Harriers	Louis William	Delroy Mitchell	Lloyd King	Snane Christie		03:19.20	<input checked="" type="checkbox"/>
3	22	Cardiff AAC	Gareth Hopkins (U20)	Nathan Feluus	Gareth Warburton	James Thie		03:20.40	<input checked="" type="checkbox"/>
4	4	Herne Hill Harriers	Samuel Adeyemi	Peter Phillips	Byron Robinson	Sam Parsons		03:20.90	<input checked="" type="checkbox"/>
5	5	Kingston AC & Poly Harriers	Danny Eckersley	V Nwagbara	Jason-Louis Bernard	Adam Bellis		03:23.50	<input checked="" type="checkbox"/>
6	66	Leeds City AC	Matt Hudson	Michael Salter	Ben Craddock	Sam Lowrey		03:42.80	
7	7	Swansea Harriers	Chris Davies	Sam Walsh	Guy Smith	Steve Richards		03:53.40	
8	1	Blackheath & Bromley H & AC	Daniel Haque	Alloy Wilson	Femi Owolade	Ed Harrison		DISQ	

MANUAL

MATCH RESULT	League Points	Match	STANDINGS	League Points	Match
1 CDF	8	362.0	1 CDF	26	1287.0
2 B&B	7	311.5	2 B&B	26	1250.5
3 LDS	6	310.0	3 HHH	19	1130.0
4 HHH	5	297.0	4 TVH	18	1087.0
5 K&P	4	273.0	5 LDS	17	1092.0
6 HRW	3	245.5	6 HRW	16	1090.8
7 TVH	2	236.0	7 K&P	16	1055.3
8 SWA	1	162.0	8 SWA	6	765.3

<u>Men's 100m Non Scoring 1</u>				Wind=	+1.5 m/s	<u>Men's 100m Non Scoring 2</u>				Wind=	+0.5 m/s		
1	45	Idowu Akindele	S&D		10.79	<input checked="" type="checkbox"/>	1	41	Tunde Balogun	VPHTH		10.96	<input checked="" type="checkbox"/>
2	42	Nigel Thomas	TVH		10.96	<input checked="" type="checkbox"/>	2	26	Lloyd Raffell	CARDIFF		11.16	<input checked="" type="checkbox"/>
3	40	Jason Commissiong	TVH		11.00	<input checked="" type="checkbox"/>	3	34	Ashley Noble	HHH		11.19	<input checked="" type="checkbox"/>
4	28	Jeffery Ocrach	HHH		11.03		4	31	Vumi Adeyemi	HHH		11.30	<input checked="" type="checkbox"/>
5	27	Lawrence Mensah	HHH		11.05		5	47	Victor Nwagbara	K&P		11.46	
6	30	Chris Pope	HHH		11.27		6						
7							7						
8							8						

<u>Men's 100m Non Scoring 3</u>				Wind=	-0.5 m/s	<u>Men's 100m Non Scoring 4</u>				Wind=	+1.5 m/s	
1	46	Matthew Thomas	NEB		11.04		1	39	Rohan Samuel	Harrow		11.51
2	18	Josh Wood	Harrow		11.09		2	35	Daryl Thomas	HHH		11.58
3	24	Moses Bawo	TVH		11.31		3	38	Saoirse Chinery-Edoi	Harrow		11.80
4	25	Lumar Sylvester	TVH		11.32		4	37	Ali Kokaz	K&P		11.86
5	20	Ricardo Martin	Harrow		11.60		5	48	Reiss Bowen	HHH		12.46
6							6	21	Mark Harrison	Leeds		15.43
7							7					
8							8					

<u>Men's Long Jump Non Scoring</u>				Wind=	-0.8 m/s
1	12	Shamsher Rai	Harrow		7.32

<u>Men's 3000m Non Scoring (Manual Result)</u>				
1	109	Tony Macdowall	VP & TH	11:11.6

<u>Men's 1500m Non Scoring</u>				
1	49	John Carlisle	Herne Hill Harriers	04:10.97

<u>Men's 5000m Non Scoring</u>				
1	50	Dave Alcock	VP & TH	15:11.87
2	110	Paul Martelletti	VP & TH	15:17.91