

NJL National Final
 Derby, Moorways Stadium, Sun 13 September 2009

M 100m A	Wind +1.6 m/s	M 100m B	Wind -1.5 m/s
1 Deji Tobais	WSE 10.72	1 Seb Tulley-Middleton	BIR 11.25
2 Tremayne Gilling	B&B 10.81	2 Alex Ojo	WSE 11.30
3 Antoe Wlaters	BIR 10.96	3 Robert Gayler	SBH 11.72
4 Elijah Skervin	NOT 11.05	4 Mathew Walcott	B&B 11.72
5 Confidence Lawson	SBH 11.11	5 Victor Neyubaho	SAL 11.81
6 Nayef Abed	U17 SAL 11.28	6 Tom Wilson	NOT 11.82
7 Allan Hamilton	EDN 11.32	7 Isaiah Symonds	EDN 11.82
8 John Mulhern	U17 GSW 12.11	8 Jax Thoires	U17 GSW 12.03
M 200m A	Wind -0.7 m/s	M 200m B	Wind -0.7 m/s
1 Deji Tobais	WSE 21.90	1 Ross Macdonald	BIR 22.53
2 Seb Tulley-Middleton	BIR 21.91	2 Matthew Webster	SBH 22.99
3 Confidence Lawson	SBH 22.33	3 Ronnie Pocklington	U17 B&B 23.03
4 Tremayne Gilling	B&B 22.42	4 Isaiah Symonds	EDN 23.20
5 Adam Goulding	NOT 22.43	5 Tom Collins	U17 NOT 23.31
6 Greg Louden	U17 EDN 23.03	6 Tom Evans	WSE 23.32
7 Nayef Abed	U17 SAL 23.43	7 Charles Burke	SAL 24.01
8 Matthew Cummings	GSW 23.77	8 Daniel Chapman	GSW 24.17
M 400m A		M 400m B	
1 Michael Warner	NOT 47.95	1 James Baines	NOT 49.00
2 Greg Louden	U17 EDN 48.03	2 Efe Okoro	BIR 49.06
3 Matthew Webster	SBH 48.93	3 Alex Blair	B&B 50.57
4 Tom Hinton	BIR 49.14	4 Marc Forrest	WSE 51.12
5 Lemar Charles	B&B 49.56	5 Jordan Aromasodu	SBH 51.30
6 Stewart Challis	WSE 50.15	6 Daniel Chapman	GSW 51.95
7 David Kerr	U17 GSW 51.46	7 Tom Holligan	U17 EDN 53.13
8 Ben Lewis	U17 SAL 69.10		
M 800m A		M 800m B	
1 Alan Ramsey	GSW 1.53.08	1 Richard Goodman	U17 SBH 1.59.46
2 Charles Gunning	SBH 1.53.92	2 James Wignall	SAL 1.59.87
3 Nick Lingley	WSE 1.54.15	3 Peter Loudon	U17 EDN 2.00.55
4 Ross Matheson	U17 EDN 1.55.23	4 Josh Lakey	U17 BIR 2.01.76
5 Chris Kays	SAL 1.56.30	5 Lachlan Oats	GSW 2.02.44
6 Alex Bruce-Littlewood	B&B 1.58.06	6 Connor Vine	U17 WSE 2.04.38
7 Jarrad Dunn	BIR 1.59.05	7 Andrew Warburton	NOT 2.08.00
8 Tom Collins	U17 NOT 2.02.34	8 Ben Parkin	U17 B&B 2.23.66
M 1500m A		M 1500m B	
1 Niall Brooks	SAL 3.57.27	1 Tadhg Grant	U17 SBH 4.05.71
2 Richard Goodman	U17 SBH 4.02.64	2 Jaimie Roden	SAL 4.13.21
3 Sean Fontana	U17 GSW 4.05.66	3 Grant Muir	U17 GSW 4.17.76
4 Alex Bruce-Littlewood	B&B 4.09.17	4 Zak Curran	U17 WSE 4.17.95
5 Ross Matheson	U17 EDN 4.12.15	5 Paul Thompson	NOT 4.22.86
6 Richard O'Donnell	BIR 4.14.73	6 Andrew Crichton	EDN 4.26.51
7 Elliott Woolmer	U17 WSE 4.17.16	7 Dan Lisman	BIR 4.35.15
8 Blayne Pick	NOT 4.17.56	8 Calum Fraser	B&B 4.36.75
M 3000m A		M 3000m B	
1 Niall Fleming	SBH 8.45.08	1 Jake Shelley	SBH 8.51.00
2 Phil Sesemann	U17 B&B 8.54.09	2 Stephen Fleming	GSW 9.21.71
3 Alan Ramsey	GSW 8.57.65	3 Ben Griffiths	U17 BIR 10.14.13
4 Ryan Worland	SAL 9.00.43	4 Stephen Cavey	B&B 10.28.78
5 Andrew Crichton	EDN 9.04.76	5 Jack Philp	WSE 10.31.55
6 Paul Thompson	NOT 9.19.98		
7 Nick Hardy	BIR 9.29.29		
8 Nathan Ditton	U17 WSE 10.12.56		
M 110mH A	Wind +0.4 m/s	M 110mH B	Wind -0.7 m/s
1 Orie Lawrence	BIR 14.17	1 Ben Hopkins	U17 B&B 15.98
2 Thomas Ashby	SBH 14.26	2 Perry Offler	U17 NOT 18.10

3 Mathew Walcott	B&B 14.65	3 Jack Lochans	U17 GSW 18.67
4 Jack Andrew	SAL 14.81	4 Ben Daye	U17 SAL 19.28
5 Jamie East	WSE 14.93		
6 Toby Harris	EDN 15.53		
7 Tom Moakes	NOT 15.60		
8 John Mulhern	U17 GSW 19.41		
M 400mH A		M 400mH B	
1 Ross Macdonald	BIR 53.64	1 Conner Henderson	U17 GSW 55.6
2 Tom Moakes	NOT 54.93	2 Ben Parkin	U17 B&B 56.5
3 Ben Hopkins	U17 B&B 55.43	3 Leon Simpson	BIR 58.6
4 Jordan Aromasodu	SBH 56.12	4 Sam Rogers	WSE 59.3
5 Gregor Innes	GSW 56.12	5 Tommy Bryant	SBH 60.9
6 Jamie East	WSE 57.22	6 Perry Offler	U17 NOT 62.2
7 Toby Harris	EDN 58.64	7 Marc Robson	U17 EDN 65.6
8 Ben Lewis	U17 SAL 69.84	8 Craig James	SAL 82.7
M 2000m Sc A		M 2000m Sc B	
1 Tommy Bryant	SBH 5.58.22	1 Jack Perry-Williams	U17 SBH 6.21.14
2 Matt Jackson	SAL 6.01.60	2 Cameron Smart	WSE 6.41.60
3 Lachlan Oats	GSW 6.12.86	3 James Wignall	SAL 6.50.98
4 Alex Bruce-Littlewood	B&B 6.15.54	4 Roger Gregory	U17 BIR 7.27.30
5 Reece Thomas	BIR 6.34.74	5 Lewis Gollledge	U17 NOT 8.10.97
6 Nathan Ditton	U17 WSE 6.38.27	6 Joshua Clark	B&B 8.34.15
7 Marc Robson	U17 EDN 7.04.75		
8 Dougie Musson	U17 NOT 7.05.20		
M Discus Throw A		M Discus Throw B	
1 Thomas Ashby	SBH 51.34	1 Chris Barnes	U17 GSW 45.64
2 Daniel Carlin	GSW 49.34	2 Tom Peacock	U17 SBH 40.29
3 Greg Watkins	SAL 43.65	3 Adam Davies	SAL 33.59
4 Richard Al-Ameen	B&B 28.36	4 Ross Norton	B&B 27.11
5 Graham Cole	WSE 27.26	5 Mark White	U17 WSE 24.08
6 Jonathan Murray	U17 EDN 27.25	6 Stephen Forfar	EDN 17.73
7 Tim Willaims	BIR 24.94		
8 Abdirahman Mohammed	NOT 13.21		
M Hammer Throw A		M Hammer Throw B	
1 Andrew Elkins	U17 SBH 60.19	1 Michael Tommney	BIR 51.02
2 Tim Williams	BIR 58.23	2 Dempsey McGuigan	U17 SBH 50.68
3 Adam Davies	SAL 55.48	3 Nicky Stone	U17 GSW 45.42
4 Daniel Carlin	GSW 49.22	4 Mehmet Takpak	B&B 32.68
5 Mark White	U17 WSE 46.71	5 Graham Cole	WSE 14.90
6 Richard Al-Ameen	B&B 42.78	6 Chris James	SAL 14.86
7 Jonathan Murray	U17 EDN 39.03	7 James Baines	NOT 11.79
8 Abdirahman Mohammed	NOT 17.66		
M High Jump A		M High Jump B	
1 Phinehas Stewart	BIR 2.07	1 Onajite Okoro	BIR 1.95
2 David Smith	GSW 2.00	2 James Davies	SAL 1.85
3 Cameron Lake	WSE 2.00	3 Andrew Russell	U17 GSW 1.85
4 Gregor Maclean	EDN 1.90	4 Corey Hastings	U17 EDN 1.80
5 Jack Andrew	SAL 1.90	5 Graham Cole	WSE 1.70
6 Thomas Ashby	SBH 1.90	6 Fela Latilo	SBH 1.70
7 Matt Madden	NOT 1.80	7 Tom Collins	U17 NOT 1.65
8 Ross Norton	B&B 1.70	8 James Powell	B&B 1.60
M Javelin Throw A		M Javelin Throw B	
1 Grant Fuller	WSE 51.84	1 Lewis Grinsell	U17 BIR 45.52
2 Ross Norton	B&B 51.16	2 Sam Brown	B&B 40.20
3 Gregor Maclean	EDN 48.44	3 Reece Morgan	SBH 39.70
4 Tom Shiels	BIR 45.75	4 Jamie East	WSE 37.78
5 Andrew Elkins	U17 SBH 42.16	5 Craig James	SAL 35.66
6 John McCafferty	GSW 38.31	6 Jonathan Murray	U17 EDN 33.22
7 James Davies	SAL 37.68	7 David Taylor	GSW 32.30
8 Adam Lyons	NOT 37.15	8 Tom Lyons	U17 NOT 19.65

M Long Jump A				M Long Jump B			
1	Michael Puplampu	WSE	6.67+1.0	1	Nathaniel Facey	U17	BIR 5.95-1.3
2	Hakeen Powell	U17	BIR 6.36-1.7	2	Jamie East		WSE 5.94-2.2
3	James Hardy		SAL 6.29-0.7	3	James Davies		SAL 5.65-2.3
4	Robert Gayler		SBH 6.23+0.9	4	Nathan Fox		SBH 5.64-0.2
5	Matt Madden		NOT 6.19-1.3	5	Jack Lochans	U17	GSW 5.16-1.0
6	Mark Longhurst	U17	B&B 6.15-1.0	6	James Powell		B&B 5.12+0.3
7	Corey Hastings	U17	EDN 6.00-2.7	7	Allan Hamilton		EDN 5.06-1.2
8	Mathew Kerr	U17	GSW 5.84-2.2	8	Fraser Kesteven		NOT DNSCR
M Pole Vault A				M Pole Vault B			
1	Douglas Curwen-Reed		SBH 4.60	1	Mark Longhurst	U17	B&B 4.10
2	Gregor Maclean		EDN 4.40	2	Patrick Odonnell		GSW 3.50
3	Sam Brown		B&B 4.10	3	Thomas Ashby		SBH 3.50
4	Jax Thoires	U17	GSW 3.95	4	Tom Lyons	U17	NOT 3.35
5	Adam Lyons		NOT 3.80	5	David Walker	U17	WSE 3.05
6	Charlie Smith	U17	WSE 3.65	6	Stephen Forfar		EDN 2.90
7	Greg Appleby	U17	SAL 3.50				
8	Tom Shiels		BIR 3.20				
M Shot Putt A				M Shot Putt B			
1	Daniel Carlin		GSW 16.46	1	Tom Peacock	U17	SBH 13.53
2	Reece Thomas		BIR 15.63	2	Alan Mackay		GSW 12.05
3	Thomas Ashby		SBH 15.02	3	Jack Andrew		SAL 10.98
4	Greg Watkins		SAL 12.79	4	Cameron Lake		WSE 10.06
5	Ellis Zorro		B&B 11.61	5	Richard Al-Ameen		B&B 9.65
6	Graham Cole		WSE 10.28	6	Toby Harris		EDN 9.53
7	Callum Wilson		EDN 10.05	7	Michael Tommney		BIR 9.35
8	Perry Offler	U17	NOT 7.92	8	Abdirahman Mohammed		NOT 6.42
M Triple Jump A				M Triple Jump B			
1	Nathan Fox		SBH 15.17	1	Fela Latilo		SBH 13.49
2	Michael Puplampu		WSE 14.85	2	Jemal Nesbitt	U17	BIR 12.91
3	James Hardy		SAL 14.22	3	Callum Wilson		EDN 12.80
4	Jose Martin-Fullerton	U17	BIR 13.56	4	David Clunie		GSW 12.73
5	Allan Hamilton		EDN 13.40	5	Ben Lewis	U17	SAL 12.31
6	Mathew Kerr	U17	GSW 13.07	6	Fraser Kesteven		NOT 12.14
7	Matt Madden		NOT 12.87	7	Connor Vine	U17	WSE 11.76
8	Tom Jenkins	U17	B&B 11.79	8	Tom Powell		B&B 10.77
W 100m A				W 100m B			
			Wind +0.1 m/s				Wind +0.2 m/s
1	Georgia Lamothe	U17	WSE 12.58	1	Melissa Hanson	U17	BIR 12.67
2	Serita Solomon		B&B 12.61	2	Amy Rogers		EDN 12.75
3	Olivia Callaghan	U17	SAL 12.64	3	Chloe Mays	U17	WSE 12.80
4	Laura Samuel		BIR 12.74	4	Kirstie Robinson		B&B 13.00
5	Chloe Lambert	U17	GSW 12.74	5	Brogan Crowley	U17	SAL 13.04
6	Hope Robertson		EDN 12.80	6	Alice Hillyer	U17	NOT 13.27
7	Clarise Underwood		SBH 12.99	7	Roisin Howat	U17	GSW 13.52
8	Kate Platts	U17	NOT 13.43	8	Josephine Okpo	U17	SBH 13.66
W 200m A				W 200m B			
			Wind -2.8 m/s				Wind +0.1 m/s
1	Chisom Nwachukwu	U17	SBH 25.82	1	Savannah Echelthompson		B&B 25.47
2	Chloe Lambert	U17	GSW 26.01	2	Leah Barrow	U17	WSE 25.74
3	Olivia Callaghan	U17	SAL 26.06	3	Diane Ramsey	U17	GSW 26.23
4	Melissa Hanson	U17	BIR 26.11	4	Brogan Crowley	U17	SAL 26.45
5	Georgia Lamothe	U17	WSE 26.21	5	Amy Rogers		EDN 26.60
6	Emma Hourd		NOT 26.50	6	Hannah Stevenson	U17	NOT 26.74
7	Frederica Foster	U17	B&B 26.53	7	Nardhia Kidd-Walker	U17	BIR 27.25
8	Hope Robertson		EDN 26.54	8	Clarise Underwood		SBH 27.48
W 400m A				W 400m B			
1	Savannah Echelthompson		B&B 57.23	1	Katie McKnight	U17	GSW 59.24
2	Diane Ramsey	U17	GSW 57.91	2	Hanifa Greenwood		BIR 59.50
3	Gabrielle Coveney		SBH 58.20	3	Sarah McLellan		B&B 60.11
4	Tyra Watson	U17	SAL 58.77	4	Hannah Stevenson	U17	NOT 61.07

5 Chloe Mays	U17 WSE	59.11	5 Faye Kearney	U17 EDN	61.74
6 Emma Hourd		NOT 59.72	6 Sarah Simeen	U17 SAL	61.85
7 Sophie Clark		BIR 59.91	7 Lizzie Thompson		WSE 63.12
8 Caitlin Froude		EDN 60.88	8 Hannah Johnson		SBH 65.22
W 800m A			W 800m B		
1 Emily Dudgeon	U17 EDN	2.10.28	1 Monique Powell		BIR 2.19.84
2 Melissa Courtney	U17 SBH	2.10.66	2 Sam Blair	U17 EDN	2.21.17
3 Ejiro Okoro		BIR 2.15.30	3 Krystal Galley	U17 B&B	2.21.73
4 Rhian Dawes	U17 GSW	2.19.86	4 Florence Bryant		SBH 2.26.23
5 Lois Bond	U17 WSE	2.22.39	5 Lateefah Burton		SAL 2.35.35
6 Amy De Matos		B&B 2.27.80	6 Caroline Adams		GSW 3.03.26
7 Samara Mohtasham	U17 SAL	2.58.01			
W 1500m A			W 1500m B		
1 Melissa Courtney	U17 SBH	4.36.12	1 Sophie Proffitt		SBH 4.43.35
2 Vicky Fouhy		WSE 4.36.79	2 Sarah Potter	U17 GSW	4.49.43
3 Hollie Young	U17 GSW	4.38.30	3 Sarah Hopcroft		BIR 4.49.49
4 Lucy Farnell	U17 BIR	4.39.17	4 Lois Bond	U17 WSE	5.09.57
5 Sam Blair	U17 EDN	4.53.74	5 Rachel Robinson	U17 B&B	5.32.27
6 Emily Nolan	U17 B&B	5.01.53	6 Megan Gaffney		EDN 6.18.03
7 Lauren Jackson		SAL 6.12.28			
W 3000m A			W 3000m B		
1 Sophie Connor	U17 SBH	10.18.73	1 Rebekah Gardner		SBH 11.13.37
2 Hayley Munn		BIR 10.32.98	2 Dannii Johnson	U17 BIR	11.28.81
3 Deborah Hannah	U17 GSW	10.48.68	3 Amy Mitchell	U17 B&B	11.32.41
4 Danielle Critchley	U17 B&B	11.19.03	4 Clare Waring		NOT 12.40.25
5 Imogen Scott	U17 NOT	11.20.61			
6 Laura Robertson	U17 EDN	12.27.77			
7 Lauren Jackson		SAL 12.43.68			
W 100mH A			W 100mH B		
		Wind +0.3 m/s			Wind +0.5 m/s
1 Serita Solomon		B&B 14.26	1 Megan Southwart		B&B 15.55
2 Holly Belch		SAL 14.74	2 Rayne Allman	U17 SAL	15.68
3 Victoria Dixon		SBH 16.13	3 Laura Burke	U17 WSE	16.88
4 Emma Komocki		NOT 16.24	4 Sarah Warnock		EDN 18.16
5 Catherine Hall-Jones		WSE 16.27	5 Katie Riches		GSW 18.88
6 Heather Rankin		GSW 16.66	6 Imogen Stranis-Oppler		SBH 19.51
7 Megan Gaffney		EDN 19.94			
W 400mH A			W 400mH B		
1 Holly Belch		SAL 60.55	1 Lateefah Burton		SAL 66.08
2 Ese Okoro		BIR 61.25	2 Chelsea Crouser	U17 B&B	68.84
3 Laura Burke	U17 WSE	62.66	3 Zoe Levin		SBH 68.94
4 Megan Southwart		B&B 65.12	4 Megan Gaffney		EDN 69.22
5 Gabrielle Coveney		SBH 65.42	5 Clare Ashley		NOT 69.31
6 Emma Komocki		NOT 65.51	6 Lizzie Thompson		WSE 69.67
7 Lauren Stoddart		EDN 68.81			
8 Rebecca Hart	U17 GSW	70.27			
W 1500m Sc A			W 1500m Sc B		
1 Lauren Stoddart		EDN 5.16.72	1 Helen Pawelczyk	U17 GSW	6.07.55
2 Martha Reynolds		WSE 5.23.26	2 Melody Kane	U17 B&B	6.08.63
3 Maddie Murray	U17 GSW	5.23.68	3 Samara Mohtasham	U17 SAL	6.26.05
4 Lateefah Burton		SAL 5.23.79			
5 Rebecca Smith		B&B 5.55.04			
6 Victoria Bryant		SBH 6.11.86			
7 Nardhia Kidd-Walker	U17 BIR	7.46.20			
W Discus Throw A			W Discus Throw B		
1 Shaunagh Brown		B&B 47.52	1 Samantha Milner	U17 B&B	40.02
2 Jade Moore		BIR 44.37	2 Stephanie Owens		SBH 36.14
3 Helen Broadbridge		SBH 37.65	3 Joanna Botwright		WSE 34.36
4 Laura James		WSE 35.34	4 Danielle Bentley	U17 SAL	29.06
5 Emily Campbell	U17 NOT	31.78	5 Jane Bourne	U17 BIR	28.13

6 Kelly Pagdin		SAL	30.33	6 Nicky McMutrie	U17	EDN	24.93
7 Bethany Valente	U17	EDN	27.21	7 Rebecca Johnston		NOT	23.50
8 Sally Webster		GSW	25.63	8 Katie Riches		GSW	17.30
W Hammer Throw A				W Hammer Throw B			
1 Sophie Hitchon		SAL	58.27	1 Helen Broadbridge		SBH	46.40
2 Stephanie Owens		SBH	46.62	2 Oyebanke Jemiyo		B&B	41.28
3 Shaunagh Brown		B&B	43.58	3 Alix Barton	U17	SAL	28.15
4 Nasya Harvey		WSE	39.94	4 Laura James		WSE	23.24
5 Sally Webster		GSW	32.84	5 Emma Lowrey		EDN	19.56
6 Kelly Highman		BIR	23.60	6 Laura Radburn		BIR	18.55
7 Bethany Valente	U17	EDN	22.97	7 Lucinda Logan		GSW	16.85
8 Rebecca Johnston		NOT	21.14	8 Rosa Spencer-Tansley	U17	NOT	16.28
W High Jump A				W High Jump B			
1 Zoey Phillips		BIR	1.70	1 Emma Lowrey		EDN	1.60
2 Emma Nuttall		EDN	1.68	2=Gabrielle Coveney		SBH	1.40
3 Lucinda Logan		GSW	1.68	2=Laura Winn		BIR	1.40
4 Kate Platts	U17	NOT	1.60	2=Catherine Hall-Jones		WSE	1.40
5 Kosi Okolo	U17	SBH	1.50	2=Chelsea Crouser	U17	B&B	1.40
6 Christine Lyston	U17	B&B	1.50	6 Alice Hillyer	U17	NOT	1.35
7 Letisha Richardson	U17	WSE	1.45	7 Sarah Gray	U17	GSW	1.35
8 Katie Byres	U17	SAL	1.40	8 Rayne Allman	U17	SAL	1.35
W Javelin Throw A				W Javelin Throw B			
1 Danielle Bentley	U17	SAL	39.91	1 Kelly Pagdin		SAL	35.21
2 Helen Farmer	U17	WSE	33.87	2 Jenny Yoxall	U17	WSE	31.44
3 Sarah McGuire		B&B	33.56	3 Bethany Valente	U17	EDN	29.45
4 Nicky McMutrie	U17	EDN	33.20	4 Nicole Cara	U17	SBH	26.79
5 Helen Broadbridge		SBH	28.69	5 Samantha Milner	U17	B&B	26.21
6 Chelsea Alagoa-Oliver	U17	BIR	24.82	6 Laura Radburn		BIR	24.76
7 Alison Innes	U17	GSW	17.07	7 Sarah Gray	U17	GSW	15.12
8 Rosa Spencer-Tansley	U17	NOT	15.29	8 Rebecca Johnston		NOT	14.78
W Long Jump A				W Long Jump B			
1 Laura Samuel		BIR	5.49+0.4	1 Karina Jakovenko		BIR	5.25+0.9
2 Andrea Gaffney	U17	GSW	5.42+0.2	2 Laurie Anne McKenna		EDN	5.14+1.2
3 Sarah Warnock		EDN	5.32-1.1	3 Molly Cockburn	U17	SAL	4.83+1.0
4 Rayne Allman	U17	SAL	5.08+0.7	4 Lucinda Logan		GSW	4.67+1.4
5 Emma Komocki		NOT	4.93-0.2	5 Sian Hurlock	U17	B&B	4.64+1.2
6 Jade Attoh		SBH	4.93-1.4	6 Felicia Anderson		NOT	4.37-1.7
7 Lauren Stevens	U17	B&B	4.89-0.1	7 Letisha Richardson	U17	WSE	4.37-1.6
8 Sophie Upton		WSE	4.54-0.9	8 Josephine Okpo	U17	SBH	3.90-1.3
W Pole Vault A				W Pole Vault B			
1 Sophie Upton		WSE	3.60	1 Jade Tallent		WSE	2.45
2 Katie Byres	U17	SAL	3.25	2 Samara Mohtasham	U17	SAL	2.15
3 Caroline Adams		GSW	3.15	3 Katie Riches		GSW	2.15
4 Holly Smith	U17	SBH	2.45	4 Emma Lowrey		EDN	1.70
5 Amy Nathan	U17	NOT	2.30				
6 Megan Southwart		B&B	2.15				
7 Emma Nuttall		EDN	2.00				
W Shot Putt A				W Shot Putt B			
1 Shaunagh Brown		B&B	13.77	1 Samantha Milner	U17	B&B	10.82
2 Kelly Pagdin		SAL	10.82	2 Sophie Hitchon		SAL	10.70
3 Emma Lowrey		EDN	10.09	3 Helen Broadbridge		SBH	9.34
4 Stephanie Owens		SBH	9.94	4 Nicky McMutrie	U17	EDN	9.25
5 Emily Campbell	U17	NOT	8.64	5 Jane Bourne	U17	BIR	8.32
6 Kelly Highman		BIR	8.61	6 Nasya Harvey		WSE	7.82
7 Sally Webster		GSW	8.34	7 Alison Innes	U17	GSW	7.51
8 Jenny Yoxall	U17	WSE	8.10	8 Rebecca Johnston		NOT	7.28
W Triple Jump A				W Triple Jump B			
1 Laura Samuel		BIR	12.48	1 Molly Cockburn	U17	SAL	10.89
2 Ahtollah Rose	U17	SAL	11.25	2 Shalayna Hutchinson		BIR	10.07

3 Sarah Warnock	EDN 11.16	3 Emma Dowd	U17 GSW 10.05
4 Andrea Gaffney	U17 GSW 11.08	4 Emma Lowrey	EDN 9.88
5 Jade Attoh	SBH 10.73	5 Sian Hurlock	U17 B&B 9.83
6 Lauren Stevens	U17 B&B 10.46	6 Gabrielle Coveney	SBH 9.24
7 Felicia Anderson	NOT 10.36	7 Clare Ashley	NOT 9.09
8 Lizzie Thompson	WSE 9.41	8 Vicky Fouhy	WSE 8.57

W 4x100m Relay

1 SAL 48.36	1 Tyra Watson	U17	2 Sophie Hitchon
	3 Brogan Crowley	U17	4 Olivia Callaghan U17
2 WSE 48.48	1 Leah Barrow	U17	2 Chloe Mays U17
	3 Laura Burke	U17	4 Georgia Lamothe U17
3 EDN 48.60	1 Hope Robertson		2 Amy Rogers
	3 Rebecca Caswell		4 Lesley Campbell U17
4 B&B 48.88	1 Megan Southwart		2 Serita Solomon
	3 Grace Sheppard		4 Kirstie Robinson
5 BIR 49.02	1 Effie Asmah	U17	2 Ese Okoro
	3 Nardhia Kidd-Walker	U17	4 Melissa Hanson U17
6 SBH 50.15	1 Clarise Underwood		2 Jade Attoh
	3 Victoria Dixon		4 Chisom Nwachukwu U17
7 GSW 50.56	1 Chloe Lambert	U17	2 Heather Rankin
	3 Roisin Howat	U17	4 Katie McKnight U17
8 NOT 50.80	1 Emma Hourd		2 Alice Hillyer U17
	3 Felicia Anderson		4 Hannah Stevenson U17

W 4x400m Relay

1 BIR 3.54.43	1 Sophie Clark		2 Hanifa Greenwood
	3 Ese Okoro		4 Ejiro Okoro
2 B&B 3.54.99	1 Sarah McLellan		2 Krystal Galley U17
	3 Frederica Foster	U17	4 Savannah Echelthompson
3 WSE 3.58.60	1 Lizzie Thompson		2 Laura Burke U17
	3 Vicky Fouhy		4 Leah Barrow U17
4 EDN 3.58.95	1 Lynsey Sharp		2 Emily Dudgeon U17
	3 Caitlin Froude		4 Faye Kearney U17
5 SAL 4.03.75	1 Holly Belch		2 Brogan Crowley U17
	3 Sarah Simeen	U17	4 Tyra Watson U17
6 GSW 4.09.56	1 Diane Ramsey	U17	2 Rhian Dawes U17
	3 Sarah Potter	U17	4 Hollie Young U17
7 SBH 4.09.85	1 Sophie Proffitt		2 Hannah Johnson
	3 Melissa Courtney	U17	4 Gabrielle Coveney
8 NOT 4.10.99	1 Emma Hourd		2 Clare Ashley
	3 Hannah Stevenson	U17	4 Emma Komocki

M 4x100m Relay

1 BIR 42.20	1 Curtis Holmes		2 Orie Lawrence
	3 Seb Tulley-Middleton		4 Antoe Wlaters
2 B&B 42.41	1 Ellis Zorro		2 Ronnie Pocklington U17
	3 Mathew Walcott		4 Tremayne Gilling
3 WSE 42.86	1 Alex Ojo		2 Tom Evans
	3 Jamie East		4 Deji Tobais
4 NOT 42.94	1 Adam Goulding		2 Tom Wilson
	3 Lewis Summer-Rell		4 Elijah Skervin
5 EDN 43.46	1 Tom Holligan	U17	2 Allan Hamilton
	3 Corey Hastings	U17	4 Isaiah Symonds
6 SBH 44.52	1 Robert Gayler		2 Nathan Fox
	3 Reece Morgan		4 Confidence Lawson
7 GSW 44.93	1 Matthew Cummings		2 John Mulhern U17
	3 Daniel Chapman		4 John McCafferty
8 SAL 45.02	1 Nayef Abed	U17	2 Victor Neyubaho
	3 Charles Burke		4 James Hardy

M 4x400m Relay

1 BIR 3.16.84	1 Jarrad Dunn		2 Efe Okoro	
	3 Tom Hinton		4 Ross Macdonald	
2 NOT 3.17.56	1 Michael Warner		2 Adam Goulding	
	3 Tom Moakes		4 James Baines	
3 GSW 3.25.06	1 Gregor Innes		2 Alan Ramsey	
	3 Conner Henderson	U17	4 David Smith	
4 EDN 3.31.06	1 Tom Holligan	U17	2 Peter Loudon	U17
	3 Greg Louden	U17	4 Toby Harris	
5 WSE 3.31.73	1 Alex Ojo		2 Stewart Challis	
	3 Nick Lingley		4 Marc Forrest	
6 B&B 3.33.71	1 Alex Blair		2 Ben Hopkins	U17
	3 Ben Parkin	U17	4 Lemar Charles	
7 SBH 3.35.85	1 Reece Morgan		2 Richard Goodman	U17
	3 Tadhg Grant	U17	4 Matthew Webster	
8 SAL 3.36.39	1 Chris Kays		2 Andrew Sutcliffe	
	3 Jaimie Roden		4 James Davies	

Points

1 Shaftesbury Barnet H.	473.5
2 Birchfield Harriers	444.5
3 Blackheath & Bromley H&AC	443.5
4 Sale Harriers Manchester	413
5 Windsor, Slough, Eton, H'low	399.5
6 Team Glasgow	392
7 Team Edinburgh	353
8 Notts AC	260

Athlete of the Match: TRACK R MACDONALD BIR 400M H/ FIELD D CARLING GSW SP
 TRACK H BELCH SAL 400 M H / FIELD S BROWN B&B DIS

NJL National Final

Derby, Moorways Stadium, Sun 13 September 2009

	Team	BIR	B&B	NOT	SAL	SBH	EDN	GSW	WSE	POINTS		
	No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
M 100m	A	8	9	7	5	6	4	3	11	53	0	53
	B	9	5	3	4	6	2	1	7	37	0	37
	Cumulative	17	14	10	9	12	6	4	18	90	0	90
M 200m	A	9	7	6	4	8	5	3	11	53	0	53
	B	9	6	4	2	7	5	1	3	37	0	37
	Cumulative	35	27	20	15	27	16	8	32	180	0	180
M 400m	A	7	6	11	3	8	9	4	5	53	0	53
	B	7	6	9	0	4	2	3	5	36	1	37
	Cumulative	49	39	40	18	39	27	15	42	269	1	270
M 800m	A	4	5	3	6	9	7	11	8	53	0	53
	B	5	1	2	7	9	6	4	3	37	0	37
	Cumulative	58	45	45	31	57	40	30	53	359	1	360
M 1500m	A	5	7	3	11	9	6	8	4	53	0	53
	B	2	1	4	7	9	3	6	5	37	0	37
	Cumulative	65	53	52	49	75	49	44	62	449	1	450

M 3000m	A	4	9	5	7	11	6	8	3	53	0	53
	B	6	5	0	0	9	0	7	4	31	6	37
Cumulative		75	67	57	56	95	55	59	69	533	7	540
M 110mH	A	11	8	4	7	9	5	3	6	53	0	53
	B	0	9	7	5	0	0	6	0	27	10	37
Cumulative		86	84	68	68	104	60	68	75	613	17	630
M 400mH	A	11	8	9	3	7	4	6	5	53	0	53
	B	6	7	3	1	4	2	9	5	37	0	37
Cumulative		103	99	80	72	115	66	83	85	703	17	720
M 2000Sc	A	6	7	3	9	11	4	8	5	53	0	53
	B	5	3	4	6	9	0	0	7	34	3	37
Cumulative		114	109	87	87	135	70	91	97	790	20	810
M DT	A	4	7	3	8	11	5	9	6	53	0	53
	B	0	5	0	6	7	3	9	4	34	3	37
Cumulative		118	121	90	101	153	78	109	107	877	23	900
M HT	A	9	5	3	8	11	4	7	6	53	0	53
	B	9	5	2	3	7	0	6	4	36	1	37
Cumulative		136	131	95	112	171	82	122	117	966	24	990

Team		BIR	B&B	NOT	SAL	SBH	EDN	GSW	WSE	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	11	3	4	6	5	7	9	8	53	0	53
	B	9	1	2	7	3	5	6	4	37	0	37
Cumulative		156	135	101	125	179	94	137	129	1056	24	1080
M JT	A	7	9	3	4	6	8	5	11	53	0	53
	B	9	7	1	4	6	3	2	5	37	0	37
Cumulative		172	151	105	133	191	105	144	145	1146	24	1170
M LJ	A	9	5	6	8	7	4	3	11	53	0	53
	B	9	3	0	6	5	2	4	7	36	1	37
Cumulative		190	159	111	147	203	111	151	163	1235	25	1260
M PV	A	3	8	6	4	11	9	7	5	53	0	53
	B	0	9	5	0	6	3	7	4	34	3	37
Cumulative		193	176	122	151	220	123	165	172	1322	28	1350
M SP	A	9	6	3	7	8	4	11	5	53	0	53
	B	2	4	1	6	9	3	7	5	37	0	37
Cumulative		204	186	126	164	237	130	183	182	1412	28	1440
M TJ	A	7	3	4	8	11	6	5	9	53	0	53
	B	7	1	3	4	9	6	5	2	37	0	37
Cumulative		218	190	133	176	257	142	193	193	1502	28	1530
W 100m	A	7	9	3	8	4	5	6	11	53	0	53
	B	9	5	3	4	1	7	2	6	37	0	37
Cumulative		234	204	139	188	262	154	201	210	1592	28	1620
W 200m	A	7	4	5	8	11	3	9	6	53	0	53
	B	2	9	3	5	1	4	6	7	37	0	37
Cumulative		243	217	147	201	274	161	216	223	1682	28	1710
W 400m	A	4	11	5	7	8	3	9	6	53	0	53
	B	7	6	5	3	1	4	9	2	37	0	37
Cumulative		254	234	157	211	283	168	234	231	1772	28	1800

W 800m	A	8	5	0	4	9	11	7	6	50	3	53		
	B	9	6	0	4	5	7	3	0	34	3	37		
Cumulative		271	245	157	219	297	186	244	237	1856	34	1890		
W 1500m	A	7	5	0	4	11	6	8	9	50	3	53		
	B	6	4	0	0	9	3	7	5	34	3	37		
Cumulative		284	254	157	223	317	195	259	251	1940	40	1980		
W 3000m	A	9	7	6	4	11	5	8	0	50	3	53		
	B	7	6	5	0	9	0	0	0	27	10	37		
Cumulative		300	267	168	227	337	200	267	251	2017	53	2070		

Team		BIR	B&B	NOT	SAL	SBH	EDN	GSW	WSE	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	0	11	7	9	8	4	5	6	50	3	53		
	B	0	9	0	7	3	5	4	6	34	3	37		
Cumulative		300	287	175	243	348	209	276	263	2101	59	2160		
W 400mH	A	9	7	5	11	6	4	3	8	53	0	53		
	B	0	7	4	9	6	5	0	3	34	3	37		
Cumulative		309	301	184	263	360	218	279	274	2188	62	2250		
W 1500Sc	A	4	6	0	7	5	11	8	9	50	3	53		
	B	0	7	0	6	0	0	9	0	22	15	37		
Cumulative		313	314	184	276	365	229	296	283	2260	80	2340		
W DT	A	9	11	6	5	8	4	3	7	53	0	53		
	B	4	9	2	5	7	3	1	6	37	0	37		
Cumulative		326	334	192	286	380	236	300	296	2350	80	2430		
W HT	A	5	8	3	11	9	4	6	7	53	0	53		
	B	3	7	1	6	9	4	2	5	37	0	37		
Cumulative		334	349	196	303	398	244	308	308	2440	80	2520		
W HJ	A	11	5	7	3	6	9	8	4	53	0	53		
	B	5.5	5.5	3	1	5.5	9	2	5.5	37	0	37		
Cumulative		350.5	359.5	206	307	409.5	262	318	317.5	2530	80	2610		
W JT	A	5	8	3	11	6	7	4	9	53	0	53		
	B	3	4	1	9	5	6	2	7	37	0	37		
Cumulative		358.5	371.5	210	327	420.5	275	324	333.5	2620	80	2700		
W LJ	A	11	4	6	7	5	8	9	3	53	0	53		
	B	9	4	3	6	1	7	5	2	37	0	37		
Cumulative		378.5	379.5	219	340	426.5	290	338	338.5	2710	80	2790		
W PV	A	0	5	6	9	7	4	8	11	50	3	53		
	B	0	0	0	7	0	5	6	9	27	10	37		
Cumulative		378.5	384.5	225	356	433.5	299	352	358.5	2787	93	2880		
W SP	A	5	11	6	9	7	8	4	3	53	0	53		
	B	4	9	1	7	6	5	2	3	37	0	37		
Cumulative		387.5	404.5	232	372	446.5	312	358	364.5	2877	93	2970		
W TJ	A	11	5	4	9	6	8	7	3	53	0	53		
	B	7	4	2	9	3	5	6	1	37	0	37		
Cumulative		405.5	413.5	238	390	455.5	325	371	368.5	2967	93	3060		
W 4x1		6	7	3	11	5	8	4	9	53	0	53		
Cumulative		411.5	420.5	241	401	460.5	333	375	377.5	3020	93	3113		
W 4x4		11	9	3	6	4	7	5	8	53	0	53		

|Cumulative|422.5|429.5| 244| 407|464.5| 340| 380|385.5|3073| 93|3166|

Team	BIR	B&B	NOT	SAL	SBH	EDN	GSW	WSE	POINTS		
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
M 4x1	11	9	7	3	5	6	4	8	53	0	53
Cumulative	433.5	438.5	251	410	469.5	346	384	393.5	3126	93	3219
M 4x4	11	5	9	3	4	7	8	6	53	0	53
Cumulative	444.5	443.5	260	413	473.5	353	392	399.5	3179	93	3272
Add	0	0	0	0	0	0	0	0	0	0	0
subtract	0	0	0	0	0	0	0	0	0	0	0
Cumulative	444.5	443.5	260	413	473.5	353	392	399.5	3179	93	3272
TOTALS	444.5	443.5	260	413	473.5	353	392	399.5	3179	93	3272

Pos	Team	Points	Add	Sub	Total	Lge
1	Shaftesbury Barnet H.	473.5	0	0	473.5	8
2	Birchfield Harriers	444.5	0	0	444.5	7
3	Blackheath & Bromley H&AC	443.5	0	0	443.5	6
4	Sale Harriers Manchester	413	0	0	413	5
5	Windsor, Slough, Eton, H'low	399.5	0	0	399.5	4
6	Team Glasgow	392	0	0	392	3
7	Team Edinburgh	353	0	0	353	2
8	Notts AC	260	0	0	260	1

Used + add - sub = total 3179 0 0 3179
 Unused points 93 93
 (Used+unused)+add-sub=total 3272 0 0 3272

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
SBH A	9	5	6	4	6	5	3	0	B 9	5	5	3	2	3	0	4
BIR A	9	7	2	6	2	4	5	1	B 9	6	3	2	2	2	3	0
B&B A	4	6	5	7	3	9	2	2	B 6	6	5	5	5	2	0	4
SAL A	5	5	6	6	3	2	6	5	B 3	6	7	3	5	2	1	2
WSE A	6	5	5	2	8	5	2	4	B 1	6	3	7	5	4	3	1
GSW A	2	5	9	4	3	4	5	6	B 4	4	7	2	3	2	6	3
EDN A	2	3	5	5	5	5	11	2	B 1	3	3	7	3	7	4	0
NOT A	1	2	0	4	8	4	4	12	B 1	1	0	3	4	7	5	5

Men	Points	Women	Points
1 Shaftesbury Barnet H.	266	1 Blackheath & Bromley H&AC	239.5
2 Birchfield Harriers	240	2 Sale Harriers Manchester	231
3 Windsor, Slough, Eton, H'low	207	3 Shaftesbury Barnet H.	207.5
4 Team Glasgow	205	4 Birchfield Harriers	204.5
5 Blackheath & Bromley H&AC	204	5 Team Edinburgh	198
6 Sale Harriers Manchester	182	6 Windsor, Slough, Eton, H'low	192.5
7 Team Edinburgh	155	7 Team Glasgow	187
8 Notts AC	149	8 Notts AC	111