

M 100m A

1	Josh Patrick U17	WSE	10.9
2	Olufunmi Sobodu	B&B	10.9
3	Jordan Huggins U17	E&H	10.9
4	Chris Craig	CAM	10.9
5	Justin Geohagan	SBH	11.0
6	Aidan Lee U17	W&E	11.4
7	Kenny Howard	HPX	11.4
8	Moneur Williams	HRW	11.4

M 100m B

1	Antonio Infantino 17	E&H	11.0
2	K Greenidge-Smith 17	HRW	11.2
3	L James-Lionel	WSE	11.3
4	Nnamdi Umeh U17	W&E	11.3
5	Richard Odumosu	SBH	11.4
6	Lemar Charles	B&B	11.6
7	Ian Tobin	HPX	11.6
8	Andrew Bullimore	CAM	11.6

M 200m A

1	Antonio Infantino 17	E&H	21.6
2	Chris Craig	CAM	21.6
3	Nathan Wake U17	HPX	22.2
4	Justin Geohagan	SBH	22.5
5	L James-Lionel	WSE	22.7
6	Aidan Lee U17	W&E	22.7
7	Neil Francis	B&B	23.0
8	Stefan Greenidge U17	HRW	23.4

M 200m B

1	Dan Putnam U17	B&B	22.3
2	Rhion Samuel U17	E&H	22.3
3	Adam Medcraft U17	WSE	22.8
4	Richard Odumosu	SBH	23.0
5	Nnamdi Umeh U17	W&E	23.2
6	Andrew Howell	HRW	23.5
7	Kenny Howard	HPX	23.5
8	Sam Lawrence U17	CAM	24.2

M 400m A

1	Aaron Trim	E&H	49.1
2	Dan Putnam U17	B&B	49.8
3	R Opong-Konadu U17	CAM	50.6
4	Marc Forrest U17	WSE	50.8
5	Sonny Flynn U17	HRW	52.0
6	Tom O'Brien	SBH	52.4
7	Josh Saydraouten	HPX	53.4
8	Maduka Umeh	W&E	53.9

M 400m B

1	Dwayne Blake	WSE	51.0
2	Neil Francis	B&B	51.3
3	Matthew Harris U17	E&H	51.9
4	Moneur Williams	HRW	53.5
5	L Lovelock-Jemmott	W&E	55.3
6	Jamie Irons	CAM	56.0
7	Matthew Stoker	SBH	57.6

M 800m A

1	Jordan West	E&H	1.55.6
2	Dean Goodman	HRW	1.56.4
3	Luke Turton	WSE	1.56.5
4	Adam Binns	CAM	1.56.5
5	Angus Holford	W&E	1.56.9
6	Louis Walshe U17	HPX	1.58.6
7	Alex Littlewood	B&B	1.58.7
8	Matthew Sullivan	SBH	1.58.9

M 800m B

1	Denis Healy	E&H	1.59.2
2	Andrew Mariani	W&E	1.59.4
3	Callum Towler U17	HRW	2.00.8
4	Nick Lingley U17	WSE	2.01.0
5	Dan Potts	CAM	2.01.3
6	Richard Daniel	B&B	2.03.3
7	Ross Sambrook	SBH	2.09.4

M 1500m A

1	Ronnie Sparke U17	W&E	4.02.1
2	Ian May	WSE	4.02.2
3	Ben Nagy	E&H	4.03.5
4	Sagie Banaim	SBH	4.04.3
5	Stephen Cavey U17	B&B	4.05.8
6	Matt Judson	HRW	4.10.0
7	Robert Lasenby	CAM	4.13.5
8	Alexander Veitch U17	HPX	4.17.5

M 1500m B

1	Nathan White	WSE	4.05.7
2	Craig Berg	W&E	4.06.3
3	Cameron Ward U17	B&B	4.16.4
4	Matthew Sullivan	SBH	4.20.4
5	Callum Towler U17	HRW	4.21.1
6	Will Mycroft	CAM	4.21.6
7	Denis Healy	E&H	4.37.1

M 3000m A

1	Cameron Scott U17	HRW	8.53.4
2	Tom Phillips	W&E	8.55.6
3	Richard Pawlak U17	CAM	9.14.7
4	Sam Hunt	B&B	9.15.7
5	Vince Bangs	WSE	9.34.0
6	R Martinez-Rodney 17	E&H	9.40.0

M 3000m B

1	Andrew Livingstone	W&E	9.04.8
2	Michael Smith U17	CAM	9.21.3
3	Jon Vintner	B&B	9.49.0
4	Paul Royle	HRW	10.23.1
5	Alex Tovey	WSE	DISQ

M 110mH A			M 110mH B		
1	Simon Merrill	B&B 14.5	1	Zac Saucedo	E&H 15.0
2	Ashley Wilson U17	SBH 14.9	2	Simon Lloyd U17	B&B 16.2
3	Michael Holden	HPX 15.0	3	Jordon Sterling U17	HRW 19.1
4	Jamie East	WSE 16.0	4	Tyler Deas	CAM 19.9
5	Sam Botchey	HRW 16.6	5	Matthew Stoker	SBH 22.9
6	Jamie Irons	CAM 17.0			
7	Aaron James	E&H 18.5			
M 400mH A			M 400mH B		
1	Andrew Howell	HRW 53.2	1	Zac Saucedo	E&H 56.0
2	Jonny Lodwski	E&H 54.6	2	Ashley Fry U17	WSE 59.0
3	Jamie East	WSE 59.3	3	Jordan Morley U17	HRW 61.4
4	Josh Saydraouten	HPX 59.3	4	Simon Lloyd U17	B&B 61.8
5	Ashley Healy	B&B 62.1	5	Ross Armorgie U17	HPX 63.1
6	Tommy Bryant U17	SBH 63.8	6	Ross Sambrook	SBH 65.9
M 2000m SC A			M 2000m SC B		
1	Shaun Collins	E&H 6.18.1	1	Cameron Scott U17	HRW 6.48.2
2	Tommy Bryant U17	SBH 6.18.4	2	Adil Hussein	E&H 6.52.7
3	Alex Littlewood	B&B 6.35.4	3	Sam Simpson	B&B 6.56.5
4	Tom Lewis U17	HRW 6.42.4	4	Ross Sambrook	SBH 7.01.8
5	Michael Smith U17	CAM 7.46.3	5	Richard Pawlak U17	CAM DNF
M Discus Throw A			M Discus Throw B		
1	Chris Scott	SBH 51.11	1	Chris Linque	W&E 43.18
2	Lee Matherin U17	W&E 44.92	2	Martyn Elkins	SBH 37.90
3	Alistair Williamson	B&B 42.78	3	Danny Farenden	E&H 32.78
4	Matt Townsend	WSE 37.59	4	Dan Ridge U17	B&B 30.07
5	Theo Burton U17	HRW 37.20	5	Adam Jackson	CAM 26.70
6	Bradley Elias U17	E&H 35.48	6	David Shiel	WSE 21.80
7	Martin Tinkler U17	CAM 30.12	7	Sam Botchey	HRW 19.70
8	Leo Lundgren U17	HPX 23.19	8	Louis Walshe U17	HPX 13.34
M Hammer Throw A			M Hammer Throw B		
1	Alistair Williamson	B&B 63.48	1	Richard Al-Ameen	B&B 56.32
2	Chris Scott	SBH 54.36	2	Martyn Elkins	SBH 43.60
3	Peter Clarke U17	W&E 49.90	3	Matthew Baptiste	W&E 41.66
4	Danny Farenden	E&H 49.45	4	Robert Cramb U17	WSE 37.70
5	David Melliush	WSE 37.84	5	Bradley Elias U17	E&H 34.15
6	Sean Band U17	CAM 36.80	6	Adam Jackson	CAM 31.15
7	Theo Burton U17	HRW 22.68	7	Jordan Sterling U17	HRW 7.71
M High Jump A			M High Jump B		
1	Cameron Lake	WSE 2.00	1	Lewis Ely	HPX 1.85
2	Jamie Irons	CAM 1.90	2	Sean Band U17	CAM 1.70
3	=Nathan Fox U17	SBH 1.85	3	Graham Cole	WSE 1.65
3	=Bradley Armorgie	HPX 1.85	4	Kim Kapoba U17	W&E 1.60
5	Leron Nurbert	E&H 1.85	5	Kofi Asante	HRW 1.60
6	Andrew Mariani	W&E 1.85	6	=Greg Holder	B&B 1.55
7	Kola Adedoyin	B&B 1.75	6	=R Martinez-Rodney 17	E&H 1.55
8	Calvin Juriansz U17	HRW 1.70	8	Justin Geohagan	SBH 1.55
M Javelin Throw A			M Javelin Throw B		
1	Jay Boddington	W&E 55.02	1	Sean Band U17	CAM 47.56
2	Matthew Stoker	SBH 51.42	2	L Lovelock-Jemmott	W&E 43.61
3	Aaron Steels	CAM 50.85	3	Calvin Juriansz U17	HRW 36.59
4	Robert Elliot	E&H 44.84	4	Graham Cole	WSE 35.96
5	Grant Fuller U17	WSE 43.17	5	Daniel Twiss	SBH 34.85
6	Callum Barratt U17	HRW 43.03	6	Denis Healy	E&H 34.22
7	Leo Lundgren U17	HPX 36.96	7	Nathan Wake U17	HPX 34.10
8	Adam Atkinson	B&B 35.80	8	Justin Warren U17	B&B 32.10

M Long Jump A
 1 K Greenidge-Smith 17 HRW 6.92
 2 Ian Tobin HPX 6.69
 3 Kola Adedoyin B&B 6.39
 4 Nathan Fox U17 SBH 6.36
 5 Andrew Bullimore CAM 6.22
 6 Emmanuel Okipori U17 W&E 5.95
 7 Jamie East WSE 5.92
 8 O Barton-Ellington E&H 5.91

M Long Jump B
 1 Stefan Greenidge U17 HRW 6.44
 2 Michael Holden HPX 6.41
 3 Marcus Morrison B&B 6.20
 4 Daniel Lewis SBH 5.99
 5 Kim Kapoba U17 W&E 5.94
 6 Sam Lawrence U17 CAM 5.76
 7 Shane Murdoch E&H 5.46
 8 Graham Cole WSE 5.29

M Pole Vault A
 1 Ian Smart HRW 4.20
 2 Jordon Henwood U17 E&H 4.10
 3 Scott Bartlett SBH 3.95
 4 Iain Grierson WSE 3.35
 5 Carl Rendorra U17 W&E 2.30

M Pole Vault B
 1 Jonathan Hill E&H 3.80
 2 Jack Witherington 17 SBH 3.80
 3 Steve Walker WSE 3.20
 4 Andre Myers U17 HRW 2.90

M Shot Putt A
 1 Devon Ansil-Douglas W&E 15.04
 2 Opy Jacobs SBH 14.22
 3 Martin Tinkler U17 CAM 14.04
 4 Eddie Ekanem U17 B&B 13.39
 5 Theo Burton U17 HRW 12.04
 6 Graham Cole WSE 11.22
 7 Michael Holden HPX 11.16
 8 Asher Harris U17 E&H 11.00

M Shot Putt B
 1 Matthew Baptiste W&E 14.06
 2 Chris Scott SBH 13.22
 3 Danny Farenden E&H 10.55
 4 David Shiel WSE 10.40
 5 Adam Jackson CAM 9.61
 6 Richard Al-Ameen B&B 8.65
 7 Sam Botchey HRW 8.48

M Triple Jump A
 1 Nathan Fox U17 SBH 14.93
 2 Kola Adedoyin B&B 14.64
 3 Andrew Bullimore CAM 13.75
 4 Kofi Asante HRW 13.16
 5 Aidan Lee U17 W&E 12.93
 6 Olu Oyewobi U17 E&H 12.88
 7 Leo Lundgren U17 HPX 12.49
 8 Andrew Winchcombe 17 WSE 11.29

M Triple Jump B
 1 Kem Onubogu U17 SBH 14.36
 2 Marcus Morrison B&B 14.15
 3 Kim Kapoba U17 W&E 12.57
 4 Shane Murdoch E&H 12.48
 5 Bradley Armorgie HPX 12.22
 6 Moneur Williams HRW 12.18
 7 Aaron Steels CAM 11.19
 8 Iain Grierson WSE 10.19

W 100m A
 1 Clarice Underwood 17 SBH 12.2
 2 Kitty Eleaye U17 W&E 12.3
 3 Rachel Telfer-James E&H 12.5
 4 Daniella Annon U17 B&B 12.6
 5 Yolanda Hutchinson 7 HRW 12.6
 6 Jenny Heckford WSE 12.9
 7 Nina Edwards U17 HPX 13.1
 8 Kim Motley CAM 13.1

W 100m B
 1 Amanda Ranger SBH 12.8
 2 Sharnna Henry U17 HRW 12.8
 3 Grace Sheppard U17 B&B 12.8
 4 Natasha Matthews U17 W&E 12.9
 5 Nicky Burrows HPX 13.0
 6 Yemi Bellow E&H 13.1
 7 Beth Newton U17 WSE 13.3
 8 Alice Forster CAM 13.9

W 200m A
 1 Rachel Telfer-James E&H 25.6
 2 Kitty Eleaye U17 W&E 25.8
 3 Daniella Annon U17 B&B 26.0
 4 Clarice Underwood 17 SBH 26.5
 5 Lucy Dowsett CAM 26.8
 6 Rose Reynolds WSE 26.9
 7 Kelly Fairweather HRW 26.9
 8 Natalie Farman HPX 28.6

W 200m B
 1 Amy Godsell B&B 25.8
 2 Erica Smith E&H 25.8
 3 Natasha Matthews U17 W&E 26.3
 4 Emma McGeehan HRW 26.7
 5 Temi Sanya U17 SBH 27.2
 6 Sophie Hallam U17 CAM 28.0
 7 Danielle Cracknell 7 HPX 28.6
 8 Harriet Shurley WSE 29.7

W 400m A			W 400m B		
1	Lucy Dowsett	CAM 57.3	1	Anna Sharrock U17	E&H 61.8
2	Erica Smith	E&H 57.7	2	Jessica Harding U17	B&B 62.8
3	Rachel Davies U17	HRW 58.9	3	Chloe Flowers	HRW 63.3
4	Jessica Saville U17	B&B 59.2	4	Chelsea Oldham U17	CAM 63.8
5	Beth Newton U17	WSE 59.9	5	Abi Fudge	WSE 66.1
6	Nina Edwards U17	HPX 60.5	6	Jade Ive U17	SBH 75.9
7	Sarah Clifford	SBH 78.0			
W 800m A			W 800m B		
1	Shelayna Oskan	WSE 2.19.0	1	Phillipa Lowe U17	HRW 2.20.5
2	Bryony Proctor	B&B 2.19.3	2	Amy De Matos U17	B&B 2.21.3
3	Florence Bryant U17	SBH 2.21.8	3	Christy Smith	CAM 2.23.4
4	Linzi Fairweather	HRW 2.22.3	4	Louisa Lingley U17	WSE 2.25.0
5	Harriet Arbuckle	CAM 2.23.3	5	Emma Shuker U17	E&H 2.25.6
6	Hilary Arredondo U17	E&H 2.23.7	6	Victoria Bryant U17	SBH 2.30.9
7	Rebecca Oatham U17	W&E 2.25.4			
8	Jodie Moore U17	HPX 2.37.5			
W 1500m A			W 1500m B		
1	Gemma Coe U17	CAM 4.49.6	1	Yaz Lala	WSE 5.14.9
2	Leigh Lattimore U17	HRW 4.58.5	2	Hannah Brown	E&H 5.19.8
3	Anna Sharrock U17	E&H 4.59.8	3	Jessica Saville U17	B&B 5.19.9
4	Katie Murray	B&B 5.02.8	4	Victoria Bryant U17	SBH 5.22.8
5	Florence Bryant U17	SBH 5.04.7	5	Phillipa Lowe U17	HRW 5.41.7
6	Katie Trehwella U17	WSE 5.11.1			
7	Kavita Solder	W&E 5.55.8			
W 3000m A			W 3000m B		
1	Melissa Bennington	WSE 10.43.2	1	Rachel Stedman U17	WSE 11.05.9
2	Sophie Profitt U17	SBH 11.03.7	2	Amy Concannon	HRW 11.39.9
3	Lara Nyman	HRW 11.11.1	3	Sarah Burdett U17	E&H 11.40.2
4	Hannah Brown	E&H 11.32.8	4	Hannah Johnson U17	SBH 13.04.7
5	Jess Williams U17	CAM 12.08.9	5	Jenny Linker U17	B&B 16.16.1
6	Kavita Solder	W&E 12.53.4			
7	Vicky Golburn	B&B 13.33.4			
W 100mH A			W 100mH B		
1	Rose Reynolds	WSE 14.8	1	Jenny Heckford	WSE 14.8
2	Nicky Burrows	HPX 15.5	2	Natalie Farman	HPX 16.3
3	Kim Motley	CAM 15.9	3	Rebecca Hayward	B&B 17.6
4	C Walden-Day U17	B&B 16.6	4	Emily Moss	CAM 18.1
5	B Saunders-Clarke	E&H 17.0	5	Sarah Gibson U17	E&H 20.2
6	Josephine Okpo U17	SBH 18.9			
7	Hayley Comer	HRW 20.4			
8	Vikki Taylor	W&E 23.3			
W 400mH A			W 400mH B		
1	Katie Murray	B&B 64.4	1	Katrina Cosby U17	B&B 66.3
2	Hayley Comer	HRW 66.3	2	Chloe Flowers	HRW 69.5
3	Lizzie Thompson U17	WSE 67.9	3	Jasmin Hicks	E&H 74.5
4	Emily Moss	CAM 70.7	4	Nichola Gibson	CAM 77.5
5	Josephine Okpo U17	SBH 73.8	5	Francesca Herbert 17	W&E 78.1
6	B Saunders-Clarke	E&H 74.4			
7	Laura Gnanapragasm	W&E 77.0			
W 1500m SC A			W 1500m SC B		
1	Hilary Arredondo U17	E&H 5.44.6	1	Amy Concannon	HRW 6.16.9
2	Amy De Matos U17	B&B 5.44.9	2	E Walden-Day U17	B&B 6.34.9
3	Lara Nyman	HRW 5.49.6			
4	Melissa Bennington	WSE 5.52.0			

W Discus Throw A			W Discus Throw B		
1	Shaunagh Brown	B&B 46.02	1	Florence Clark	B&B 38.93
2	Briony Phillips	SBH 37.29	2	Sharifa Brown	E&H 29.53
3	Charlotte Rose U17	E&H 30.80	3	Nasya Harvey U17	WSE 25.39
4	Alice Forster	CAM 28.00	4	Kelly Lawrence U17	CAM 16.82
5	Jo Botwright U17	WSE 26.99	5	Vikki Taylor	W&E 16.39
6	Sam Moodie U17	W&E 20.46	6	Temí Sanya U17	SBH 13.24
7	Hollie Hamilton U17	HRW 15.02	7	Phillipa Lowe U17	HRW 11.58
W Hammer Throw A			W Hammer Throw B		
1	Sarah Smith U17	W&E 43.81	1	Nina Harvey	WSE 33.58
2	Nasya Harvey U17	WSE 35.80	2	Vikki Taylor	W&E 28.23
3	Alice Forster	CAM 35.63	3	Kelly Lawrence U17	CAM 24.45
4	Charlotte Rose U17	E&H 31.00	4	Claire Wickham U17	B&B 23.93
5	Shaunagh Brown	B&B 25.97	5	Sharifa Brown	E&H 19.11
6	Briony Phillips	SBH 25.60	6	Nicole Cara U17	SBH 16.15
7	Hollie Hamilton U17	HRW 14.98	7	Emma McGeehan	HRW 9.51
W High Jump A			W High Jump B		
1	Eloise Newman	HRW 1.66	1	Charlotte O'Neill 17	E&H 1.50
2	Sam Moodie U17	W&E 1.60	2	Chloe Galloway U17	W&E 1.45
3	Yemi Bellow	E&H 1.55	3	Rachel Arnheim	B&B 1.40
4	=Emily Martin	B&B 1.50	4	Rachel Davies U17	HRW 1.40
4	=Natalie Farman	HPX 1.50	5	Temí Sanya U17	SBH 1.40
6	Sarah Clifford	SBH 1.50	6	Abi Fudge	WSE 1.25
7	Harriet Shurley	WSE 1.40			
8	Nichola Gibson	CAM 1.35			
W Javelin Throw A			W Javelin Throw B		
1	Jade Dodd	B&B 46.65	1	Nicole Cara U17	SBH 26.16
2	Peta Lundgren	HPX 36.20	2	Emily Moss	CAM 22.25
3	Briony Phillips	SBH 31.79	3	Natasha Matthews U17	W&E 17.03
4	Sophie Hallam U17	CAM 29.79	4	Katherine Jones U17	B&B 15.33
5	Chloe Galloway	W&E 28.03	5	Shelayna Oskan	WSE 13.16
6	Sharifa Brown	E&H 24.46	6	Hannah Brown	E&H 12.29
7	Jo Botwright U17	WSE 14.41	7	Linzi Fairweather	HRW 5.34
8	Kelly Fairweather	HRW 14.00			
W Long Jump A			W Long Jump B		
1	Amanda Ranger	SBH 5.68	1	Lauren Blackie	B&B 5.25
2	Emily Martin	B&B 5.48	2	Hannah Frankson	W&E 5.24
3	Dee Bakre U17	E&H 5.44	3	Jade Attoh U17	SBH 5.01
4	Kitty Eleaye U17	W&E 5.24	4	Yemi Bellow	E&H 4.70
5	Faye Williams U17	WSE 4.74	5	Vicki Binns	WSE 4.34
6	Natalie Farman	HPX 4.72	6	Jazmine Gardener U17	HRW 4.06
7	Kelly Fairweather	HRW 4.30	7	Nichola Gibson	CAM 3.97
8	Harriet Arbuckle	CAM 4.02			
W Pole Vault A			W Pole Vault B		
1	Jade Ive U17	SBH 3.85	1	Sarah Clifford	SBH 3.35
2	=Jasmin Hicks	E&H 3.20	2	Emily Godley	B&B 3.05
2	=Rachel Arnheim	B&B 3.20	3	Sarah Gibson U17	E&H 2.75
4	Francesca Herbert 17	W&E 2.75	4	Sam Moodie U17	W&E 2.00
5	Sophie Hallam U17	CAM 2.00			
6	Chloe Flowers	HRW 1.85			

W Shot Putt A

1	Shaunagh Brown	B&B	13.11
2	Briony Phillips	SBH	10.78
3	Charlotte Rose U17	E&H	10.29
4	Alice Forster	CAM	10.26
5	Peta Lundgren	HPX	9.61
6	Sarah Smith U17	W&E	9.52
7	Nasya Harvey U17	WSE	8.64
8	Hayley Comer	HRW	7.65

W Triple Jump A

1	Amanda Ranger	SBH	11.76
2	Dee Bakre U17	E&H	11.56
3	Lauren Blackie	B&B	11.28
4	Hannah Frankson	W&E	11.27
5	Jenny Heckford	WSE	10.07
6	Emily Moss	CAM	10.05
7	Chloe Flowers	HRW	9.55
8	Danielle Cracknell	HPX	8.27

W 4x100m Relay

1	B&B	48.9	1	Grace Sheppard U17
			3	Lauren Blackie
2	HRW	49.8	1	Kelly Fairweather
			3	Emma McGeehan
3	SBH	49.9	1	Josephine Okpo U17
			3	Temi Sanya U17
4	E&H	50.3	1	
			3	
5	W&E	51.5	1	Hannah Frankson
			3	Clare Bond
6	WSE	51.9	1	Jenny Heckford
			3	Harriet Shurley
7	HPX	52.2	1	Nicky Burrows
			3	Danielle Cracknell
8	CAM	52.6	1	Imola Asztalos
			3	Chelsea Oldham U17

W Shot Putt B

1	Katherine Jones	B&B	10.40
2	Sharifa Brown	E&H	9.03
3	Clare Bond	W&E	8.86
4	Kelly Lawrence U17	CAM	7.84
5	Nina Harvey	WSE	7.55
6	Hollie Hamilton U17	HRW	6.41
7	Nicole Cara U17	SBH	6.13
8	Danielle Cracknell	HPX	4.95

W Triple Jump B

1	Jade Attoh U17	SBH	11.02
2	L Forbes-Morris U17	B&B	10.39
3	Chloe Galloway U17	W&E	10.23
4	Charlotte O'Neill 17	E&H	9.81
5	Nichola Gibson	CAM	8.63
6	Jazmine Gardener U17	HRW	8.31

2	Amy Godsell
4	Daniella Annon U17
2	Yolanda Hutchinson 7
4	Sharnna Henry U17
2	Amanda Ranger
4	Clarice Underwood 17
2	
4	
2	Natasha Matthews U17
4	Kitty Eleaye U17
2	Rose Reynolds
4	Beth Newton U17
2	Natalie Farman
4	Nina Edwards U17
2	Kim Motley
4	Sophie Hallam U17

W 4x400m Relay

1	B&B	4.00.2	1	Katrina Cosby U17	2	Jessica Harding U17
			3	Jessica Saville U17	4	Vanessa Nakangu
2	HRW	4.01.3	1	Rachel Davies U17	2	Hayley Comer
			3	Kelly Fairweather	4	Chloe Flowers
3	CAM	4.14.7	1	Emily Moss	2	Harriet Arbuckle
			3	Imola Asztalos	4	Chelsea Oldham U17
4	E&H	4.17.8	1	Jasmin Hicks	2	Emma Shuker U17
			3	Dee Bakre U17	4	Anna Sharrock U17
5	WSE	4.20.2	1	Abi Fudge	2	Shelayna Oskan
			3	Jo Botwright	4	Rachel Stedman
6	W&E	4.55.1	1	Sam Moodie	2	Francesca Herbert 17
			3	Hannah Frankson	4	Chloe Galloway U17

M 4x100m Relay

1 SBH 43.3	1 Daniel Lewis	2 Tom O'Brien
	3 Richard Odumosu	4 Justin Geohagan
2 B&B 44.3	1 Olufunmi Sobodu	2 Chris James
	3 Neil Francis	4 Lemar Charles
3 HRW 44.7	1 Jack Clifton	2 K Greenidge-Smith 17
	3 Stefan Greenidge U17	4 Moneur Williams
4 HPX 44.9	1 Kenny Howard	2 Bradley Armorgie
	3 Ian Tobin	4 Nathan Wake U17
5 CAM 45.0	1 Sam Lawrence U17	2 Andrew Bullimore
	3 George Baker	4 Chris Craig
6 W&E 45.7	1 Kim Kapoba U17	2 Nnamdi Umeh U17
	3 Carl Rendorra U17	4 Aidan Lee U17
7 E&H DISQ		

M 4x400m Relay

1 E&H 3.21.7	1 Matthew Harris	2 Zac Saucedo
	3 Jonny Lodwski	4 Aaron James
2 B&B 3.23.4	1 Neil Francis	2 Dan Putnam U17
	3 Lemar Charles	4 Stephen Cavey U17
3 WSE 3.28.1	1 Dwayne Blake	2 Jamie East
	3 Marc Forrest U17	4 Ian May
4 HRW 3.29.0	1 Andrew Howell	2 Dean Goodman
	3 Matt Judson	4 Sonny Flynn U17
5 CAM 3.30.1	1 Adam Binns	2 George Baker U17
	3 Dan Potts	4 R Opong-Konadu U17
6 HPX 3.37.2	1 Ross Armorgie U17	2 Louis Walshe U17
	3 Louis Walshe U17	4 Josh Saydraouten
7 SBH 3.38.2	1 Tom O'Brien	2 Richard Odumosu
	3 Matthew Sullivan	4 Kem Onubogu U17
8 W&E 3.39.1	1 Angus Holford	2 Maduka Umeh
	3 L Lovelock-Jemmott	4 Andrew Mariani

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1 Blackheath & Bromley H&AC	497.5	8
2 Enfield & Haringey AC	467	7
3 Shaftsbury Barnet H.	421.5	6
4 Harrow AC	406	5
5 Windsor, Slough, Eton, H'low	381	4
6 Woodford Grn & Essex Lds	359	3
7 Team Cambridgeshire	339	2
8 Herts Phoenix AC	185	1

Athlete of the Match

Men Kola Adedoyin (B&B) TJ 14.64m Women Jade Ive (SBH) PV 3.85m Record

Note(s)

E&H plus 35 points
 HRW plus 35 points
 HPX plus 35 points
 SBH plus 35 points
 CAM plus 35 points
 WSE plus 35 points
 W&E plus 35 points

Club	B&B	E&H	HRW	HPX	SBH	CAM	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	Used	Waste	Tot	

M 100m	A	9	8	3	4	6	7	11	5	53	0	53
	B	3	9	7	2	4	1	6	5	37	0	37
Cumulative		12	17	10	6	10	8	17	10	90	0	90

M 200m	A	4	11	3	8	7	9	6	5	53	0	53
	B	9	7	3	2	5	1	6	4	37	0	37
Cumulative		25	35	16	16	22	18	29	19	180	0	180

M 400m	A	9	11	6	4	5	8	7	3	53	0	53
	B	7	6	5	0	2	3	9	4	36	1	37
Cumulative		41	52	27	20	29	29	45	26	269	1	270

M 800m	A	4	11	9	5	3	7	8	6	53	0	53
	B	3	9	6	0	2	4	5	7	36	1	37
Cumulative		48	72	42	25	34	40	58	39	358	2	360

M 1500m	A	6	8	5	3	7	4	9	11	53	0	53
	B	6	2	4	0	5	3	9	7	36	1	37
Cumulative		60	82	51	28	46	47	76	57	447	3	450

M 3000m	A	7	5	11	0	0	8	6	9	46	7	53
	B	6	0	5	0	0	7	0	9	27	10	37
Cumulative		73	87	67	28	46	62	82	75	520	20	540

M 110mH	A	11	4	6	8	9	5	7	0	50	3	53
	B	7	9	6	0	4	5	0	0	31	6	37
Cumulative		91	100	79	36	59	72	89	75	601	29	630

M 400mH	A	6	9	11	7	5	0	8	0	46	7	53
	B	5	9	6	4	3	0	7	0	34	3	37
Cumulative		102	118	96	47	67	72	104	75	681	39	720

M 2000SC	A	8	11	7	0	9	6	0	0	41	12	53
	B	6	7	9	0	5	0	0	0	27	10	37
Cumulative		116	136	112	47	81	78	104	75	749	61	810

M DT	A	8	5	6	3	11	4	7	9	53	0	53
	B	5	6	2	1	7	4	3	9	37	0	37
Cumulative		129	147	120	51	99	86	114	93	839	61	900

M HT	A	11	7	4	0	9	5	6	8	50	3	53
	B	9	4	2	0	7	3	5	6	36	1	37
Cumulative		149	158	126	51	115	94	125	107	925	65	990

	Club	B&B	E&H	HRW	HPX	SBH	CAM	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	4	6	3	7.5	7.5	9	11	5	53	0	53
	B	2.5	2.5	4	9	1	7	6	5	37	0	37
Cumulative		155.5	166.5	133	67.5	123.5	110	142	117	1015	65	1080

M JT	A	3	7	5	4	9	8	6	11	53	0	53
	B	1	3	6	2	4	9	5	7	37	0	37
Cumulative		159.5	176.5	144	73.5	136.5	127	153	135	1105	65	1170

M LJ	A	8	3	11	9	7	6	4	5	53	0	53
	B	6	2	9	7	5	3	1	4	37	0	37
Cumulative		173.5	181.5	164	89.5	148.5	136	158	144	1195	65	1260

M PV	A	0	9	11	0	8	0	7	6	41	12	53
	B	0	9	5	0	7	0	6	0	27	10	37
Cumulative		173.5	199.5	180	89.5	163.5	136	171	150	1263	87	1350

M SP	A	7	3	6	4	9	8	5	11	53	0	53
	B	3	6	2	0	7	4	5	9	36	1	37
Cumulative		183.5	208.5	188	93.5	179.5	148	181	170	1352	88	1440

M TJ	A	9	5	7	4	11	8	3	6	53	0	53
	B	7	5	3	4	9	2	1	6	37	0	37
Cumulative		199.5	218.5	198	101.5	199.5	158	185	182	1442	88	1530

W 100m	A	7	8	6	4	11	3	5	9	53	0	53
	B	6	3	7	4	9	1	2	5	37	0	37
Cumulative		212.5	229.5	211	109.5	219.5	162	192	196	1532	88	1620

W 200m	A	8	11	4	3	7	6	5	9	53	0	53
	B	9	7	5	2	4	3	1	6	37	0	37
Cumulative		229.5	247.5	220	114.5	230.5	171	198	211	1622	88	1710

W 400m	A	7	9	8	5	4	11	6	0	50	3	53
	B	7	9	6	0	3	5	4	0	34	3	37
Cumulative		243.5	265.5	234	119.5	237.5	187	208	211	1706	94	1800

W 800m	A	9	5	7	3	8	6	11	4	53	0	53
	B	7	4	9	0	3	6	5	0	34	3	37
Cumulative		259.5	274.5	250	122.5	248.5	199	224	215	1793	97	1890

W 1500m	A	7	8	9	0	6	11	5	4	50	3	53
	B	6	7	4	0	5	0	9	0	31	6	37
Cumulative		272.5	289.5	263	122.5	259.5	210	238	219	1874	106	1980

W 3000m	A	4	7	8	0	9	6	11	5	50	3	53
	B	4	6	7	0	5	0	9	0	31	6	37
Cumulative		280.5	302.5	278	122.5	273.5	216	258	224	1955	115	2070

Club		B&B	E&H	HRW	HPX	SBH	CAM	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	7	6	4	9	5	8	11	3	53	0	53
	B	6	4	0	7	0	5	9	0	31	6	37
Cumulative		293.5	312.5	282	138.5	278.5	229	278	227	2039	121	2160

W 400mH	A	11	5	9	0	6	7	8	4	50	3	53
	B	9	6	7	0	0	5	0	4	31	6	37
Cumulative		313.5	323.5	298	138.5	284.5	241	286	235	2120	130	2250

W 1500SC	A	9	11	8	0	0	0	7	0	35	18	53
	B	7	0	9	0	0	0	0	0	16	21	37
Cumulative		329.5	334.5	315	138.5	284.5	241	293	235	2171	169	2340

W DT	A	11	8	4	0	9	7	6	5	50	3	53
	B	9	7	2	0	3	5	6	4	36	1	37
Cumulative		349.5	349.5	321	138.5	296.5	253	305	244	2257	173	2430

W HT	A	6	7	4	0	5	8	9	11	50	3	53
	B	5	4	2	0	3	6	9	7	36	1	37
Cumulative		360.5	360.5	327	138.5	304.5	267	323	262	2343	177	2520

W HJ	A	6.5	8	11	6.5	5	3	4	9	53	0	53
	B	6	9	5	0	4	0	3	7	34	3	37
Cumulative		373	377.5	343	145	313.5	270	330	278	2430	180	2610

W JT	A	11	5	3	9	8	7	4	6	53	0	53
	B	5	3	2	0	9	7	4	6	36	1	37
Cumulative		389	385.5	348	154	330.5	284	338	290	2519	181	2700

W LJ	A	9	8	4	5	11	3	6	7	53	0	53
	B	9	5	3	0	6	2	4	7	36	1	37
Cumulative		407	398.5	355	159	347.5	289	348	304	2608	182	2790

W PV	A	8.5	8.5	5	0	11	6	0	7	46	7	53
	B	7	6	0	0	9	0	0	5	27	10	37
Cumulative		422.5	413	360	159	367.5	295	348	316	2681	199	2880

W SP	A	11	8	3	6	9	7	4	5	53	0	53
	B	9	7	3	1	2	5	4	6	37	0	37
Cumulative		442.5	428	366	166	378.5	307	356	327	2771	199	2970

W TJ	A	8	9	4	3	11	5	6	7	53	0	53
	B	7	5	3	0	9	4	0	6	34	3	37
Cumulative		457.5	442	373	169	398.5	316	362	340	2858	202	3060

W 4x1		11	7	9	4	8	3	5	6	53	0	53
Cumulative		468.5	449	382	173	406.5	319	367	346	2911	202	3113

W 4x4		11	7	9	0	0	8	6	5	46	7	53
Cumulative		479.5	456	391	173	406.5	327	373	351	2957	209	3166

```

*-----*
|          Club| B&B | E&H | HRW | HPX | SBH | CAM | 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        |    9|    0|    8|    7|   11|    6|    0|    5| 46|    7| 53|
|Cumulative|488.5| 456| 399| 180|417.5| 333| 373| 356|3003| 216|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 4x4        |    9|   11|    7|    5|    4|    6|    8|    3| 53|    0| 53|
|Cumulative|497.5| 467| 406| 185|421.5| 339| 381| 359|3056| 216|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|497.5| 467| 406| 185|421.5| 339| 381| 359|3056| 216|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|          TOTALS|497.5| 467| 406| 185|421.5| 339| 381| 359|3056| 216|3272|
*-----*
    
```

Pos	Club	Points	Add	Sub	Total
1	Blackheath & Bromley H&AC	497.5	0	0	497.5
2	Enfield & Haringey AC	467	0	0	467
3	Shaftsbury Barnet H.	421.5	0	0	421.5
4	Harrow AC	406	0	0	406
5	Windsor, Slough, Eton, H'low	381	0	0	381
6	Woodford Grn & Essex Lds	359	0	0	359
7	Team Cambridgeshire	339	0	0	339
8	Herts Phoenix AC	185	0	0	185

Used + add - sub = total 3056 0 0 3056
 Unused points 216 216
 (Used+unused)+add-sub=total 3272 0 0 3272

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

Men	Event	Women	Event
1	Enfield & Haringey AC	1	Blackheath & Bromley H&AC
2	Blackheath & Bromley H&AC	2	Enfield & Haringey AC
3	Shaftsbury Barnet H.	3	Shaftsbury Barnet H.
4	Harrow AC	4	Harrow AC
5	Windsor, Slough, Eton, H'low	5	Windsor, Slough, Eton, H'low
6	Woodford Grn & Essex Lds	6=	Team Cambridgeshire
7	Team Cambridgeshire	6=	Woodford Grn & Essex Lds
8	Herts Phoenix AC	8	Herts Phoenix AC