

JUNIOR ATHLETICS LEAGUE round 3 at Harrow Weald Sunday August 28th 1989

Y - youth

100 metres "A" race 1

1	A. Mensah (Haringey)	10.9
2	R. Moore (Solihull)	11.4 Y
3	M. Collins (Old Gayts)	11.4 Y
4	J. McLoughlin (Enfield)	11.4 Y
5	L. Harry (Reading)	11.5
6	M. Francis (Oxford)	11.7
7	S. Babbs (Dartford)	12.5

100 metres "A" race 2

1	M. Barnard (Middlesbrough N/S)	11.6
2	D. Mellor (Middlesbrough)	11.6 Y
3	G. Lakhan (Shaftsbury)	11.6
4	N. Palmer (Dudley)	11.8 Y
5	R. Smith (Solihull N/S)	11.9
6	R. Selby (Bournemouth)	12.1 Y
7	D. Fletcher (Thurrock)	12.8 Y

100 metres "B" race 1

1	I. Clarke (Haringey)	11.4
2	A. Seville (Reading)	11.7
3	J. Livingston (Middlesbrough)	11.8
4	S. Cremin (Bournemouth)	11.9
5	J. Greener (Dartford)	11.9 Y
6	I. Campbell (Solihull)	12.1 Y
7	P. Bristow (Oxford)	12.1

100 metres "B" race 2

1	M. Lambeth (Enfield N/S)	11.6 Y
2	S. Leask (Enfield)	11.6
3	N. Darby (Old Gayts)	11.8
4	G. Smith (Shaftsbury)	11.8
5	R. Czernik (Dudley)	12.8

200 metres "A" race 1

1	M. Collins (Old Gayts)	23.1 Y
2	J. McLoughlin (Enfield)	23.4 Y
3	R. Moore (Solihull)	23.4 Y
4	R. Howard (Haringey)	23.5
5	J. Greener (Dartford)	23.9 Y
6	A. Seville (Reading)	24.1
7	N. Palmer (Dudley)	25.0 Y

200 metres "A" race 2

1	M. Francis (Oxford)	24.2
2	G. Lakhan (Shaftsbury)	24.3
3	M. Atkinson (Middlesbrough)	24.5
4	N. Smallman (Dudley N/S)	26.5
5	D. Cooper (Thurrock)	26.8 Y

200 metres "B" race 1

1	S. Adepegba (Haringey)	23.2
2	M. Barnard (Middlesbrough)	23.6
3	I. Wade (Enfield)	24.4
4	N. Tuckley (Old Gayts)	24.8 Y
5	G. Johns (Reading)	25.4

200 metres "B" race 2

1	A. Gray (Oxford)	24.1 Y
2	M. Treasarden (Shaftsbury)	24.2
3	R. Smith (Solihull)	24.6
4	C. Fanusie (Enfield N/S)	26.2
5	A. Partridge (Dudley)	26.8

400 metres "A" race 1

1	W. Richards (Haringey)	50.5
2	P. Wardell (Middlesbrough)	51.3
3	G. Powell (Old Gayts)	51.6
4	J. Homer (Dudley)	54.5
5	N. Gealy (Reading)	56.8

400 metres "A" race 2

1	A. Gray (Oxford)	51.1 Y
2	I. Campbell (Solihull)	52.8 Y
3	M. Elmore (Shaftsbury)	53.8
4	R. Selby (Bournemouth)	54.3 Y

400 metres "B" race 1

1	R. Howard (Haringey)	51.3
2	L. Harry (Reading)	52.7
3	D. Heather (Shaftsbury)	52.9 Y
4	D. Mellor (Middlesbrough)	53.2 Y
5	P. Bristow (Oxford)	53.5
6	K. Saunders (Old Gayts)	55.2 Y

400 metres "B" race 2

1	R. Francis (Solihull)	57.2
2	S. Perry (Dudley)	60.4

800 metres "A" race 1

1	A. Rosen (Haringey)	1.58.9
2	C. Davis (Middlesbrough)	1.59.4
3	D. Lumby (Shaftsbury)	1.59.6
4	P. Bristow (Oxford)	1.59.7
5	M. Kelly (Old Gayts)	2.06.7
6	A. Patton (Solihull)	2.13.1

800 metres "B" race 1

1	R. Smith (Haringey)	2.05.5
2	W. Dumpleton (Shaftsbury)	2.06.1
3	L. Backhouse (Middlesbrough)	2.06.9 Y
4	J. Beeston (Old Gayts)	2.09.9
5	R. Brown (Dudley)	2.14.5 Y

1500 metres "A"

1	J. Godden (Shaftsbury)	4.04.5
2	R. Smith (Haringey)	4.11.3
3	C. Davis (Middlesbrough)	4.11.8
4	G. Crowe (Old Gayts)	4.14.1 Y
5	R. Instrall (Bournemouth)	4.25.4 Y
6	R. Peacock (Thurrock)	4.31.9 Y
7	E. Morton (Oxford)	4.32.0 Y
8	R. Moth (Mitcham)	4.35.9
9	J. Andrews (Dudley)	4.44.5
10	K. Baker (Reading)	4.49.2
11	M. Harris (Solihull)	4.57.1

3000 metres

1	A. Wedlake (Bournemouth)	8.42.6
2	W. Beazley (Dudley)	8.59.9
3	M. Threadgill (Middlesbrough)	9.02.0
4	G. O'Sullivan (Haringey)	9.04.6 Y
5	R. Shaloe (Haringey)	9.17.3 Y
6	C. Wray (Old Gayts)	9.22.6
7	S. Saunders (Bournemouth)	9.26.5
8	I. Threadgill (Middlesbrough)	9.34.2 Y
9	A. Bristol (Solihull)	9.38.0
10	M. Nombri (Mitcham)	9.39.8
11	S. Gooden (Solihull)	9.41.3
12	P. Rothin (Dudley)	9.42.6
13	G. Spring (Thurrock)	9.43.2
14	J. Harley (Enfield)	9.44.0 Y
15	C. Brown (Old Gayts)	9.46.5 Y
16	R. McLellan (Reading)	9.48.4
17	L. Butcher (Old Gayts N/S)	10.11.4

800 metres "A" race 2

1	J. Homer (Dudley)	2.03.2
2	J. Thomson (Dartford)	2.04.0
3	T. Clare (Enfield)	2.04.3
4	R. Bowles (Reading)	2.04.5
5	A. Martin (Barnet)	2.05.1
6	R. Peacock (Thurrock)	2.07.3 Y
7	R. Moth (Mitcham)	2.07.9

800 metres "B" race 2

1	D. Pimm (Oxford)	2.03.6
2	S. Kendrew (Solihull)	2.06.6
3	T. Lissaman (Old Gayts N/S)	2.07.7 Y
4	M. Hambleton (Old Gayts N/S)	2.10.2
5	G. Brown (Old Gayts N/S)	2.14.6 Y
6	N. Nombri (Mitcham)	2.15.6

1500 metres "B"

1	A. Rosen (Haringey)	4.15.1
2	N. Cowdrey (Old Gayts)	4.15.6
3	P. Conway (Middlesbrough)	4.22.1 Y
4	M. Bateson (Old Gayts N/S)	4.23.0
5	V. Playden (Dudley)	4.26.1
6	S. Gooden (Solihull)	4.27.9
7	B. Hancock (Old Gayts N/S)	4.28.9 Y
8	R. Godden (Old Gayts N/S)	4.29.8 Y
9	R. Beering (Oxford)	4.38.4 Y
10	J. Jackson (Old Gayts)	4.39.0 Y

110 metres hurdles "A" race 1

1	T. Munday (Old Gayts)	15.6
2	A. Ranson (Haringey)	15.9
3	P. Smailes (Middlesbrough)	16.1
4	W. Wylie (Solihull)	16.8 Y
5	C. Holmes (Dudley)	17.3

110 metres hurdles "A" race 2

1	G. Smith (Shaftsbury)	15.5
2	M. Lambeth (Enfield)	15.7 Y
3	N. Scott (Oxford)	16.6 Y
4	P. Donnelly (Mitcham)	17.6
5	D. Fletcher (Thurrock)	19.4 Y
6	R. Baker (Reading)	20.1

110 metres hurdles "B"

1	D. Bainbridge (Shaftsbury)	15.7
2	C. Hawkins (Middlesbrough)	16.8
3	S. Perry (Dudley)	17.2
4	M. Colwell (Oxford)	18.0 Y
5	S. Woolf (Old Gayts)	18.3
6	A. Bristol (Solihull)	20.2

400 metres hurdles "A" race 1

1	N. Scott (Oxford)	56.7 Y
2	T. Munday (Old Gayts)	58.7
3	L. Jackson (Enfield)	59.8
4	S. Lynas (Middlesbrough)	62.4
5	A. Bristoll (Solihull)	63.5
6	P. Murphy (Middlesbrough N/S)	65.4

400 metres hurdles "B"

1	C. Hawkins (Middlesbrough)	60.1
2	N. Smallman (Dudley)	61.2
3	M. Colwell (Oxford)	62.5 Y
4	S. Hewitt (Old Gayts)	63.6 Y
5	S. Thomson (Haringey)	64.6 Y
6	R. Francis (Solihull)	66.6

2000 metres steeplechase "A"

1	L. Freeman (Shaftsbury)	6.07.9
2	L. Jackson (Enfield)	6.08.2
3	S. Kendrew (Solihull)	6.25.5
4	W. Beazley (Dudley)	6.28.4
5	A. Wray (Old Gayts)	6.37.5
6	S. Small (Middlesbrough)	6.39.1
7	J. Goodbody (Bournemouth)	6.44.0 Y
8	A. Crossan (Haringey)	6.54.0
9	G. Spring (Thurrock)	7.20.0
10	R. McLellan (Reading)	7.20.6

4 x 100 metres relay race 1

1	Middlesbrough	44.7
2	Enfield	45.2
3	Reading	45.3
4	Haringey	45.4
5	Solihull & Small Heath	45.7
6	Old Gaytonians	47.3

4 x 400 metres relay race 1

1	Haringey	3.33.0
2	Oxford City	3.33.3
3	Old Gaytonians	3.40.3
4	Bournemouth	3.47.9
5	Solihull & Small Heath	3.50.0

High Jump "A"

1	P. Donnelly (Mitcham)	1.95
2	M. Cooper (Middlesbrough)	1.90
3	W. Wylie (Solihull)	1.90 Y
4	P. O'Sullivan (Barnet)	1.85
5	M. Webb (Oxford)	1.85
6	P. Roach (Shaftsbury)	1.85
7	M. Edwards (Old Gayts)	1.85
8	A. Weston (Reading)	1.75
9	S. Gutteridge (Haringey)	1.65
10	G. Spring (Thurrock)	1.65
11	J. Scriven (Dudley)	1.60

400 metres hurdles "A" race 2

1	S. Silverston (Shaftsbury)	61.8
2	M. Price (Dudley)	62.0
3	T. O'Brien (Middlesbrough NS)	62.6 Y
4	S. Ibrahim (Haringey)	62.8
5	P. Donnelly (Mitcham)	64.6

2000 metres steeplechase "B"

1	E. Burton (Old Gayts)	6.20.5
2	C. Alvarez (Shaftsbury)	6.48.6
3	D. Quinn (Middlesbrough)	6.54.4 Y
4	D. Shepherd (Dudley)	6.55.7
5	D. Archer (Old Gayts N/S)	7.09.0 Y
6	A. Patton (Solihull)	7.19.2
7	A. O'Connor (Haringey)	7.49.0

4 x 100 metres relay race 2

1	Oxford City	46.7
2	Dudley & Stourbridge	47.8
3	Thurrock	48.5
4	Bournemouth	49.7

4 x 400 metres relay race 2

1	Middlesbrough	3.31.9
2	Dudley & Stourbridge	3.50.3
3	Reading	3.55.9
4	Solihull & Small Heath N/S	3.59.0

High Jump "B"

1	T. Shaw (Shaftsbury)	1.85 Y
2	M. Simcox (Solihull)	1.80 Y
3	M. Mee (Old Gayts)	1.75 Y
4	T. McManan-Smith (Reading)	1.75
5	A. Grey (Middlesbrough)	1.75
6	P. Tate (Mitcham)	1.70
7	A. Hayden (Thurrock)	1.60 Y
8	S. Perry (Dudley)	1.55
N/S	M. Smith (Old Gayts)	1.70 boy
N/S	Y. Poptani (Old Gayts)	1.65 Y

Pole Vault "A"

1	G. Slowly (Oxford)	4.00
2	S. Gutteridge (Haringey)	4.00
3	P. Daly (Shaftsbury)	3.80 Y
4	W. Wylie (Solihull)	3.50 Y
5	P. Butler (Middlesbrough)	3.50 Y
6	M. Hatton (Old Gayts)	3.00 Y
7	C. Holmes (Dudley)	3.00
8	R. Baker (Reading)	2.25

Long Jump "A"

1	C. Roach (Shaftsbury)	6.33
2	M. Shepherd (Haringey)	6.27
3	C. Davis (Old Gayts)	6.13
4	N. Williams (Reading)	6.00
5	C. Parlett (Dartford)	5.91
6	M. Cooper (Middlesbrough)	5.89
7	C. Symonds (Oxford)	5.66
8	R. Moore (Solihull)	5.56 Y
9	J. Scriven (Dudley)	5.54
10	D. Cooper (Thurrock)	5.22 Y

Triple Jump "A"

1	D. Miller (Old Gayts)	13.22
2	N. Williams (Reading)	12.35
3	M. Simcox (Solihull)	12.22 Y
4	C. Roach (Shaftsbury)	12.17
5	J. Scriven (Dudley)	11.94
6	D. Cooper (Thurrock)	11.49 Y
7	P. Butler (Middlesbrough)	11.44 Y
8	K. Jaques (Haringey)	11.10 Y

N/S

Shot "A"

1	N. Spratley (Reading)	16.37
2	C. Symonds (Oxford)	15.89
3	D. Condon (Thurrock)	14.58
4	N. Sougrin (Enfield)	14.28
5	M. Mitchell (Solihull)	12.38 Y
6	M. Croad (Old Gayts)	11.78 Y
7	T. Calvert (Middlesbrough)	10.98
8	C. Parlett (Dartford)	10.47
9	J. Hill (Haringey)	9.31 Y
10	A. Perry (Dudley)	8.47 Y
11	T. Eaton (Mitcham)	7.59

Pole Vault "B"

1	J. Thompson (Oxford)	3.65
2	S. Dix (Middlesbrough)	3.00
3	R. Czernik (Dudley)	2.75
4	M. Mitchell (Solihull)	2.00
N/S	A. Buchanan (Old Gayts)	4.20
N/S	A. Pryde (Middlesbrough)	2.75

Long Jump "B"

1	C. Chapman (Old Gayts)	5.74
2	K. Jaques (Haringey)	5.72 Y
3	R. Smith (Solihull)	5.51
4	A. Seville (Reading)	5.31
5	G. Slowly (Oxford)	5.28
6	P. Smailes (Middlesbrough)	5.24
7	C. Brookes (Dudley)	4.66 Y
N/S	S. Gutteridge (Haringey)	5.78
N/S	N. Darby (Old Gayts)	5.76
N/S	D. Woodier (Old Gayts)	5.25 Y
N/S	G. Sunshine (Haringey)	5.16 Y

Triple Jump "B"

1	A. Scarlett (Old Gayts)	11.97 Y
2	M. Austin (Reading)	11.97
3	C. Hawkins (Middlesbrough)	11.28
4	M. Harris (Solihull)	11.15
5	A. Hayden (Thurrock)	10.53
6	C. Brookes (Dudley)	10.51 Y
7	G. Sunshine (Haringey)	10.24 Y
N/S	M. Edwards (Old Gayts)	13.00
N/S	P. Barnard (Middlesbrough)	11.46
N/S	D. Woodier (Old Gayts)	10.70 Y
N/S	G. Johns (Reading)	10.49

Shot "B"

1	S. Spratley (Reading)	13.15
2	G. Mastroberardino (Enfield)	11.78
3	D. Sanderson (Middlesbrough)	10.47
4	B. Baxter (Solihull)	7.97
5	D. Bridges (Old Gayts)	7.77 Y
6	S. Dennison (Dudley)	7.49 Y
7	S. Thomson (Haringey)	6.64 Y
N/S	P. Murphy (Middlesbrough)	10.25

Discus "A"

1	C. Symonds (Oxford)	49.44
2	N. Sougrin (Enfield)	45.08
3	N. Spratley (Reading)	44.14
4	O. Iwenjiora (Shaftsbury)	42.48 Y
5	R. Czernik (Dudley)	36.44
6	P. Barnard (Middlesbrough)	35.16
7	M. Croad (Old Gayts)	34.88 Y
8	S. Babbs (Dartford)	34.58
9	S. Gutteridge (Haringey)	32.40
10	B. Baxter (Solihull)	25.20
11	M. Nongbri (Mitcham)	23.50
12	D. Condon (Thurrock)	8.64

Javelin "A"

1	N. Nieland (Shaftsbury)	51.12
2	M. Fowkes (Dudley)	50.36
3	M. Mitchell (Solihull)	49.44 Y
4	W. Glyn-Jones (Old Gayts)	46.46 Y
5	M. Rowlands (Thurrock)	46.14
6	J. Greener (Dartford)	45.17 Y
7	P. Burridge (Middlesbrough)	43.60
8	L. Loukaides (Enfield)	38.70
9	K. Baker (Reading)	37.34
10	C. Symonds (Oxford)	33.26
11	S. Ibrahim (Haringey)	25.16

Hammer "A"

1	S. Spratley (Reading)	55.10
2	M. Croad (Old Gayts)	47.74 Y
3	P. Barnard (Middlesbrough)	46.74
4	G. Mastroberardino (Enfield)	41.32
5	C. Symonds (Oxford)	39.80
6	J. Hill (Haringey)	37.20 Y
7	S. Dennison (Dudley)	34.18 Y
8	D. Condon (Thurrock)	31.44
9	B. Baxter (Solihull)	20.60
10	T. Eaton (Mitcham)	14.10

Discus "B"

1	S. Spratley (Reading)	40.16
2	L. Loukaides (Enfield)	37.38 Y
3	R. Saunders (Old Gayts)	33.18
4	S. Pemberton (Shaftsbury)	31.26 Y
5	C. Parlett (Dartford)	30.98
6	P. Murphy (Middlesbrough)	27.92
7	J. Thompson (Oxford)	25.92
8	R. Fowkes (Dudley)	25.48
9	J. Hill (Haringey)	21.90 Y
10	A. Patton (Solihull)	12.84
N/S	J. Mulcahy (Blackheath)	35.24
N/S	D. Bridges (Old Gayts)	28.68 Y
N/S	P. Rothin (Dudley)	19.84
N/S	W. Glyn-Jones (Old Gayts)	18.22 Y
N/S	D. Croot (Dudley)	17.96

Javelin "B"

1	M. Enever (Thurrock)	45.99 Y
2	C. Holmes (Dudley)	38.74
3	D. Quinn (Middlesbrough)	36.30 Y
4	N. Sougrin (Enfield)	36.04
5	B. Hancock (Old Gayts)	35.24 Y
6	R. Baker (Reading)	30.76
N/S	M. Weekes (Old Gayts)	41.76 boy
N/S	A. Perry (Dudley)	38.06
N/S	D. Croot (Dudley)	25.80

Hammer "B"

1	N. Spratley (Reading)	40.52
2	R. Saunders (Old Gayts)	34.92
3	P. Shiel (Middlesbrough)	34.42 Y
4	A. Perry (Dudley)	27.78 Y
5	G. Slowly (Oxford)	17.44
6	M. Harris (Solihull)	15.08
7	A. Crossan (Haringey)	10.76
N/S	B. Taylor (Old Gayts)	37.70 Y

Match ResultPoints Analysis

		100					HJ	LJ	SP	FIELD	
		200	Midd	110H	4x1	TRACK			DT		
		400	Dist	400H	4x4	TOTAL	FV	TJ	JT	TOTAL	
		TOTAL							HT		
1	Middlesbrough & Cleveland	464½	72½	108	54	32	266½	54	46	98	198
2	Old Gaytonians	450	76	97	55	23	251	35	62	102	199
3	Haringey	400	93	111	35	28	267	23	49	61	133
4	Solihull & Small Heath	395	69	85	41	23	218	55	50	72	177
5	Dudley & Stourbridge	384	47	96	50	19	212	39	41	92	172
6	Oxford City	334½	67½	50	54	25	196½	44	22	72	138
7	Reading	328	69	30	6	23	128	31	56	113	200
8	Shaftsbury Barnet	301½	69½	75	45	0	189½	41	29	42	112
9	Enfield	224½	55½	33	28	15	131½	0	0	93	93
10	Thurrock	163	11	34	7	8	60	17	30	56	103
11	Bournemouth	98½	26½	53	0	19	98½	0	0	0	0
12	Mitcham & Sutton	95	0	33	16	0	49	27	0	19	46
13	Dartford	91½	27½	11	0	0	38½	0	12	41	53
14	Barnet & District	21	0	8	0	0	8	13	0	0	13
			max: 96	128	64	32	320	64	64	128	256

Final League Positions

1	Old Gaytonians	47	1319½
2	Middlesbrough & Cleveland	46	1292½
3	Solihull & Small Heath	39	1163½
4	Dudley & Stourbridge	34	1091
5	Haringey	34	1061½
6	Reading	34	1041½
7	Shaftsbury Barnet	33	1061
8	Enfield	29	921½
9	Dartford	17	533½
10	Mitcham & Sutton	17	507
11	Oxford City	16	491½
12	Bexley Borough	13	346
13	Cannock & Stafford	12	347½
14	Bournemouth	12	336½
15	Thurrock	10	302
16	Barnet & District	10	234

Ladies Results

100 metres "A"

1	R. Foster (Haringey)	13.4
2	R. Airey (Reading)	13.8
3	L. Burgess (Enfield)	13.8
4	L. Pitwood (Dudley)	14.4
5	J. Oddie (Bournemouth)	14.4
6	A. Sterling (Dudley N/S)	14.8

100 metres "B"

1	S. Baigent (Reading N/S)	13.2
2	G. Charles (Haringey N/S)	13.2
3	I. Kinch (Haringey)	13.7
4	N. Fricker (Bournemouth)	13.8
5	M. Seville (Reading)	14.5
6	L. Hilton (Enfield)	16.2 int

1500 metres

1	L. Hoar (Bournemouth)	4.39.8
2	C. Roffe (Bournemouth)	4.52.2
3	F. Kearns (Haringey)	4.52.9
4	V. Stevens (Reading)	4.59.8
5	H. Alderman (Reading)	5.28.0
6	R. Robins (Enfield)	5.32.2
7	L. Hilton (Enfield)	5.52.6 int
8	M. Ciabatti (Haringey)	6.00.6

400 metres hurdles "A"

1	C. Knowles (Dudley)	64.8
2	S. Baigent (Reading)	67.2
3	I. Kinch (Haringey)	68.5
4	J. Oddie (Bournemouth)	74.6
5	M. Briggs (Enfield)	84.8

400 metres hurdles "B"

1	F. Martin (Dudley)	68.4
2	S. Serjeant (Reading)	71.5
3	S. Adams (Haringey)	71.9
4	N. Fricker (Bournemouth)	74.7
5	R. Robins (Enfield)	75.3

4 x 100 metres relay

1	Haringey	53.1
2	Reading	53.5
3	Dudley & Stourbridge	54.0
4	Bournemouth	56.9
5	Enfield	60.1

Javelin "A"

1	R. Foster (Haringey)	42.36
2	S. Lawrence (Thurrock)	27.70
3	W. Alderman (Reading)	25.10
4	C. Muller (Enfield)	23.20
5	L. Pittwood (Dudley)	21.74
6	N. Fricker (Bournemouth)	16.92

Javelin "B"

1	S. Serjeant (Reading)	23.05
2	J. Oddie (Bournemouth)	16.72
3	M. Briggs (Enfield)	15.60
4	Y. Jacobs (Haringey)	14.50
N/S	S. Croot (Dudley)	29.45
N/S	S. Baigent (Reading)	26.70
N/S	A. Sterling (Dudley)	27.16
N/S	W. Sperry (Reading)	16.95

Match Result

1=	Reading	61
	Haringey	61
3	Bournemouth	52
4	Enfield	45
5	Dudley & Stourbridge	31
6	Thurrock	7

Final League Positions

1	Reading	211
2	Haringey	171
3	Enfield	164
4	Bournemouth	87
5	Dudley & Stourbridge	73
6	Bexley Borough	22
7	Thurrock	11

INAUGURAL LEAGUE RECORDS

MENS

100m	Wayne Griffith (Enfield)	10.7	18th June
200m	K. Marriner (Dartford)	22.3	1st May
	A. Mensah (Haringey)	22.3	18th June
400m	W. Richards (Haringey)	50.5	27th Aug
800m	Robert Draper (Shaftsbury)	1.56.3	18th June
1500m	Robert Draper (Shaftsbury)	3.59.6	1st May
3000m	Andrew Wedlake (Bournemouth)	8.42.6	27th Aug
110m hurdles	Brian Taylor (Haringey)	14.6	1st May
400m hurdles	Nathaniel Scott (Oxford)	56.7	27th Aug
2000m S/C	Paul Northrop (Enfield)	6.03.1	1st May
4 x 100m	Haringey	43.1	18th June
4 x 400m	Haringey	3.25.6	1st May
High Jump	William Wylie (Solihull)	2.01	1st May
Pole Vault	Brian Taylor (Haringey)	4.40	1st May
Long Jump	C. Parlett (Dartford)	6.49	18th June
Triple Jump	A. Agyepong (Shaftsbury)	13.56	1st May
Shot	Matthew Simson (Thurrock)	18.69	1st May
Discus	Glen Smith (Solihull)	54.82	1st May
Javelin	Jolyon Berg (Enfield)	54.88	1st May
Hammer	Stuart Spratley (Reading)	55.98	18th June

LADIES

100m	Vivienne Francis (Enfield)	12.1	1st May
200m	Rebecca Foster (Haringey)	26.8	18th June
400m	S. Williams (Haringey)	57.4	1st May
800m	Sarah Gallop (Bournemouth)	2.21.5	18th June
1500m	Lisa Hoar (Bournemouth)	4.39.8	27th Aug
100m hurdles	Sarah Baigent (Reading)	15.7	18th June
400m hurdles	Charlotte Knowles (Dudley)	64.8	27th Aug
4 x 100m	Enfield	50.6	1st May
4 x 400m	Reading	4.13.9	18th June
High Jump	Nickie Hatch (Reading)	1.50	1st May
Long Jump	S. Bird (Reading)	5.74	1st May
Shot	Suzanne Last (Bexley)	8.70	18th June
Discus	Suzanne Last (Bexley)	30.56	18th June
Javelin	Rebecca Foster (Haringey)	42.36	27th Aug