

NATIONAL JUNIOR LEAGUE SOUTHERN PREMIER

25 May 2008

Hillingdon

100 metres "A"

WIND +1.2

1	CHRIS CRAIG	CAMBRIDGE	10.7	Gd1
2	JOSH PATRICK	WINDSOR	10.7	Gd1
3	FEMI OLOWADE	BLACKHEATH	10.9	Gd1
4	LEWIS ROUAULT	HARROW	11.1	Gd2
5	AARON JAMES	ENFIELD	11.1	Gd2
6	CHARLIE DACK	BASILDON	11.3	Gd3
7	DOMINIQUE DANIEL	WOODFORD	11.6	
8	CONFIDENCE LAWSON	SHAFTESBURY	11.6	

100 metres "B"

WIND +0.9

1	RICHARD ODUMOSU	SHAFTESBURY	11.0	Gd1
2	SAM LAWRENCE	CAMBRIDGE	11.1	M17 Gd1
3	STEFAN GREENIDGE	HARROW	11.2	M17 Gd1
4	LERON NORBERT	ENFIELD	11.3	Gd3
5	BEN PEACOCK	WOODFORD	11.3	Gd3
6	MARK DYBLE	BASILDON	11.5	Gd3
7	NEIL FRANCIS	BLACKHEATH	11.7	
8	ASHLEY BRYANT	WINDSOR	11.7	

200 metres "A"

WIND +1.9

1	CHRIS CRAIG	CAMBRIDGE	21.4	Gd1
2	FEMI OLOWADE	BLACKHEATH	21.5	Gd1
3	LEWIS ROUAULT	HARROW	22.0	Gd1
4	AARON TRIM	ENFIELD	22.0	Gd1
5	CONFIDENCE LAWSON	SHAFTESBURY	22.7	Gd2
6	DOMINIQUE DANIEL	WOODFORD	22.7	Gd2
7	CHARLIE DACK	BASILDON	22.7	Gd2
8	LUKE PORTER	WINDSOR	26.6	

200 metres "B"

WIND +0.3

1	SAM LAWRENCE	CAMBRIDGE	22.3	M17 Gd1
2	LEMAR CHARLES	BLACKHEATH	22.4	Gd2
3	MICHAEL SKEE	ENFIELD	22.5	Gd2
4	TOM O'BRIEN	SHAFTESBURY	22.8	Gd2
5	BEN PEACOCK	WOODFORD	22.9	Gd3
6	MARK DYBLE	BASILDON	22.9	Gd3
7	ANDREW KENDALL	HARROW	23.6	
8	JOHN NEWTON	WINDSOR	28.1	

400 metres "A"

1	PAIGE HAINES	BASILDON	49.4	Gd1
2	LEMAR CHARLES	BLACKHEATH	49.8	Gd1
3	MATT HARRIS	ENFIELD	50.6	Gd2
4	MATTHEW WEBSTER	SHAFTESBURY	50.8	M17 Gd1
5	SONNY FLYNN	HARROW	51.1	Gd2
6	MATT BEZZANT	WINDSOR	52.2	M17 Gd2
7	GEORGE BAKER	CAMBRIDGE	53.0	
8	CHRIS VICKERS	WOODFORD	53.0	

400 metres "B"

1	NEIL FRANCIS	BLACKHEATH	51.0	Gd2
2	DARREN CORRIN	ENFIELD	53.0	
3	MARK SAMPFORD	BASILDON	53.5	
4	PHILIP SMITH	HARROW	53.6	
5	JAMIE EAST	WINDSOR	54.3	
6	JAMES GRAVESTOCK	SHAFTESBURY	57.0	

800 metres "A"*LEAGUE RECORD*

1	JAMES SHANE	BASILDON	1.49.9	<i>Gd1</i>
2	ADAM BINNS	CAMBRIDGE	1.54.5	<i>Gd1</i>
3	MATTHEW SULLIVAN	SHAFTESBURY	1.54.5	<i>Gd1</i>
4	LUKE TURTON	WINDSOR	1.57.4	<i>Gd2</i>
5	OMAR MANSOUR	WOODFORD	1.57.4	<i>Gd2</i>
6	ALEX BRUCE-LITTLEWOOD	BLACKHEATH	1.58.5	<i>Gd3</i>
7	LUKE DISNEY	ENFIELD	1.58.6	<i>Gd3</i>
8	CAMERON SCOTT	HARROW	2.02.8	

800 metres "B"

1	BILLY COLLINS-PALLET	SHAFTESBURY	2.01.2	<i>Gd3</i>
2	BEN MCCALLUM	BLACKHEATH	2.02.2	
3	CHRIS JAMES	BASILDON	2.02.7	<i>M17 Gd3</i>
4	ALEX JONES	ENFIELD	2.02.7	
5	BEN PHILLIPS	WOODFORD	2.04.2	<i>M17 Gd3</i>
6	CHARLIE BENNETT	WINDSOR	2.07.5	
7	RICHARD PAWLAK	CAMBRIDGE	2.08.5	

1500 metres "A"

1	MATT BLOY	BASILDON	3.58.9	<i>Gd2</i>
2	ALEX TOVEY	WINDSOR	3.59.5	<i>Gd2</i>
3	JAKE SHELLEY	SHAFTESBURY	4.02.0	<i>Gd2</i>
4	BEN NAGY	ENFIELD	4.04.6	<i>Gd2</i>
5	GAVIN LEWIS	WOODFORD	4.05.3	<i>Gd2</i>
6	WILL MYCROFT	CAMBRIDGE	4.14.3	
7	BEN GREENHALGH	BLACKHEATH	4.18.6	<i>M17 Gd3</i>
8	MATTHEW LEWIS	HARROW	4.24.9	<i>M17 Gd3</i>

1500 metres "B"

1	MATTHEW SULLIVAN	SHAFTESBURY	4.10.4	
2	RAMONE MARTINEZ-RODNEY	ENFIELD	4.10.8	
3	ANDREW YORK	BLACKHEATH	4.23.4	<i>M17 Gd3</i>
4	ROBERT MEADOWS	WOODFORD	4.24.1	<i>M17 Gd3</i>
5	NICK BURCH	CAMBRIDGE	4.29.5	
6	CAMERON SMART	WINDSOR	4.31.0	

3000 metres "A"

1	SHAUN COLLINS	ENFIELD	8.33.8	<i>Gd1</i>
2	NATHAN WHITE	WINDSOR	8.34.7	<i>Gd1</i>
3	NIALL FLEMING	SHAFTESBURY	9.00.1	<i>M17 Gd2</i>
4	MICHAEL SMITH	CAMBRIDGE	9.22.8	<i>M17 Gd3</i>
5	JAKE WRIGHT	BASILDON	9.26.3	
6	ALASTAIR CLIFF	BLACKHEATH	9.36.6	
7	DANIEL YAXLEY	WOODFORD	9.53.7	<i>M17 Gd4</i>
8	TOM PATERSON	HARROW	10.02.0	<i>M17 Gd4</i>

3000 metres "B"

1	RHYS GLASTONBURY	WINDSOR	8.51.7	<i>Gd2</i>
2	DEAN SCOTT	ENFIELD	9.12.5	<i>M17 Gd2</i>
3	GRANT WEBB	BASILDON	9.31.8	<i>M17 Gd3</i>
4	CHRISTOPHER SMITH	CAMBRIDGE	9.38.9	<i>M17 Gd4</i>
5	HECTOR KURTYANEK	BLACKHEATH	9.44.9	<i>M17 Gd4</i>
6	JACK PERRY-WILLIAMS	SHAFTESBURY	9.56.2	<i>M17 Gd4</i>
7	DARREN SOUTHCROFT	WOODFORD	10.05.2	

2000 metres S/C "A"

1	TOM BRYANT	SHAFTESBURY	6.10.0	<i>Gd2</i>
2	ALEX BRUCE-LITTLEWOOD	BLACKHEATH	6.22.5	
3	TOM LEWIS	HARROW	6.30.2	
4	JAKE WRIGHT	BASILDON	6.38.7	
5	ADIL HUSSEIN	ENFIELD	6.47.7	
6	MICHAEL SMITH	CAMBRIDGE	7.16.4	<i>M17</i>
7	ROBERT MEADOWS	WOODFORD	7.36.0	<i>M17</i>
8	LUKE PORTER	WINDSOR	8.00.2	

2000 metres S/C "B"

1	BEN MCCALLUM	BLACKHEATH	6.36.2
2	SEYI ONEAKO	BASILDON	6.57.2 <i>M17</i>
3	TOM PATERSON	HARROW	7.03.2 <i>M17</i>
4	JAMES JACKSON	ENFIELD	7.22.7

110 metres hurdles (3' 3") "A"*WIND +0.8*

1	ALEX AL-AMEEN	BLACKHEATH	14.3 <i>Gd1</i>
2	EMMANUEL OKPOKIRI	WOODFORD	14.6 <i>Gd2</i>
3	AARON JAMES	ENFIELD	14.7 <i>Gd2</i>
4	ASHLEY BRYANT	WINDSOR	14.9 <i>Gd2</i>
5	ASHLEY WILSON	SHAFTESBURY	15.7
6	MATTHEW BESWICK	HARROW	15.9

110 metres hurdles (3' 3") "B"*WIND +1.9*

1	STEPHEN BERNARD	ENFIELD	15.3 <i>Gd3</i>
2	JAMIE EAST	WINDSOR	15.5 <i>Gd3</i>
3	CURTIS SAMUELS	SHAFTESBURY	15.9
4	ANTONI DAVIS-PHILLIPS	BLACKHEATH	16.1
5	JORDAN MORLEY	HARROW	18.1

400 metres hurdles (3') "A"

1	ZAK SAUCEDE	ENFIELD	53.5 <i>Gd1</i>
2	ANTONI DAVIS-PHILLIPS	BLACKHEATH	55.6 <i>Gd2</i>
3	JORDAN AROMASODU	SHAFTESBURY	57.5 <i>Gd3</i>
4	JAMIE EAST	WINDSOR	58.2 <i>Gd3</i>
5	TOM LEWIS	HARROW	62.1
6	BEN JONES	CAMBRIDGE	65.2 <i>M17</i>

400 metres hurdles (3') "B"

1	MATT THREADGOLD	BLACKHEATH	57.3 <i>Gd3</i>
2	JAMES GRAVESTOCK	SHAFTESBURY	62.2
3	JACK JONES	CAMBRIDGE	63.4 <i>M17 Gd4</i>
4	LUKE DANIEL	ENFIELD	64.4 <i>M17 Gd4</i>
5	JORDAN MORLEY	HARROW	65.7

High Jump "A"

1	CAMERON LAKE	WINDSOR	2.00 <i>Gd1</i>	1.80o	1.85o	1.90xo	1.95xo	2.00xo	2.06xxx
2	LERON NORBERT	ENFIELD	1.90 <i>Gd2</i>	1.70o	1.80o	1.85o	1.90o	1.95xxx	
3	LEWIS ELY	BLACKHEATH	1.85 <i>Gd3</i>	1.70xo	1.80xo	1.85xo	1.90xxx		
4	LUCA FRANCIS	BASILDON	1.85 <i>Gd3</i>	1.65o	1.70o	1.75o	1.80o	1.85xxo	1.90xxx
5	SEAN BAND	CAMBRIDGE	1.80 <i>Gd3</i>	1.70xxo	1.75xxo	1.80o	1.85xxx		
6	PETER KARIBO	WOODFORD	1.65 <i>M17 Gd4</i>	1.60o	1.65o	1.70xxx			
7	JAMES COOK	SHAFTESBURY	1.65 <i>Gd4</i>	1.55xo	1.60xo	1.65o	1.70xxx		
8	ETHAN D'CRUZ	HARROW	1.65 <i>M17 Gd4</i>	1.50o	1.55o	1.60xxo	1.65xxo	1.70xxx	

High Jump "B"

1	JACK JONES	CAMBRIDGE	1.80 <i>M17 Gd2</i>	1.70o	1.75o	1.80xo	1.85xxx		
2	RYAN DAY	BASILDON	1.75 <i>M17 Gd3</i>	1.65o	1.70o	1.75xo	1.75xxx		
3	JAMIE EAST	WINDSOR	1.70 <i>Gd4</i>	1.60o	1.65o	1.70o	1.75xxx		
4	ANTHONY EKUNDAYO	ENFIELD	1.60 <i>Gd4</i>	1.50o	1.55o	1.60xxo	1.65xxx		
	JAMES POWELL	BLACKHEATH	1.60 <i>M17 Gd4</i>	1.50o	1.55o	1.60xxo	1.65xxx		
	THOMAS ASHBY	SHAFTESBURY	NJ	1.75xxx					
	MATTHEW SADOH	HARROW	NJ	1.65xxx					

Pole Vault "A"

1	JORDAN HENWOOD	ENFIELD	3.80 <i>M17 Gd2</i>	3.50o	3.65o	3.80o	4.00xxx		
2	JAMES GRANT	SHAFTESBURY	3.65 <i>Gd4</i>	2.15o	3.30xo	3.50o	3.65o	3.80xxx	
3	ADAM SMITH	CAMBRIDGE	3.20 <i>M17 Gd3</i>	2.90xo	3.05xo	3.20o	3.35xxx		
4	WILLIAM MATTHEWS	BASILDON	2.75 <i>M17 Gd4</i>	2.45o	2.50xxo	2.75o	2.90xxx		
5	MATTHEW LEWIS	HARROW	2.15 <i>M17</i>	2.00o	2.15o	2.30xxx			

Pole Vault "B"

1	BILLY KENLEY	SHAFTESBURY	3.50	Gd4	2.45xo	2.90o	3.05o	3.20o	3.35xo	3.50o	3.65xxx
2	PAUL HAYBALL	CAMBRIDGE	2.60	Gd4	2.00o	2.15o	2.30o	2.45o	2.60xxo	2.75xx	
3	IAN SMART	HARROW	2.00	Gd4	2.00o						
	JONATHAN HILL	ENFIELD		NH	3.65xxx						

Long Jump "A"

1	KADEEM GREENIDGE-SMITH	HARROW	6.97	Gd1	6.92	nj	nj	6.86	6.97	nj
2	NONSO OKOLO	SHAFTESBURY	6.84	Gd1	6.44	nj	6.84	6.77	6.59	nj
3	ASHLEY BRYANT	WINDSOR	6.78	Gd1	6.67	6.57	6.51	nj	nj	6.78
4	LUKE THOMAS	ENFIELD	6.34	Gd2	6.34	nj	-	-	-	-
5	ANTONI DAVIS-PHILLIPS	BLACKHEATH	6.02	Gd3	6.02	5.84	-	elim		
6	SAM RICHARDS	CAMBRIDGE	5.82	Gd4	nj	5.82	5.56	elim		
7	SIMON STEWART	WOODFORD	5.79	Gd4	nj	nj	5.79	elim		
	LUCA FRANCIS	BASILDON		NJ						

Long Jump "B"

1	STEFAN GREENIDGE	HARROW	6.42	M17 Gd1	5.91	nj	6.06	6.38	6.18	6.42
2	OMARI BARTON-ELLINGTON	ENFIELD	6.13	Gd3	5.95	5.99	6.13	nj	-	-
3	KEN ONUBOGU	SHAFTESBURY	5.94	Gd3	5.93	5.94	nj	elim		
4	ANDREW WINCHCOMBE	WINDSOR	5.67	M17 Gd3	5.67	5.51	5.25	elim		
5	JAMES POWELL	BLACKHEATH	5.59	M17 Gd3	nj	5.59	-	elim		
6	PETER KARIBO	WOODFORD	5.55	M17 Gd3	5.55	5.29	-	elim		
7	BEN DAVIES	CAMBRIDGE	5.39	M17 Gd4	5.39	5.10	5.20	elim		
	MARK DYBLE	BASILDON		NJ						

Triple Jump "A"

1	NONSO OKOLO	SHAFTESBURY	15.01	Gd1	14.50	nj	nj	14.77	15.01	nj
2	SEAN WYNTER	ENFIELD	14.86	Gd1	14.47	14.76	nj	nj	14.86	14.21
3	DAVID CRISP	WOODFORD	13.28	M17 Gd1	nj	13.28	12.94	m	12.85	nj
4	JAMES OKEYEMI	HARROW	13.17	M17 Gd1	nj	12.78	13.17	nj	12.85	11.19
5	SAM RICHARDS	CAMBRIDGE	12.47	Gd3	12.36	12.39	12.47	elim		
6	LUCA FRANCIS	BASILDON	12.35	Gd3	11.87	12.35	12.15	elim		
7	THOMAS POWELL	BLACKHEATH	11.38	M17 Gd4	10.93	11.38	11.26	elim		
8	ANDREW WINCHCOMBE	WINDSOR	11.14	M17 Gd4	11.14	11.00	-	elim		

Triple Jump "B"

1	KEN ONUBOGU	SHAFTESBURY	13.69	Gd1	13.11	13.69	13.67	13.32	13.25	13.58
2	PETER KARIBO	WOODFORD	12.91	M17 Gd1	12.91	11.84	11.47	-	12.63	11.98
3	FELIX M-CURTIS	HARROW	12.87	Gd2	12.71	12.87	12.18	elim		
4	OMARI BARTON-ELLINGTON	ENFIELD	12.02	Gd4	11.67	11.63	12.02	elim		
5	GIANLUCA ZICCHI	CAMBRIDGE	11.27	Gd4	11.27	-	-	elim		
6	LEWIS ELY	BLACKHEATH	11.11	Gd4	10.78	10.59	11.11	elim		
7	KARL SWANBOROUGH	BASILDON	10.92	Gd4	10.92	-	-	elim		

Shot Putt 6.25 kilo "A"

1	MATTHEW BAPTISTE	WOODFORD	14.94	Gd1	14.08	13.97	14.68	nt	14.43	14.94
2	OPY JACOBS	SHAFTESBURY	14.15	Gd1	12.65	14.15	13.89	13.87	13.37	13.49
3	EDDIE EKENEM	BLACKHEATH	13.47	M17	13.47	13.31	nt	13.03	12.53	12.36
4	SEAN BAND	CAMBRIDGE	12.72	Gd3	11.59	12.26	12.23	11.63	nt	12.72
5	THEO BURTON	HARROW	12.43	Gd3	12.03	nt	12.43	nt	-	-
6	GRAHAM COLE	WINDSOR	10.91	Gd4	10.67	10.91	10.70	elim		
7	STAN GASKIN	ENFIELD	10.89	Gd4	10.10	10.66	10.89	elim		

Shot Putt 6.25 kilo "B"

1	DEVON DOUGLAS	WOODFORD	14.68	Gd1	14.25	14.34	14.62	nt	14.48	14.68
2	PAUL HAYBALL	CAMBRIDGE	11.93	Gd3	11.93	11.87	nt	elim		
3	THOMAS ASHBY	SHAFTESBURY	11.92	Gd3	nt	11.92	nt	elim		
4	JERMAINE NICOLS	HARROW	11.63	M17	11.63	11.37	11.18	elim		
5	TOM MITCHELL	BLACKHEATH	10.14	M17	9.19	9.81	10.14	elim		
6	KIERAN HINES	ENFIELD	9.31	M17	9.11	nt	9.31	elim		
7	ANDREW WINCHCOMBE	WINDSOR	7.22	M17	7.22	-	-	elim		

Discus 1.75 kilo "A"

1	MATTHEW BAPTISTE	WOODFORD	49.39	Gd1
2	THEO BURTON	HARROW	42.50	Gd2
3	THOMAS ASHBY	SHAFTESBURY	39.62	Gd2
4	BEN HALE	CAMBRIDGE	39.37	Gd2
5	ASHLEY BRYANT	WINDSOR	38.90	Gd2
6	DANIEL RIDGE	BLACKHEATH	29.90	Gd4
7	KIERAN HINES	ENFIELD	28.55	M17

Discus 1.75 kilo "B"

1	DEVON DOUGLAS	WOODFORD	43.22	Gd2
2	JERMAINE NICOLS	HARROW	35.75	M17
3	ADAM SMITH	CAMBRIDGE	34.02	M17
4	TOM MITCHELL	BLACKHEATH	28.97	M17
5	GRAHAM COLE	WINDSOR	28.79	Gd4
6	STAN GASKIN	ENFIELD	28.24	Gd4
7	CHRIS BENNETT	SHAFTESBURY	25.44	Gd4

Hammer 6.25 kilo "A"

1	CHRIS BENNETT	SHAFTESBURY	55.21	Gd2	nj	50.41	54.86	nj	nj	55.21
2	PETER CLARKE	WOODFORD	54.86	Gd2	49.18	nj	-	54.86	51.59	54.00
3	RICHARD AL-AMEEN	BLACKHEATH	53.62	Gd2	45.92	nj	52.24	51.42	nj	53.62
4	DANNY FARENDON	ENFIELD	49.56	Gd3	39.85	nj	46.52	nj	49.56	-
5	MATT PAYNE-DAVIES	HARROW	49.50	Gd3	nj	44.97	47.77	47.62	49.50	48.64
6	BEN HALE	CAMBRIDGE	43.19	Gd4	43.16	nj	nj	42.11	43.19	40.59
7	JOSHUA LEVY	BASILDON	26.31	M17	26.31	nj	nj	elim		

Hammer 6.25 kilo "B"

1	ZOBAIH KHALEQY	HARROW	32.55	M17	28.58	31.80	32.55	nj	30.04	-
2	MEHMET TAKPAK	BLACKHEATH	26.51	M17	nj	25.26	26.51	nj	nj	-
3	STAN GASKIN	ENFIELD	22.11	Gd4	nj	nj	22.11	elim		
4	CONFIDENCE LAWSON	SHAFTESBURY	16.30	Gd4	-	.15.30	-	elim		
	SEAN BAND	CAMBRIDGE	NT		nj					
	LEE LOVELOCK-JEMMOTT	WOODFORD	NT		nj	nj	nj			

Javelin 800 grams "A"

1	JAMIE BROADEY	ENFIELD	56.16	Gd1	56.16	52.76	54.80	53.45
2	JAY BODDINGTON	WOODFORD	55.09	Gd1	55.09	53.17	51.89	54.42
3	SEAN BAND	CAMBRIDGE	53.14	Gd2	48.71	51.17	47.01	53.14
4	JAMES COOK	SHAFTESBURY	49.86	Gd2	49.86	nt	nt	43.54
5	BLAKE CREWE	WINDSOR	47.74	M17 Gd2	nt	39.09	47.74	47.61
6	CALUM BARRETT	HARROW	40.84	Gd4	40.36	40.84	nt	elim
7	JAMES POWELL	BLACKHEATH	32.81	M17 Gd4	31.54	27.59	32.81	elim

Javelin 800 grams "B"

1	THOMAS ASHBY	SHAFTESBURY	49.77	Gd2	43.70	49.77	45.02	42.27
2	AARON STEELE	CAMBRIDGE	46.20	Gd3	46.20	-	-	elim
3	GRANT FULLER	WINDSOR	43.69	Gd3	nt	43.69	41.56	elim
4	SAM TURNER	WOODFORD	42.92	M17 Gd3	nt	nt	42.92	elim
5	ALEX HARMEN	ENFIELD	42.62	Gd3	nt	42.62	39.26	elim
6	ETHAN D'CRUZ	HARROW	32.72	M17 Gd4	nt	29.92	32.72	elim
7	THOMAS POWELL	BLACKHEATH	21.15	M17	18.33	nt	21.15	elim

4 x 100 metres relay

1	NEIL FRANCIS ALEX AL-AMEEN FEMI OLOWADE ANTONI DAVIS-PHILLIPS	BLACKHEATH	43.8
2	TEDDY KASONSO KADEEM GREENIDGE-SMITH STEFAN GREENIDGE LEWIS ROUAULT	HARROW	43.8
3	TOM O'BRIEN RICHARD ODUMOSU DOMINIC JACKSON CONFIDENCE LAWSON	SHAFTESBURY	44.5
4	GIANLUCA ZICCHI JAMES GODDEN CHRIS CRAIG SAM LAWRENCE	CAMBRIDGE	44.7
5	OMARI BARTON-ELLINGTON REECE NOONAN ANTHONY EKUNDAYO SEAN WYNTER	ENFIELD	45.3
6	LUCA FRANCIS MARK DYBLE CHRIS JAMES CHARLIE DACK	BASILDON	45.8
7	EMMANUEL OKPOKIRI DOMINIQUE DANIEL BEN PEACOCK EUGENE AYANUEL	WOODFORD	46.6
8	ANDREW WINCHCOMBE ASHLEY BRYANT CHARLIE BENNETT JAMIE EAST	WINDSOR	46.7

4 x 400 metres relay

1	MICHAEL SKEE AARON TRIM ERROL HOUSTON DARREN CORRIN	ENFIELD	3.23.6
2	MATT BLOY MARK SAMPFORD PAIGE HAINES JAMES SHANE	BASILDON	3.24.6
3	NEIL FRANCIS ANDREW YORK MATT THREADGOLD LEMAR CHARLES	BLACKHEATH	3.31.4
4	GAVIN LEWIS OMAR MANSOUR BEN PHILLIPS CHRIS VICKERS	WOODFORD	3.35.4
5	LUKE TURTON CAMERON SMART CHARLIE BENNETT ALEX TOVEY	WINDSOR	3.37.3
6	BEN JONES GEORGE BAKER OLLIE FRANCIS ADAM BINNS SONNY FLYNN ANDREW KENDALL ETHAN D'CRUZ JORDAN MORLEY	CAMBRIDGE HARROW	3.40.1 DISQ

100 metres "A"		<i>WIND +0.5</i>	
1	TOREMA DORSETT	ENFIELD	11.9 <i>Gd1</i>
2	RACHEL GIWA	WOODFORD	12.0 <i>Gd1</i>
3	CLAUDENIA WILLIAMS	SHAFTESBURY	12.1 <i>Gd1</i>
4	YOLANDA HUTCHINSON	HARROW	12.3 <i>F17 Gd1</i>
5	KIRSTY SHEPHERD	BASILDON	12.5 <i>Gd2</i>
6	LORRAINE UGEN	BLACKHEATH	12.6 <i>Gd2</i>
7	KIM MOTLEY	CAMBRIDGE	13.3
8	PASCALE WATERSON	WINDSOR	13.3 <i>F17 Gd4</i>

100 metres "B"		<i>WIND +1.3</i>	
1	BECKY SANDERS-CLARKE	ENFIELD	12.6 <i>Gd2</i>
2	DYMOND SMITH	HARROW	12.7 <i>F17 Gd2</i>
3	EMMA COLLARD	WOODFORD	12.8 <i>Gd3</i>
4	DANIELLA ANNON	BLACKHEATH	13.0 <i>F17 Gd3</i>
5	JAYED MAYES	SHAFTESBURY	13.0 <i>Gd3</i>
6	KELLY MURPHY	BASILDON	13.2
7	ROSEANNE MACKAY	CAMBRIDGE	13.3
8	CLAIRE HING	WINDSOR	13.7 <i>F17</i>

200 metres "A"		<i>WIND +1.5</i>	
1	RACHEL GIWA	WOODFORD	24.9 <i>Gd1</i>
2	TOREMA DORSETT	ENFIELD	25.0 <i>Gd1</i>
3	CLAUDENIA WILLIAMS	SHAFTESBURY	25.3 <i>Gd2</i>
4	KIRSTY SHEPHERD	BASILDON	25.6 <i>Gd2</i>
5	LORRAINE UGEN	BLACKHEATH	25.7 <i>Gd2</i>
6	MARILYN NAWLOR	HARROW	26.1 <i>F17 Gd2</i>
7	PASCALE WATERSON	WINDSOR	26.6 <i>F17 Gd3</i>
8	CHELSEA OLDHAM	CAMBRIDGE	28.7

200 metres "B"		<i>WIND +3.0</i>	
1	MARY IHERE	BLACKHEATH	25.1 <i>Gd1</i>
2	YOLANDA HUTCHINSON	HARROW	25.7 <i>F17 Gd1</i>
3	LAUREN SEARLES	BASILDON	26.2 <i>Gd3</i>
4	CLAIRE BUTLER	ENFIELD	26.2 <i>Gd3</i>
5	EMMA COLLARD	WOODFORD	26.3 <i>Gd3</i>
6	MEGAN HUNTER	SHAFTESBURY	26.3 <i>Gd3</i>
7	EMILY MOSS	CAMBRIDGE	27.2
8	VICKY BINNS	WINDSOR	27.5 <i>F17 Gd4</i>

400 metres "A"			
1	SAVANNAH ECHEL-THOMPSON	BLACKHEATH	57.9 <i>Gd2</i>
2	LUCY DOWSETT	CAMBRIDGE	57.9 <i>Gd2</i>
3	HAYLEY COMER	HARROW	58.7 <i>Gd2</i>
4	ERICA SMITH	ENFIELD	58.7 <i>Gd2</i>
5	EMMA PATON	WINDSOR	60.4 <i>Gd3</i>
6	ABIGAIL LAMBDEN	SHAFTESBURY	60.7 <i>Gd3</i>
7	CHELSEA IVES	WOODFORD	66.1 <i>F17</i>

400 metres "B"			
1	LUCY YATES	SHAFTESBURY	59.5 <i>Gd3</i>
2	ISOBEL IVY	BLACKHEATH	60.1 <i>Gd3</i>
3	DYMOND SMITH	HARROW	61.3 <i>F17</i>
4	BETH NEWTON	WINDSOR	62.9
5	NICHOLA GIBSON	CAMBRIDGE	66.5
6	KATHERINE FOY	WOODFORD	81.6

800 metres "A"			
1	VICKY FOUHY	WINDSOR	2.13.3 <i>Gd1</i>
2	GEMMA COE	CAMBRIDGE	2.17.3 <i>Gd2</i>
3	REBEKAH GARDINER	SHAFTESBURY	2.19.3 <i>Gd3</i>
4	ANNA SHARROCK	ENFIELD	2.21.7 <i>Gd3</i>
5	KATHERINE FOY	WOODFORD	2.23.2 <i>Gd3</i>
6	KATIE MURRAY	BLACKHEATH	2.28.1
7	RACHEL DAVIES	HARROW	2.32.9
8	CHARLOTTE BISHOP	BASILDON	2.33.1

800 metres "B"*Lingley broke early*

1	HILARY ARREDONDO	ENFIELD	2.25.2
2	CHANTELLE BAZZONI	SHAFTESBURY	2.28.4
3	JESSICA SAVILLE	BLACKHEATH	2.37.5 <i>F17</i>
4	KATE STOCKING	WOODFORD	2.38.5 <i>F17</i>
5	TABITHA DANIELS-MOSS	HARROW	2.44.8 <i>F17</i>
6	REBECCA CARTER	CAMBRIDGE	2.46.8 <i>F17</i>
	LOUISA LINGLEY	WINDSOR	DISQ

1500 metres "A"

1	LUCY YATES	SHAFTESBURY	4.39.0 <i>Gd2</i>
2	VICKY FOUHY	WINDSOR	4.41.4 <i>Gd2</i>
3	LEIGH LATTIMORE	HARROW	4.47.8 <i>Gd2</i>
4	DANIELLE CRITCHLEY	BLACKHEATH	4.53.2 <i>F17 Gd2</i>
5	REBECCA OAKHAM	WOODFORD	5.10.1
6	REBECCA BURBRIDGE	CAMBRIDGE	5.15.9
7	CHARLOTTE BISHOP	BASILDON	5.20.6
8	HANNAH BROWN	ENFIELD	5.23.6

1500 metres "B"

1	LOUISA LINGLEY	WINDSOR	4.49.0 <i>Gd3</i>
2	HANNAH JOHNSON	SHAFTESBURY	5.24.7 <i>F17</i>
3	BECKY HEWITT	WOODFORD	5.28.6 <i>F17</i>
4	SARAH BROWN	HARROW	5.32.2
5	MELODY CANE	BLACKHEATH	5.34.7 <i>F17</i>
6	KATIE PARKER	CAMBRIDGE	5.40.5

3000 metres "A"

1	ELLA WALDMAN	ENFIELD	10.30.0 <i>Gd2</i>
2	DENISE DIGNUM	BASILDON	10.43.4 <i>Gd3</i>
3	JEN HAMER	BLACKHEATH	10.44.6 <i>F17 Gd3</i>
4	RACHEL STEDMAN	WINDSOR	10.49.5 <i>Gd3</i>
5	SARAH BROWN	HARROW	10.52.1 <i>Gd3</i>
6	SARAH CASKEY	CAMBRIDGE	10.55.4 <i>Gd3</i>
7	BECKY HEWITT	WOODFORD	11.02.6 <i>F17 Gd3</i>
8	ALICE KEANE	SHAFTESBURY	11.19.0 <i>F17 Gd4</i>

3000 metres "B"

1	HANNAH BAREFIELD	WINDSOR	10.54.2 <i>F17 Gd3</i>
2	JESS WILLIAMS	CAMBRIDGE	10.55.8 <i>Gd3</i>
3	SOPHIE CARROLL	BASILDON	11.01.2
4	JESSICA DACKING	WOODFORD	11.13.9
5	LARA NYMAN	HARROW	11.18.3
6	AMY MITCHELL	BLACKHEATH	11.49.9
7	EMMA LAYTON	SHAFTESBURY	12.47.0

1500 metres S/C "A"

1	LAURA PARKER	ENFIELD	5.12.6 <i>Gd1</i>
2	LARA NYMAN	HARROW	5.41.8 <i>Gd3</i>
3	REBECCA SMITH	BLACKHEATH	5.46.4 <i>Gd3</i>
4	KATE STOCKING	WOODFORD	5.52.3 <i>F17</i>
5	SARAH CASKEY	CAMBRIDGE	6.02.3
6	CLAIRE SIMM	SHAFTESBURY	6.07.1
7	STEPH BROWN	WINDSOR	6.19.3

1500 metres S/C "B"

1	HILARY ARREDONDO	ENFIELD	5.50.1
2	AMY DE-MATOS	BLACKHEATH	5.51.8
3	JESSICA DACKING	WOODFORD	5.53.4
4	SOPHIE HALLAM	CAMBRIDGE	6.36.1
5	TABITHA DANIELS-MOSS	HARROW	6.44.4 <i>F17</i>

100 metres hurdles "A"		<i>WIND +2.4</i>							
1	ROSE REYNOLDS	WINDSOR	14.5	<i>Gd1</i>					
2	KIM MOTLEY	CAMBRIDGE	15.9	<i>Gd3</i>					
3	KATIE JAMES	HARROW	16.2						
4	BECKY SANDERS-CLARKE	ENFIELD	16.2						
5	SARAH MCLELLEN	BLACKHEATH	16.4						
6	JOSPEHINE OKPO	SHAFTESBURY	17.3						
7	FRANCESA HERBERT	WOODFORD	20.9						
100 metres hurdles "B"		<i>WIND +1.4</i>							
1	EMMY WILLETT	WINDSOR	17.2						
2	RACHEL DEAN	WOODFORD	17.4	<i>F17</i>					
3	EMILY MOSS	CAMBRIDGE	17.7						
4	SARAH GIBSON	ENFIELD	17.9						
5	CLAIRE LONGHURST	SHAFTESBURY	19.0						
6	ANN-SOPHIE GNADOU	BLACKHEATH	20.9						
400 metres hurdles "A"									
1	HAYLEY COMER	HARROW	63.6	<i>Gd2</i>					
2	SARAH MCLELLEN	BLACKHEATH	66.0	<i>Gd2</i>					
3	EMILY MOSS	CAMBRIDGE	69.1	<i>Gd3</i>					
4	JOSPEHINE OKPO	SHAFTESBURY	70.9						
5	LAURA PARKER	ENFIELD	71.8						
6	SARAH LOVE	WINDSOR	77.8						
7	FRANCESA HERBERT	WOODFORD	78.3						
400 metres hurdles "B"									
1	KATRINA COSBY	BLACKHEATH	67.0	<i>Gd2</i>					
2	VIOLA ASZTALOS	CAMBRIDGE	71.3						
3	CHLOE FLOWERS	HARROW	74.1						
4	STEPH BROWN	WINDSOR	74.8						
5	CHARLOTTE O'NEILL	ENFIELD	74.9						
6	CLAIRE SIMM	SHAFTESBURY	85.5						
High Jump "A"									
1	SAM MOODIE	WOODFORD	1.60	<i>F17 Gd2</i>	1.50o	1.55xxo	1.60xo	1.65xxx	
2	RIANNE CHARLES	HARROW	1.55	<i>Gd4</i>	1.40o	1.45o	1.50o	1.55xo	1.60xxx
3	RACHEL ARHCHEM	BLACKHEATH	1.50	<i>Gd4</i>	1.30o	1.35o	1.40o	1.45xo	1.50xo 1.55xxx
	MARGARET AKOT	ENFIELD	1.50	<i>Gd4</i>	1.30o	1.40o	1.45xo	1.50xo	1.55xxx
5	ZOE KIER	CAMBRIDGE	1.50	<i>Gd4</i>	1.40o	1.45o	1.50xxo	1.55xxx	
6	SADE BAILEY	BASILDON	1.45	<i>Gd4</i>	1.40o	1.45o	1.50xxx		
7	ANNA STANSBURY	WINDSOR	1.45	<i>F17 Gd4</i>	1.30o	1.35o	1.40o	1.45xo	1.50xxx
8	CLAIRE SIMM	SHAFTESBURY	1.40	<i>Gd4</i>	1.30o	1.35o	1.40xo	1.45xxx	
High Jump "B"									
1	EMMA HOUGHTON	CAMBRIDGE	1.45	<i>Gd4</i>	1.40o	1.45o	1.50xxx		
2	CHARLOTTE O'NEILL	ENFIELD	1.45	<i>Gd4</i>	1.40o	1.45xo	1.50xxx		
3	EMILY GODLEY	BLACKHEATH	1.45	<i>Gd4</i>	1.30xo	1.35o	1.40o	1.45xo	1.50xxx
4	KATIE BROWN	BASILDON	1.45	<i>Gd4</i>	1.30o	1.35o	1.40o	1.45xxo	1.50xxx
5	TEMI SANYA	SHAFTESBURY	1.40	<i>Gd4</i>	1.30o	1.35o	1.40xo	1.45xxx	
6	STEPH BROWN	WINDSOR	1.40	<i>Gd4</i>	1.30xo	1.35o	1.40xo	1.45xxx	
7	KATE STOCKING	WOODFORD	1.35	<i>F17</i>	1.30o	1.35xxo	1.40xxx		
Pole Vault "A"									
1	RACHEL ARHCHEM	BLACKHEATH	3.20	<i>Gd3</i>	2.90o	3.05o	3.20xxo	3.35xxx	
2	FRANCESA HERBERT	WOODFORD	2.90	<i>Gd3</i>	2.30o	2.45o	2.60o	2.75o	2.90xo 3.05xxx
3	SARAH GIBSON	ENFIELD	2.90	<i>Gd3</i>	2.45xo	2.60o	2.75o	2.90xxo	3.05xxx
4	ALICE HUMBLE	HARROW	2.60	<i>Gd4</i>	2.15o	2.30o	2.45xo	2.60xo	2.75xxx
5	JADE TALLENT	WINDSOR	2.60	<i>Gd4</i>	2.45o	2.60xxo	2.75xxx		
6	SOPHIE HALLAM	CAMBRIDGE	2.15	<i>Gd4</i>	1.85o	2.00o	2.15o	2.30xxx	
Pole Vault "B"									
1	EMILY GODLEY	BLACKHEATH	2.75	<i>Gd4</i>	2.75xxo	2.90xxx			
2	SAM MOODIE	WOODFORD	2.60	<i>F17 Gd4</i>	2.15o	2.30o	2.45o	2.60xxo	2.75xxx
3	MARGARET AKOT	ENFIELD	2.30	<i>Gd4</i>	2.15xxo	2.30xo	2.45xxx		
4	CHLOE FLOWERS	HARROW	1.85	<i>Gd4</i>	1.70o	1.85xo			

Long Jump "A"

1	LAUREN BLACKIE	BLACKHEATH	5.55	Gd1	5.53	5.37	nj	nj	5.55	nj
2	DAVINA HOUSTON	ENFIELD	5.53	Gd1	4.82	2.95	5.28	5.46	5.53	5.43
3	JADE ATTOH	SHAFTESBURY	5.42	F17 Gd1	5.36	nj	5.12	5.16	5.42	5.35
4	KATIE JAMES	HARROW	4.70	Gd4	nj	4.64	4.70	nj	4.63	nj
5	ROSEANNE MACKAY	CAMBRIDGE	4.62	Gd4	4.47	4.55	4.62	elim		
6	CHELSEA IVES	WOODFORD	4.50	F17 Gd4	4.29	4.50	4.20	elim		
7	VICKY BINNS	WINDSOR	4.47	Gd4	4.46	4.36	4.47	elim		

Long Jump "B"

1	ABIGAIL LAMBDEN	SHAFTESBURY	5.25	Gd2	4.64	4.69	4.76	4.93	5.23	5.25
2	LEAH FORBES-MORRIS	BLACKHEATH	4.91	F17 Gd3	4.64	nj	4.65	4.67	4.91	nj
3	DESOLA BAKRE	ENFIELD	4.61	Gd4	nj	4.61	nj	elim		
4	RACHEL DEAN	WOODFORD	3.95	F17	3.27	3.51	3.95	elim		
5	CHLOE FLOWERS	HARROW	3.82	Gd4	3.77	-	3.82	elim		
6	EMMA HOUGHTON	CAMBRIDGE	3.58	Gd4	nj	2.86	3.58	elim		
7	AMY QUELCH	WINDSOR	2.01	Gd4	nj	nj	2.01	elim		

Triple Jump "A"

1	DAVINA HOUSTON	ENFIELD	11.60	Gd1	10.94	11.60	-	-	11.38	-
2	LAUREN BLACKIE	BLACKHEATH	11.29	Gd2	nj	11.29	11.29	11.13	11.22	-
3	RACHEL DEAN	WOODFORD	10.71	F17 Gd2	10.52	10.69	10.71	10.39	9.99	-
4	ROSEANNE MACKAY	CAMBRIDGE	10.29	Gd3	9.89	10.10	9.15	10.20	10.15	10.29
5	TEMI SANYA	SHAFTESBURY	9.90	Gd4	nj	nj	9.90	elim		
6	CHLOE FLOWERS	HARROW	9.64	Gd4	9.64	9.36	-	elim		
7	CLAIRE HING	WINDSOR	9.29	F17 Gd4	9.29	9.17	9.14	elim		

Triple Jump "B"

1	DESOLA BAKRE	ENFIELD	11.51	Gd1	11.06	11.51	11.20	11.05	nj	nj
2	NATASHA MATTHEWS	WOODFORD	10.46	F17 Gd3	10.46	-	-	-	-	-
3	LEAH FORBES-MORRIS	BLACKHEATH	10.07	F17 Gd3	b	10.07	0	elim		
4	SHERENE DOUGHTY	SHAFTESBURY	9.11	Gd4	9.11	-	-	elim		
5	ALICE HUMBLE	HARROW	8.79	Gd4	8.69	8.77	8.79	elim		
6	NICHOLA GIBSON	CAMBRIDGE	8.51	Gd4	8.11	8.38	8.51	-		
7	VICKY BINNS	WINDSOR	8.40	F17	nj	8.40	-	elim		

Shot Putt "A"

1	BRIONY PHILLIPS	SHAFTESBURY	11.57	Gd1	11.17	11.20	10.63	10.60	11.07	11.57
2	ANNE-SOPHIE GNADOU	BLACKHEATH	11.09	Gd1	10.20	nt	10.46	11.07	10.77	11.09
3	ALICE FORSTER	CAMBRIDGE	10.99	Gd2	10.06	10.13	10.43	10.29	10.21	10.99
4	CHARLOTTE ROSE	ENFIELD	10.43	Gd2	9.03	9.80	9.16	9.21	nt	10.43
5	CHERICE MCKAY	WOODFORD	10.12	F17 Gd2	10.01	9.85	9.32	8.96	8.94	10.12
6	NASYA HARVEY	WINDSOR	8.56	Gd4	8.56	8.16	8.42	elim		
7	MARILYN NAWLOR	HARROW	6.90	F17 Gd4	6.64	6.90	6.25	elim		

Shot Putt "B"

1	SABINE EFIANNAYI	BLACKHEATH	11.08	F17 Gd1	11.00	11.02	10.71	10.35	10.88	11.08
2	SHERENE DOUGHTY	SHAFTESBURY	8.90	Gd3	7.51	8.33	8.90	elim		
3	CLAIRE BOND	WOODFORD	8.82	Gd3	8.40	8.82	nt	elim		
4	SHARIFA BROWN	ENFIELD	8.66	Gd3	8.50	8.57	8.66	elim		
5	JENNY YOKALL	WINDSOR	7.80	Gd4	7.35	7.30	7.80	elim		
6	KELLY LAWRENCE	CAMBRIDGE	7.53	F17 Gd4	7.34	7.48	7.53	elim		
7	RIANNE CHARLES	HARROW	6.87	Gd4	6.26	6.73	6.87	elim		

Discus Throw "A"

1	BRIONY PHILLIPS	SHAFTESBURY	35.31	Gd1	nt	nt	35.31	nt		
2	JO BOTWRIGHT	WINDSOR	32.76	Gd2	32.76	30.23	29.78	32.54		
3	SHARIFA BROWN	ENFIELD	29.08	Gd3	28.21	28.46	29.08	28.30		
4	KELLY LAWRENCE	CAMBRIDGE	27.41	F17 Gd2	27.41	24.24	25.12	25.95		
5	CHERICE MCKAY	WOODFORD	20.71	F17 Gd4	20.71	20.52	17.47	elim		
6	OYEBANKE JEMIYO	BLACKHEATH	20.63	Gd4	nt	20.63	ret'd			
7	EMMA NORMAN	HARROW	12.12	Gd4	12.12	ret'd				

Discus Throw "B"

1	LAURA JAMES	WINDSOR	30.52	<i>F17 Gd1</i>	<i>nt</i>	29.85	29.74	30.52	
2	SHERENE DOUGHTY	SHAFTESBURY	26.08	<i>Gd3</i>	20.82	-	26.08	17.49	
3	CHARLOTTE ROSE	ENFIELD	25.73	<i>Gd3</i>	<i>nt</i>	25.73	<i>nt</i>	<i>elim</i>	
4	ALICE FORSTER	CAMBRIDGE	24.63	<i>Gd4</i>	20.42	19.24	24.63	<i>elim</i>	
5	CLAIRE WICKHAM	BLACKHEATH	20.05	<i>F17 Gd4</i>	19.33	18.60	20.05	<i>elim</i>	
6	SAM MOODIE	WOODFORD	19.16	<i>F17 Gd4</i>	19.16	<i>retd</i>			
7	RACHEL DAVIES	HARROW	10.69	<i>Gd4</i>	10.69	<i>retd</i>			

Hammer Throw "A"

1	SARAH SMITH	WOODFORD	43.33	<i>Gd2</i>	<i>nt</i>	<i>nt</i>	35.28	<i>nt</i>	42.61	43.33
2	OYEBANKE JEMIYO	BLACKHEATH	42.79	<i>Gd2</i>	42.79	<i>nt</i>	<i>nt</i>	<i>nt</i>	40.90	41.98
3	NASYA HARVEY	WINDSOR	38.26	<i>Gd3</i>	30.48	38.26	37.13	<i>nt</i>	35.26	38.24
4	KELLY LAWRENCE	CAMBRIDGE	35.09	<i>F17 Gd2</i>	34.27	34.53	<i>nt</i>	33.58	35.09	<i>nt</i>
5	CHARLOTTE ROSE	ENFIELD	32.46	<i>Gd4</i>	28.54	26.54	32.46	28.58	26.11	<i>nt</i>
6	LEANN CARROLL	HARROW	25.61	<i>F17 Gd4</i>	12.41	23.97	25.61	<i>elim</i>		
7	BRIONY PHILLIPS	SHAFTESBURY	25.30	<i>Gd4</i>	23.19	25.30	23.44	<i>elim</i>		

Hammer Throw "B"

1	LAURA JAMES	WINDSOR	31.33	<i>F17 Gd3</i>	27.90	31.06	27.93	30.91	31.33	<i>nt</i>
2	CLAIRE BOND	WOODFORD	30.42	<i>Gd4</i>	<i>nt</i>	26.80	30.42	30.40	<i>nt</i>	<i>nt</i>
3	ALICE FORSTER	CAMBRIDGE	30.03	<i>Gd4</i>	29.21	<i>nt</i>	30.03	<i>elim</i>		
4	CLAIRE WICKHAM	BLACKHEATH	27.59	<i>F17 Gd3</i>	26.70	27.59	26.19	<i>elim</i>		
5	SHARIFA BROWN	ENFIELD	20.25	<i>Gd4</i>	19.14	18.72	20.25	<i>elim</i>		
6	SHERENE DOUGHTY	SHAFTESBURY	16.09	<i>Gd4</i>	-	11.17	16.09	<i>elim</i>		
7	RACHEL DAVIES	HARROW	4.79	<i>Gd4</i>	4.79	-	-	<i>elim</i>		

Javelin Throw "A"

1	EMMA WOODROFFE	CAMBRIDGE	32.20	<i>Gd3</i>	30.91	32.20	30.56	31.01		
2	ANNE-SOPHIE GNADOU	BLACKHEATH	32.10	<i>Gd3</i>	26.88	32.10	27.71	30.18		
3	BRIONY PHILLIPS	SHAFTESBURY	31.85	<i>Gd3</i>	29.14	<i>nt</i>	28.78	31.85		
4	BECKY RICHARDS	WINDSOR	29.50	<i>F17 Gd2</i>	29.50	28.86	23.15	28.24		
5	CHARLOTTE ROSE	ENFIELD	27.75	<i>Gd4</i>	27.75	23.55	25.07	<i>elim</i>		
6	EMMA NORMAN	HARROW	22.99	<i>Gd4</i>	21.86	22.47	22.99	<i>elim</i>		
7	NATASHA MATTHEWS	WOODFORD	17.17	<i>F17</i>	17.17	<i>nt</i>	-	<i>elim</i>		

Javelin Throw "B"

1	SOPHIE HALLAM	CAMBRIDGE	32.18	<i>Gd3</i>	32.18	31.23	30.60	30.78		
2	SARAH MCGUIRE	BLACKHEATH	31.35	<i>Gd3</i>	29.67	31.35	30.08	29.41		
3	NICOLE CARA	SHAFTESBURY	26.72	<i>Gd4</i>	26.15	26.72	26.45	<i>elim</i>		
4	HELEN FARMER	WINDSOR	25.76	<i>F17 Gd3</i>	25.76	<i>nt</i>	24.12	<i>elim</i>		
5	SHARIFA BROWN	ENFIELD	22.89	<i>Gd4</i>	22.89	22.51	20.70	<i>elim</i>		
6	HAYLEY COMER	HARROW	17.54	<i>Gd4</i>	17.54	-	-	<i>elim</i>		
7	CLAIRE BOND	WOODFORD	10.26	<i>Gd4</i>	<i>nt</i>	10.26	-	<i>elim</i>		

4 x 100 metres relay

1	DANIELLA ANNON MARY IHERE KATRINA COSBY LORRAINE UGEN	BLACKHEATH	49.1
2	BECKY SANDERS-CLARKE CLAIRE BUTLER DAVINA HOUSTON TOREMA DORSETT	ENFIELD	49.4
3	JAYED MAYES SHERENE DOUGHTY TEMI SANYA CLAUDENIA WILLIAMS	SHAFTESBURY	50.7
4	YOLANDA HUTCHINSON DYMOND SMITH RACHEL DAVIES KATIE JAMES	HARROW	51.0
5	EMMA COLLARD CLAIRE BOND NATASHA MATTHEWS RACHEL GIWA	WOODFORD	51.1
6	KIRSTY SHEPHERD KELLY MURPHY LAUREN SEARLES SADE BAILEY	BASILDON	51.7
7	EMMA PATON PASCALE WATERSON CLAIRE HING BETH NEWTON	WINDSOR	53.1
8	SOPHIE HALLAM KIM MOTLEY NICHOLA GIBSON ROSEANNE MACKAY	CAMBRIDGE	53.3

4 x 400 metres relay

1	JESSICA SAVILLE ISOBEL IVY MARY IHERE SAVANNAH ECHEL-THOMPSON	BLACKHEATH	4.03.4
2	DYMOND SMITH RACHEL DAVIES HAYLEY COMER LEIGH LATTIMORE	HARROW	4.06.7
3	CHELSEA OLDHAM EMILY MOSS GEMMA COE LUCY DOWSETT	CAMBRIDGE	4.09.4
4	ABIGAIL LAMBDEN IMOGEN STRAMS-OPPLER CHANTELLE BAZZONI REBEKAH GARDINER	SHAFTESBURY	4.09.9
5	KIRSTY SHEPHERD LAUREN SEARLES DENISE DIGNUM SADE BAILEY	BASILDON	4.11.2
6	EMMA PATON ABIGAIL FUDGE VICKY FOUHY BETH NEWTON	WINDSOR	4.12.2
7	ERICA SMITH CLAIRE BUTLER HANNAH BROWN ANNA SHARROCK	ENFIELD	4.17.7
8	KATRINE FOY BECKY HEWITT CHELSEA IVES REBECCA OAKHAM	WOODFORD	4.24.8

SCORES ANALYSIS

	BASILDON	BLACKHEATH	ENFIELD	HARROW	SHAFTESBUR	CAMBRIDGE	WINDSOR	WOODFORD
M20-100	8	10	11	13	12	18	10	8
M20-200	7	16	13	10	11	20	4	9
M20-400	17	18	15	11	10	4	9	3
M20-800	17	12	9	3	17	11	10	10
M20-1500	11	10	14	3	17	9	12	11
M20-3000	12	9	18	3	11	12	18	6
M20-2000SC	14	18	11	14	11	5	3	4
M20-110HJ	0	16	17	9	12	0	14	9
M20-400H	0	18	16	10	15	11	7	0
M20-HJ	14	12.5	13.5	3	4	15	17	5
M20-PV	7	0	11	12	18	15	0	0
M20-LJ	0	10	14	20	15	7	13	7
M20-TJ	7	7	14	13	20	10	3	15
M20-SPJ	0	12	7	11	15	14	7	20
M20-DTJ	0	10	7	16	10	13	10	20
M20-HTJ	4	15	13	15	16	5	0	9
M20-JT	0	6	15	8	16	15	12	14
M20-4X1	5	11	6	9	8	7	3	4
M20-4X4	9	8	11	0	0	5	6	7
F20-100	9	10	20	14	12	6	4	15
F20-200	13	15	14	12	11	5	5	15
F20-400	0	18	7	14	14	13	11	7
F20-800	3	11	16	8	15	12	11	11
F20-1500	4	11	3	13	18	8	18	12
F20-3000	15	11	11	10	5	12	16	9
F20-1500SC	0	15	20	13	5	11	4	13
F20-100H	0	9	12	8	9	15	20	11
F20-400H	0	18	10	17	10	15	10	4
F20-HJ	10	13.5	14.5	9	7	15	7	13
F20-PV	0	20	14	12	0	5	6	16
F20-LJ	0	18	15	11	17	9	6	10
F20-TJ	0	15	20	9	11	10	6	15
F20-SP	0	18	12	6	18	11	9	12
F20-DT	0	9	14	6	18	12	18	9
F20-HT	0	14	10	7	7	13	17	18
F20-JT	0	16	10	8	14	20	12	6
F20-4X1	5	11	9	7	8	3	4	6
F20-4X4	6	11	4	9	7	8	5	3
Adj	35	35	35	35	35	35	35	35
MATCH TOTAL	232	517	506	411	479	434	382	401

	BASILDON	BLACKHEATH	ENFIELD	HARROW	SHAFTESBUR	CAMBRIDGE	WINDSOR	WOODFORD
Sprints M20	32	44	39	34	33	42	23	20
Middle Distance M20	54	49	52	23	56	37	43	31
Hurdles M20	0	34	33	19	27	11	21	9
Relays M20	14	19	17	9	8	12	9	11
Track M20	100	146	141	85	124	102	96	71
Vertical Jumps M20	21	12.5	24.5	15	22	30	17	5
Horizontal Jumps M20	7	17	28	33	35	17	16	22
Throws M20	4	43	42	50	57	47	29	63
Field M20	32	72.5	94.5	98	114	94	62	90
Total M20	132	218.5	235.5	183	238	196	158	161
Total Male	132	218.5	235.5	183	238	196	158	161
Sprints F20	22	43	41	40	37	24	20	37
Middle Distance F20	22	48	50	44	43	43	49	45
Hurdles F20	0	27	22	25	19	30	30	15
Relays F20	11	22	13	16	15	11	9	9
Track F20	55	140	126	125	114	108	108	106
Vertical Jumps F20	10	33.5	28.5	21	7	20	13	29
Horizontal Jumps F20	0	33	35	20	28	19	12	25
Throws F20	0	57	46	27	57	56	56	45
Field F20	10	123.5	109.5	68	92	95	81	99
Total F20	65	263.5	235.5	193	206	203	189	205
Total Female	65	263.5	235.5	193	206	203	189	205
Adjustments	35	35	35	35	35	35	35	35
MATCH TOTAL	232	517	506	411	479	434	382	401

TEAM SCORES

1 BLACKHEATH & BROMLEY	517
2 ENFIELD & HARINGEY	506
3 SHAFTESBURY BARNET	479
4 TEAM CAMBRIDGE	434
5 HARROW	411
6 WOODFORD & ESSEX L	401
7 WINDSOR S.E. & H.	382
8 BASILDON	232

LEAGUE RESULT

1 BLACKHEATH & BROMLEY	16	1069
2 ENFIELD & HARINGEY	14	1017.5
3 SHAFTESBURY BARNET	12	936
4 HARROW	9	820
5 TEAM CAMBRIDGE	7	811
6 WOODFORD & ESSEX L	6	800
7 WINDSOR S.E. & H.	6	783.5
8 BASILDON	2	471

NON SCORING EVENTS

100 metres Race 1

WIND +0.7

1	KOLA ADEDOYIN	BLACKHEATH	11.5	Gd3
2	LEE LOVELOCK-JEMMETT	WOODFORD	11.8	

200 metres Race 1

WIND +0.7

1	REECE NOONAN	ENFIELD	23.5	M17 Gd2
2	ANTHONY EKUNDAYO	ENFIELD	24.7	M17 Gd4
3	SIAN LEATHAM	WOODFORD	32.9	F17

800 metres Race 1

1	CALUM FRASER	BLACKHEATH	2.16.5	
2	JONATHAN HALLS	BLACKHEATH	2.18.0	M17
	SEYI ONEAKI	BASILDON	DISQ	

1500 metres Race 1

1	ROBERT CHRISTOU	ENFIELD	4.19.7	M17 Gd3
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3000 metres Race 1

1	STEPHEN SHANE	BASILDON	9.47.2	M17 Gd4
2	ALEX MILNE	ENFIELD	10.00.4	
3	ROSS BARDEN	BLACKHEATH	10.41.2	M17

400 metres hurdles (3') Race 1

1	AYRTON RICHARDS	BLACKHEATH	60.0	
2	TOM BRIND	ENFIELD	63.8	M17 Gd4

High Jump Event 1

1	ROBIN TUCK	SHAFTESBURY	1.85	Gd3
2	ADAM SMITH	CAMBRIDGE	1.75	Gd4

Long Jump Event 1

1	JERMAINE OLASON	BLACKHEATH	6.58	Gd2
2	BEN PEACOCK	WOODFORD	6.29	Gd2
	KOLA ADEDOYAN	BLACKHEATH	NJ	

Shot Putt 6.25 kilo Event 1

1	ZOBIAH KHALEQY	HARROW	10.41	Gd4
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Discus 1.75 kilo Event 1

1	PAUL HAYBALL	CAMBRIDGE	37.61	Gd3
2	ZOBIAH KHALEQY	HARROW	29.86	Gd4

Hammer 7.26 kilo Event 1

1	MATTHEW BAPTISTE	WOODFORD	35.71	Gd4
	DEVON DOUGLAS	WOODFORD	NT	

100 metres Race 1

WIND +1.2

1	SHERENE DOUGHTY	SHAFTESBURY	12.9	Gd3
2	MEGAN HUNTER	SHAFTESBURY	13.1	
3	SIAN LEATHAM	WOODFORD	16.0	F17

1500 metres Race 1

1	EMILY KIER	CAMBRIDGE	5.04.0	F17 Gd3
2	RACHEL STEDMAN	WINDSOR	5.08.6	

Pole Vault Event 1

1	IZZY KRASSISMENOU	ENFIELD	2.30	Gd4
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Long Jump Event 1

1	CLAIRE KING	WINDSOR	4.79	Gd4
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Discus Throw Event 1

1	ANNA STANSBURY	WINDSOR	20.51	F17 Gd4
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Hammer Throw Event 1

1	JENNY YOXALL	WINDSOR	19.57	F17 Gd4
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Javelin Throw Event 1

1	CAROL STONE	SHAFTESBURY	38.05	Gd1
2	JENNY YOXALL	WINDSOR	29.34	F17 Gd2