

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		
1 Serita Solomon	Wind +0.3 m/s	B&B 14.26	1 Megan Southwart	Wind +0.5 m/s	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

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	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

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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

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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|

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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

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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