

NJL National Final RESULTS
 Derby, Moorways Stadium, Sun 12 September 2010

M 100m A		Wind -1.3 m/s	M 100m B		Wind -0.8 m/s
1	Deji Tobais	WSE 11.00	1	Tom Holligan	U17 EDN 11.21
2	Antoe Walters	BIR 11.21	2	Reece Noonan	E&H 11.47
3	Cha Chindo Ujah	U17 E&H 11.27	3	Abs Jolaoso	B&B 11.61
4	Allan Hamilton	EDN 11.28	4	Jerome Musa-Lawal	SBH 11.61
5	Antonio Infantino	SBH 11.35	5	Shane Henry	BIR 11.75
6	Lewis Evans	WWA 11.64	6	Tom Evans	WSE 11.78
7	Matthew Walcott	B&B 11.65	7	Angus Lauder	U17 GSW 12.41
8	Jax Thoires	GSW 11.78	8	Morgan Smith	U17 WWA 14.03

M 200m A		Wind -2.1 m/s	M 200m B		Wind -1.6 m/s
1	Deji Tobais	WSE 21.92	1	Reece Noonan	E&H 22.68
2	Tom Holligan	U17 EDN 22.21	2	Isaiah Symonds	EDN 23.24
3	Antonio Infantino	SBH 22.59	3	Jonathan Pettet	U17 B&B 23.28
4	Dan Putnam	B&B 22.67	4	Tom Evans	WSE 23.29
5	Errol Houston	E&H 22.77	5	Robert Gayler	U17 SBH 23.45
6	Lewis Evans	WWA 22.80	6	Onajite Okoro	BIR 23.86
7	Abian Richards	BIR 23.53	7	Jax Thoires	GSW 24.15
8	David Kerr	U17 GSW 23.88	8	Kueni Igbagiri	WWA DNS

M 400m A			M 400m B		
1	Greg Loudon	EDN 48.19	1	Efekomo Okoro	BIR 49.36
2	Jarryd Dunn	BIR 48.51	2	Jonathan Pettet	U17 B&B 50.57
3	Stewart Challis	WSE 48.53	3	Mali Lewis	U17 SBH 51.55
4	Dan Putnam	B&B 49.39	4	Nii Ashiquaye Hammond	U17 E&H 51.63
5	Darron Corbin	E&H 49.64	5	Jordan Thomas	U17 WSE 52.57
6	Matthew Webster	SBH 50.74	6	Kenny Love	GSW 53.15
7	Daniel Chapman	GSW 52.35	7	Owain Morgan	WWA 55.11
8	Jamie Price	WWA 53.12	8	Seumas Thomson	U17 EDN 57.20

M 800m A			M 800m B		
1	Ross Matheson	EDN 1.54.03	1	Peter Loudon	EDN 1.55.15
2	Charles Gunning	SBH 1.54.94	2	Max Lott	U17 GSW 1.56.75
3	Grant Muir	U17 GSW 1.55.26	3	Mohamed Essouni	SBH 1.57.28
4	Josh Moss	WSE 1.58.59	4	Oliver Robinson	B&B 1.59.25
5	Alex Jones	E&H 1.59.23	5	Joe Sherry	U17 E&H 2.00.34
6	Josh Lacey	BIR 2.02.68	6	Carwyn Evans	U17 WWA 2.00.56
7	Stephen Cavey	B&B 2.03.68	7	Jordan Drummond	U17 BIR 2.02.58
8	Sean White	U17 WWA 2.09.32	8	Connor Vine	WSE 2.05.86

M 1500m A			M 1500m B		
1	Richard Goodman	SBH 4.03.03	1	Richard Charles	U17 SBH 4.04.20
2	Andrew Crichton	EDN 4.08.24	2	Ricky Harvie	U17 WSE 4.11.10
3	Max Aitchson	U17 GSW 4.09.32	3	Martin Fishwick	GSW 4.14.14
4	Nick Lingley	WSE 4.10.76	4	Edward Dudgeon	EDN 4.15.58
5	Elliot Giles	U17 BIR 4.12.01	5	Tom Graves	BIR 4.17.99
6	Joe Sherry	U17 E&H 4.16.09	6	Lloyd Heckler	U17 WWA 4.25.20
7	Matthew O'Leary	U17 WWA 4.16.32	7	Oliver Taylor	U17 B&B 4.26.94
8	Stephen Cavey	B&B 4.19.37	8	Rob Christou	E&H 4.49.82

M 3000m A			M 3000m B		
1	Niall Fleming	SBH 8.42.63	1	Andrew Crichton	EDN 8.48.91
2	Fraser Scott	EDN 8.46.10	2	Khalid Al Abaidy	WSE 9.03.24
3	Philip Sesemann	B&B 8.53.05	3	Tadhg Grant	SBH 9.07.18
4	Elliott Woolmer	WSE 8.58.53	4	Stephen Fleming	GSW 9.28.26
5	Jack Walker	U17 GSW 9.10.50	5	Gregory Proctor	U17 B&B 9.36.97
6	Michael Christoforou	E&H 9.18.91	6	Simon Duncan	E&H 16.35.23
7	Ronan Llyr	U17 WWA 9.41.04			
8	Ben Griffiths	U17 BIR 10.14.6			

M 110mH A		Wind -1.9 m/s	M 110mH B		Wind -3.6 m/s
1	Curtis Holmes	BIR 15.25	1	Onajite Okoro	BIR 16.05
2	Matthew Walcott	B&B 15.48	2	Anthony Ekundayo	E&H 16.13

3 Blade Ashby	U17 SBH	15.49	3 Ben Parkin	B&B	17.21
4 Dafydd Walters	WWA	16.13	4 Cameron Goodall	U17 EDN	18.00
5 James McClean	E&H	16.18	5 John Mulhern	U17 GSW	18.01
6 Andrew McFarlane	GSW	16.54	6 Matthew McLaughlin	U17 SBH	18.87
7 Petrou Sniper	WSE	19.51	7 Shane Jones	WWA	18.91
8 Toby Harris	EDN	21.64			
M 400mH A			M 400mH B		
1 Paul Bennett	WWA	54.05	1 Ben Parkin	B&B	56.25
2 Ashley Fry	WSE	55.24	2 Sam Maguire	U17 WSE	56.81
3 Conner Henderson	GSW	55.78	3 Dafydd Walters	WWA	56.87
4 Ben Hopkins	B&B	57.00	4 Alex Lee	SBH	57.57
5 Matthew McLaughlin	U17 SBH	57.36	5 John Mulhern	U17 GSW	59.39
6 Toby Harris	EDN	57.63	6 Scott Gregory	U17 BIR	1.02.03
7 Luke Daniel	E&H	59.00	7 Seumas Thomson	U17 EDN	1.02.95
8 Luke Morby	U17 BIR	1.02.02	8 Tom Fallon	E&H	1.06.10
M 2000m Sc A			M 2000m Sc B		
1 Frank Bailey	SBH	6.06.2	1 Max Aitchson	U17 GSW	6.20.1
2 Lachlan Oats	GSW	6.15.0	2 Jack Perry-Williams	SBH	6.22.9
3 Adam Jack	EDN	6.15.4	3 Cameron Smart	WSE	6.38.0
4 Nathan Ditton	WSE	6.22.9	4 Fraser Scott	EDN	6.47.7
5 Nick Hardy	BIR	6.23.7	5 Robert Yates	U17 B&B	7.09.8
6 Tom Fallon	E&H	6.55.4	6 James Jackson	E&H	7.27.0
7 Samuel Woods	B&B	6.58.4			
8 Morgan Smith	U17 WWA	7.11.0			
M Discus Throw A			M Discus Throw B		
1 Steve Watson	WSE	52.41	1 Ryan Barrett	WSE	44.61
2 Liam Biddlecombe	SBH	51.69	2 Forrest Francis	U17 BIR	43.66
3 Adam Domadzic	BIR	44.44	3 Andrew Cunningham	U17 GSW	34.45
4 Robert Mohan	E&H	40.85	4 Andrew Robertson	EDN	29.09
5 John McCafferty	GSW	38.47	5 Jake Haylock	B&B	25.43
6 Ross McManus	EDN	30.83	6 Glen Elsdon	WWA	15.18
7 Sam Brown	B&B	29.02			
8 Matthew Riley	U17 WWA	19.69			
M Hammer Throw A			M Hammer Throw B		
1 Jay Hill	E&H	60.91	1 Ashley Andrews	BIR	49.47
2 Andrew Elkins	SBH	60.72	2 Jonathan Murray	EDN	36.38
3 Tim Williams	BIR	59.73	3 Jordan Henwood	E&H	29.27
4 Jake Haylock	B&B	53.56	4 Sam Brown	B&B	26.79
5 Nicky Stone	U17 GSW	49.65	5 Andrew Cunningham	U17 GSW	24.63
6 Ross McManus	EDN	46.01			
7 Matthew Riley	U17 WWA	19.69			
M High Jump A			M High Jump B		
1 David Smith	GSW	2.11	1 Jack Lochans	U17 GSW	1.95
2 Onajite Okoro	BIR	2.00	2 Blade Ashby	U17 SBH	1.85
3 Ben Davies	WWA	1.95	3 Callum Wilson	EDN	1.80
4 Gregor Maclean	SBH	1.90	4 Jordan Brock	WWA	1.75
5 Corey Hastings	EDN	1.85	5 Russell Waterson	U17 WSE	1.65
6 Harry Rogers	B&B	1.85	6 Mark Longhurst	B&B	1.65
7 Jay Hill	E&H	1.80	7 Anthony Ekundayo	E&H	1.65
8 David Walker	WSE	1.70	8 Matthew Lee	BIR	1.60
M Javelin Throw A			M Javelin Throw B		
1 Sam Taylor-Outridge	SBH	60.21	1 Andrew Elkins	SBH	45.79
2 Howard Stapleton	U17 BIR	50.25	2 Niki Davies	WWA	41.59
3 Sam Brown	B&B	47.87	3 Andrew Cunningham	U17 GSW	35.33
4 Jamie Price	WWA	43.14	4 Andrew Robertson	EDN	33.52
5 John McCafferty	GSW	42.81	5 Rhys Jones	U17 BIR	33.42
6 Leigh Bosson	WSE	37.67	6 Kiaron Hines	E&H	32.75
7 Jay Hill	E&H	36.16	7 Jonathan Pettet	U17 B&B	31.90
8 Jonathan Murray	EDN	34.59	8 Khalid Al Abaidy	WSE	22.56

M Long Jump A				M Long Jump B			
1	Joseph Lawrence	B&B	7.19+1.6	1	Jay Hill	E&H	6.36+3.0
2	Allan Hamilton	EDN	6.94+2.1	2	Mathew Kerr	U17 GSW	6.28+1.9
3	Blade Ashby	U17 SBH	6.75+3.4	3	Alex Lee	SBH	6.24+0.7
4	Nathaniel Facey	U17 BIR	6.64+1.0	4	Mark Longhurst	B&B	6.09+3.0
5	Kueni Igbagiri	WWA	6.56+2.0	5	Corey Hastings	EDN	6.06+3.6
6	Andrew McFarlane	GSW	6.44+4.5	6	Hakeen Powell	BIR	5.98+2.6
7	Leo Lungren	E&H	6.39+2.5	7	Glen Elsdon	WWA	5.74+2.0
8	Kieran Moss	WSE	5.78+2.7				
M Pole Vault A				M Pole Vault B			
1	Gregor Maclean	SBH	4.65	1	Adam Carpenter	SBH	4.50
2	Mark Longhurst	B&B	4.50	2	Sam Brown	B&B	4.05
3	Jordan Henwood	E&H	4.35	3	Joe Chesterman	U17 BIR	3.45
4	Patrick O'Donnell	U17 GSW	4.05	4	Sam Adams	U17 GSW	3.15
5	Rowan May	U17 BIR	3.90	5	Daniel Ditton	U17 WSE	2.85
6	Charlie Smith	U17 WSE	3.45				
7	Morgan Atkins	U17 WWA	3.15				
M Shot Putt A				M Shot Putt B			
1	Robert Mohan	E&H	17.08	1	Josh Newman	U17 BIR	13.55
2	Liam Biddlecombe	SBH	15.33	2	Tom Peacock	SBH	12.75
3	Steve Watson	WSE	13.83	3	Mark Babuntunde	E&H	10.90
4	Adam Domadzic	BIR	13.57	4	Nicky Stone	U17 GSW	9.85
5	John McCafferty	GSW	13.06	5	Mark Longhurst	B&B	9.40
6	Lewis Evans	WWA	10.64	6	Andrew Robertson	EDN	9.35
7	Jake Haylock	B&B	9.98	7	Matthew Riley	U17 WWA	6.90
8	Jonathan Murray	EDN	9.40				
M Triple Jump A				M Triple Jump B			
1	Joseph Lawrence	B&B	14.91+3.2	1	Callum Wilson	EDN	13.46+6.1
2	Johnny Sawyers	WSE	14.91+2.0	2	Anthony Ekundayo	E&H	13.01+2.8
3	Mathew Kerr	U17 GSW	14.45+2.8	3	Jamal Nesbit	U17 BIR	12.64+2.3
4	Jose Martin-Fullerton	BIR	14.28+1.6	4	Kieran Moss	WSE	12.64+4.0
5	Allan Hamilton	EDN	13.71+1.3	5	Bami Falana	U17 SBH	12.58+4.1
6	Leo Lungren	E&H	13.37+2.6	6	David Smith	GSW	11.96+2.1
7	Dean Oamen	U17 SBH	12.89+2.7	7	Abs Jolaoso	B&B	11.51+0.6
8	Glen Elsdon	WWA	11.96+2.0	8	Jordan Brock	WWA	10.88+2.2
W 100m A				W 100m B			
		Wind	-2.0 m/s			Wind	-3.1 m/s
1	Bianca Williams	U17 E&H	12.37	1	Uzoma Nwachukwu	U17 E&H	12.58
2	Georgia Lamothe	WSE	12.44	2	Shalisha Patrick	U17 WSE	12.90
3	Laura Samuel	BIR	12.64	3	Amara Lalemi-Jacobs	U17 B&B	13.16
4	Rachel Dickens	U17 B&B	13.01	4	Melissa Hanson	U17 BIR	13.19
5	Lauren Lambie	U17 GSW	13.16	5	Eniola Oyesanya	U17 SBH	13.32
6	Rebecca Caswell	U17 EDN	13.32	6	Alana Sinclair	U17 GSW	13.43
7	Rhiannon Jeffreys	U17 WWA	13.48	7	Rachel Dinsdale	U17 EDN	13.86
8	Makeda Lewis	U17 SBH	13.57	8	Sarah Evans	WWA	DNF
W 200m A				W 200m B			
		Wind	-1.1 m/s			Wind	-1.2 m/s
1	Uzoma Nwachukwu	U17 E&H	25.23	1	Charlotte Wingfield	U17 E&H	25.63
2	Savannah Echel-Thomson	B&B	25.52	2	Rachel Dickens	U17 B&B	25.71
3	Chloe Lambert	U17 GSW	25.77	3	Chloe Mays	WSE	26.28
4	Melissa Hanson	U17 BIR	25.92	4	Fiona Cleat	EDN	26.94
5	Georgia Lamothe	WSE	26.06	5	Nardhia Kidd-Walker	BIR	27.04
6	Emily Dudgeon	EDN	27.17	6	Catrin Rees	U17 WWA	27.45
7	Rhiannon Jeffreys	U17 WWA	27.18	7	Roisin Howat	GSW	27.51
8	Eniola Oyesanya	U17 SBH	27.35	8	Alexis Abayomi	U17 SBH	30.33
W 400m A				W 400m B			
1	Savannah Echel-Thomson	B&B	55.9	1	Katrina Cosby	B&B	58.30
2	Diane Ramsay	GSW	57.6	2	Katie Brown	U17 E&H	60.37
3	Leah Barrow	WSE	58.0	3	Katie McKnight	GSW	60.86
4	Emily Dudgeon	EDN	58.3	4	Caitlin Froude	EDN	61.37
5	Cally Read	BIR	59.2	5	Liliane Sutton	U17 BIR	61.50
6	Jemima Osborn	U17 WWA	60.1	6	Sophie Thomas	WWA	61.51

7 Georgia Bell	U17 SBH 61.3	7 Ciara Stewart	U17 SBH 63.00
8 Charlotte Wingfield	U17 E&H 64.5	8 Laura Suggitt	U17 WSE 63.89
W 800m A		W 800m B	
1 Sophie Connor	SBH 2.14.90	1 Melissa Courtney	SBH 2.16.27
2 Olivia O'Hare	U17 EDN 2.15.27	2 Krystal Galley	B&B 2.21.52
3 Stella Winters	U17 GSW 2.16.55	3 Louisa Stewart	U17 EDN 2.23.66
4 Hannah Edwards	B&B 2.18.60	4 Sarah Hopcroft	BIR 2.25.92
5 Danni Seddon	E&H 2.20.75	5 Rhain Dawes	GSW 2.30.14
6 Bex Myers	WSE 2.21.92	6 Lois Bond	WSE 2.35.38
7 Monique Powell	BIR 2.24.39	7 Nicola Matheous	E&H 2.50.69
8 Catrin Rees	U17 WWA 2.39.71	8 Atlanta Williams	U17 WWA 3.00.09
W 1500m A		W 1500m B	
1 Sophie Connor	SBH 4.41.06	1 Catronia Lockie	GSW 4.48.18
2 Hollie Young	GSW 4.43.92	2 Georgia Bell	U17 SBH 4.54.77
3 Olivia O'Hare	U17 EDN 4.49.27	3 Louisa Stewart	U17 EDN 4.55.03
4 Angharad Davies	WWA 4.54.28	4 Cally Read	BIR 5.14.59
5 J Beresford-Smith	U17 BIR 4.58.90	5 Jemima Osborn	U17 WWA 5.15.39
6 Hannah Edwards	B&B 4.59.66	6 Danni Seddon	E&H 5.15.51
7 Katie Brown	U17 E&H 5.03.65	7 Alyssa Spitzer	U17 WSE 5.24.77
8 Rosie Adams	U17 WSE 5.09.96	8 Amber Reed	U17 B&B 5.30.14
W 3000m A		W 3000m B	
1 Melissa Courtney	SBH 10.18.49	1 Laura Muth	U17 BIR 10.57.70
2 April Hogg	U17 E&H 10.37.84	2 Isobel Thompson	U17 SBH 11.06.63
3 Danni Johnson	BIR 10.47.38	3 Deborah Hannah	U17 GSW 11.26.74
4 Alice Wills	U17 WSE 10.57.34	4 Danielle Critchley	B&B 11.36.67
5 Shannon McLennan	U17 GSW 11.00.27	5 Nicola Matheous	E&H 13.54.25
6 Clare Parkin	B&B 11.24.70	6 Isabelle Bough	U17 EDN DNF
7 Caitlin Gray	U17 EDN 11.30.26	7 Ella Pepper	U17 WSE DNF
W 100mH A		W 100mH B	
	Wind -1.7 m/s		Wind -1.3 m/s
1 Hazel Ross	U17 GSW 15.47	1 Katrina Cosby	B&B 15.51
2 Megan Southwart	B&B 15.69	2 Karina Jakovenko	BIR 16.40
3 Catrin Stone	WWA 15.79	3 Judith McNicol	U17 GSW 17.44
4 Victoria Dixon	SBH 17.19	4 Stacey Collins	U17 WWA 19.10
5 Dionne Samuels	BIR 17.47	5 Lauren Stoddart	EDN 20.03
6 Lilian Gowans	EDN 18.98	6 Imogen Stranis-Oppler	SBH 20.14
7 Kirsty Warland	E&H 23.81	7 Demi Barrance	U17 WSE DNF
8 Letisha Richardson	WSE DISQ	8	E&H DNS
W 400mH A		W 400mH B	
1 Katrina Cosby	B&B 1.00.41	1 Megan Southwart	B&B 1.05.52
2 Katie Stainton	U17 BIR 1.04.81	2 Atlanta Williams	U17 WWA 1.08.68
3 Emily Barrett	WSE 1.06.27	3 Fiona Trew	EDN 1.09.89
4 Angharad Davies	WWA 1.07.32	4 Kirsty Warland	E&H 1.12.79
5 Lauren Stoddart	EDN 1.07.82	5 Dionne Samuels	BIR 1.14.03
6 Zoe Levin	SBH 1.08.24	6 Judith McNicol	U17 GSW 1.14.12
7 Rebecca Hart	GSW 1.11.85	7 Victoria Walker	SBH 1.18.31
8 Sarah Driver	U17 E&H 1.12.15	8	WSE DNS
W 1500m Sc A		W 1500m Sc B	
1 Amy Talbot	E&H 5.18.39	1 Sarah Potter	GSW 5.47.46
2 Lauren Stoddart	EDN 5.23.19	2 Susannah Ditton	WSE 5.51.62
3 Victoria Walker	SBH 5.33.73	3 Zoe Levin	SBH 6.12.31
4 Maddie Murray	U17 GSW 5.40.25	4 Anna Sharrock	E&H 6.20.80
5 Maddie Garner	WSE 5.43.21	5 Mel Kane	B&B 6.36.98
6 Jess Jones	U17 B&B 5.50.12		
W Discus Throw A		W Discus Throw B	
1 Hannah Evenden	EDN 41.87	1 Kimberley Reid	U17 EDN 33.53
2 Sam Milner	B&B 38.89	2 Jessica Huddleston	WWA 30.94
3 Helen Broadbridge	SBH 37.56	3 Ellie Duffy-Penny	U17 B&B 30.70
4 Laura James	WSE 34.00	4 Sally Webster	GSW 24.45
5 Nina Prells	U17 WWA 33.40	5 Stephanie Hurst	BIR 23.65

6 Amy Johnson	U17 E&H 29.03	6 Iyabo Adekunle	U17 E&H 23.45
7 Jane Bourne	BIR 28.65		
8 Kirsty Yates	GSW 25.27		
W Hammer Throw A		W Hammer Throw B	
1 Hannah Evenden	EDN 52.10	1 Kimberley Reid	U17 EDN 48.40
2 Toni Wells	WWA 48.68	2 Amy Clemens	SBH 46.69
3 Helen Broadbridge	SBH 47.18	3 Ellie Norris	U17 WSE 30.93
4 Nasya Harvey	WSE 40.91	4 Kirsty Yates	GSW 28.83
5 Amy Johnson	U17 E&H 35.32	5 Gaby Cirillo	U17 WWA 26.25
6 Sally Webster	GSW 35.15	6 Sabine Efiannayi	B&B 24.61
7 Georgina Cousins	U17 B&B 30.78	7 Iyabo Adekunle	U17 E&H 23.54
8 Stephanie Hurst	BIR 24.26	8 Kelly Highman	BIR 22.62
W High Jump A		W High Jump B	
1 Isobel Pooley	E&H 1.80	1 Zoey Phillips	BIR 1.70
2 Emma Nuttall	EDN 1.75	2 Beth Grimsey	U17 E&H 1.60
3 Lizi Parry	BIR 1.75	3 Christine Lyston	U17 B&B 1.55
4 Gabrielle Rowsell	U17 SBH 1.65	4 Emily Morris	U17 WWA 1.55
5 Sarah Abrams	B&B 1.60	5 Sarah Warnock	EDN 1.55
6 Atlanta Williams	U17 WWA 1.60	6 Patricia Mbata	U17 SBH 1.45
7 Nikki Manson	U17 GSW 1.55	7 Letisha Richardson	WSE 1.45
8 Demi Barrance	U17 WSE 1.50		
W Javelin Throw A		W Javelin Throw B	
1 Paula Gass	U17 EDN 41.66	1 Zoe Priestley	WWA 33.98
2 Carys Mansfield	U17 WWA 39.63	2 Jade Perry	U17 BIR 32.97
3 Kate Morley	U17 BIR 39.22	3 Helen Farmer	WSE 32.19
4 Makeda Lewis	U17 SBH 37.05	4 Helen Broadbridge	SBH 27.88
5 Hannah Johnson	U17 WSE 36.82	5 Georgina Cousins	U17 B&B 23.43
6 Ellie Duffy-Penny	U17 B&B 29.11	6 Kimberley Reid	U17 EDN 20.52
7 Kirsty Yates	GSW 23.24	7 Evelyn Bryce	U17 GSW 18.71
8 Nicola Weekes	E&H 22.37		
W Long Jump A		W Long Jump B	
1 Sarah Warnock	EDN 5.97+2.1	1 Symone Keisha	SBH 5.45+6.5
2 Laura Samuel	BIR 5.73+2.6	2 Sarah Abrams	B&B 5.35+1.4
3 Gabrielle Rowsell	U17 SBH 5.66+2.3	3 Connie James	U17 BIR 5.25+1.9
4 Lauren Stevens	U17 B&B 5.62+4.4	4 Rachel Dinsdale	U17 EDN 4.75+3.2
5 Andrea Gaffney	U17 GSW 5.50+2.3	5 Ffion Rees	WWA 4.64+3.8
6 Mary Fasipe	E&H 5.31+3.2	6 Isobel Pooley	E&H 4.59+3.8
7 Catrin Stone	WWA 4.99+2.4	7 Letisha Richardson	WSE 4.46+1.8
8 Demi Barrance	U17 WSE 4.95+3.1	8 Nikki Manson	U17 GSW 3.99+3.2
W Pole Vault A		W Pole Vault B	
1 Beth Grimsey	U17 E&H 3.30	1 Megan Southwart	B&B 2.60
2 Alice Humble	WSE 2.90	2 Jade Tallent	WSE 2.60
3 Anna Huggins	U17 B&B 2.90	3 Joanna Willard	U17 E&H 2.30
4 Enfys Jones	U17 WWA 2.45	4 Zoe Levin	SBH 2.00
5 Holly Smith	U17 SBH 2.15	5 Emma Nuttall	EDN 1.70
6 Katie Logan	U17 EDN 1.85		
W Shot Putt A		W Shot Putt B	
1 Hannah Evenden	EDN 12.47	1 Sam Milner	B&B 11.13
2 Sabine Efiannayi	B&B 12.27	2 Lucy Griffiths	U17 WWA 10.73
3 Kirsty Yates	GSW 11.98	3 Jade Perry	U17 BIR 9.70
4 Toni Wells	WWA 10.81	4 Paula Gass	U17 EDN 9.27
5 Stephanie Hurst	BIR 9.79	5 Nneka Ofulue	SBH 9.24
6 Simisola Oyesanya	U17 SBH 9.54	6 Amy Johnson	U17 E&H 8.72
7 Iyabo Adekunle	U17 E&H 8.99	7 Sally Webster	GSW 8.70
8 Letisha Richardson	WSE 8.60	8 Ellie Norris	U17 WSE 8.15
W Triple Jump A		W Triple Jump B	
1 Laura Samuel	BIR 12.46+3.5	1 Lauren Stevens	U17 B&B 10.76+3.2
2 Sarah Warnock	EDN 11.72+2.1	2 Andrea Barrow	U17 BIR 9.90+1.9
3 Sarah Abrams	B&B 11.39+3.6	3 Patricia Mbata	U17 SBH 9.79+1.8

4 Mary Fasipe	E&H 11.31+1.8	4 Sharon Kazinga	U17 E&H 9.35+2.8
5 Symone Keisha	SBH 11.11+2.8	5 Rachel Dinsdale	U17 EDN 9.26+2.0
6 Letisha Richardson	WSE 10.08+3.4	6 Chelsea Christopher	U17 WWA 8.97+1.3
7 Emma Dowd	GSW 9.72+2.0	7 Sophie Purkis	WSE 8.87+5.6
8 Rhiannon Thomas	U17 WWA 9.31+2.2		

W 4x100m Relay

1 E&H 48.14	1 Kirsty Warland	2 Uzoma Nwachukwu	U17
	3 Charlotte Wingfield	4 Bianca Williams	U17
2 WSE 48.55	1 Chloe Mays	2 Shalisha Patrick	U17
	3 Leah Barrow	4 Georgia Lamothe	
3 B&B 48.79	1 Georgina Middleton	2 Amara Lalemi-Jacobs	U17
	3 Rachel Dickens	4 Grace Sheppard	
4 BIR 49.79	1 Dionne Samuels	2 Karina Jakovenko	
	3 Nardhia Kidd-Walker	4 Melissa Hanson	U17
5 GSW 50.26	1 Lauren Lambie	2 Alana Sinclair	U17
	3 Rebecca Hart	4 Chloe Lambert	U17
6 EDN 50.72	1 Rebecca Caswell	2 Rachel Dinsdale	U17
	3 Sarah Warnock	4 Fiona Cleat	
7 WWA 50.94	1 Stacey Collins	2 Catrin Stone	
	3 Catrin Rees	4 Rhiannon Jeffreys	U17
8 SBH 52.24	1 Imogen Stranis-Oppler	2 Gabrielle Rowsell	U17
	3 Victoria Dixon	4 Makeda Lewis	U17

W 4x400m Relay

1 B&B 3.55.84	1 Krystal Galley	2 Megan Southwart	
	3 Katrina Cosby	4 Savannah Echel-Thomson	
2 SBH 3.58.15	1 Gabrielle Rowsell	2 Melissa Courtney	U17
	3 Sophie Connor	4 Chisom Nwachukwu	U17
3 GSW 3.58.19	1 Roisin Howat	2 Katie McKnight	
	3 Hollie Young	4 Diane Ramsay	
4 BIR 4.01.64	1 Liliane Sutton	2 Katie Stainton	U17
	3 J Beresford-Smith	4 Cally Read	U17
5 EDN 4.03.38	1 Caitlin Froude	2 Fiona Trew	
	3 Fiona Cleat	4 Emily Dudgeon	
6 E&H 4.11.74	1 Danni Seddon	2 Sarah Driver	U17
	3 Amy Talbot	4 Katie Brown	U17
7 WWA 4.12.82	1 Angharad Davies	2 Ffion Rees	
	3 Sophie Thomas	4 Jemima Osborn	U17
8 WSE DISQ			

M 4x100m Relay

1 EDN 42.31	1 Allan Hamilton	2 Isaiah Symonds	
	3 Tom Holligan	4 Keiran Kivlin	U17
2 B&B 42.96	1 Ben Hopkins	2 Ben Parkin	
	3 Matthew Walcott	4 Dan Putnam	
3 WSE 43.29	1 Johnny Sawyers	2 Stewart Challis	
	3 Tom Evans	4 Deji Tobais	
4 BIR 43.74	1 Curtis Holmes	2 Shane Henry	
	3 Onajite Okoro	4 Antoe Walters	
5 WWA 44.41	1 Lewis Evans	2 Jamie Price	
	3 Kueni Igbagiri	4 Paul Bennett	
6 GSW 45.19	1 John Mulhern	2 David Kerr	U17
	3 Angus Lauder	4 Andrew McFarlane	U17
7 SBH DNF			
8 E&H DNF			

M 4x400m Relay

1 EDN 3.18.77	1 Peter Loudon	2 Ross Matheson	
	3 Tom Holligan	4 Greg Loudon	U17
2 WSE 3.20.80	1 Josh Moss	2 Sam Maguire	U17
	3 Ashley Fry	4 Stewart Challis	
3 E&H 3.24.18	1 Darron Corbin	2 Nii Ashiquaye	HammondU17

		3 Mustaspha Gaye	4 Errol Houston
4 SBH 3.25.16	1 Mali Lewis U17	2 Charles Gunning	
	3 Richard CharlesU17	4 Richard Goodman	
5 GSW 3.25.30	1 Daniel Chapman	2 Kenny Love	
	3 Grant Muir U17	4 Conner Henderson	
6 BIR 3.25.37	1 Scott GregoryU17	2 Efekomo Okoro	
	3 Wayne Stewart	4 Jarryd Dunn	
7 WWA 3.33.21	1 Dafydd Walters	2 Jamie Price	
	3 Carwyn EvansU17	4 Paul Bennett	
8 B&B 3.35.87	1 Ben Parkin	2 Ben Hopkins	
	3 Jonathan PettetU17	4 Dan Putnam	

Points

1 Blackheath & Bromley H&AC	459
2 Shaftesbury Barnet H.	453
3 Team Edinburgh	446
4 Birchfield Harriers	408
5 Enfield & Haringey AC	389
6 Team Glasgow	386
7 Windsor, Slough, Eton, H'low	351
8 West Wales	290

Athlete of the Match: S Watson WSEH Discus 52.41M. G Louden Team Ed 400M 48.19S
H Evenden Team Ed Discus 41.87M. K Cosby B&B 400MH 60.41S

		BIR	B&B	E&H	SBH	EDN	GSW	WWA	WSE	POINTS		
Team 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	4	8	6	7	3	5	11	53	0	53
	B	4	6	7	5	9	2	1	3	37	0	37
Cumulative		13	10	15	11	16	5	6	14	90	0	90
M 200m	A	4	7	6	8	9	3	5	11	53	0	53
	B	3	6	9	4	7	2	0	5	36	1	37
Cumulative		20	23	30	23	32	10	11	30	179	1	180
M 400m	A	9	7	6	5	11	4	3	8	53	0	53
	B	9	7	5	6	1	3	2	4	37	0	37
Cumulative		38	37	41	34	44	17	16	42	269	1	270
M 800m	A	5	4	6	9	11	8	3	7	53	0	53
	B	2	5	4	6	9	7	3	1	37	0	37
Cumulative		45	46	51	49	64	32	22	50	359	1	360
M 1500m	A	6	3	5	11	9	8	4	7	53	0	53
	B	4	2	1	9	5	6	3	7	37	0	37
Cumulative		55	51	57	69	78	46	29	64	449	1	450
M 3000m	A	3	8	5	11	9	6	4	7	53	0	53
	B	0	4	3	6	9	5	0	7	34	3	37
Cumulative		58	63	65	86	96	57	33	78	536	4	540
M 110mH	A	11	9	6	8	3	5	7	4	53	0	53
	B	9	6	7	3	5	4	2	0	36	1	37
Cumulative		78	78	78	97	104	66	42	82	625	5	630
M 400mH	A	3	7	4	6	5	8	11	9	53	0	53
	B	3	9	1	5	2	4	6	7	37	0	37
Cumulative		84	94	83	108	111	78	59	98	715	5	720
M 2000Sc	A	6	4	5	11	8	9	3	7	53	0	53
	B	0	4	3	7	5	9	0	6	34	3	37
Cumulative		90	102	91	126	124	96	62	111	802	8	810
M DT	A	8	4	7	9	5	6	3	11	53	0	53
	B	7	4	0	0	5	6	3	9	34	3	37
Cumulative		105	110	98	135	134	108	68	131	889	11	900
M HT	A	8	7	11	9	5	6	4	0	50	3	53
	B	9	5	6	0	7	4	0	0	31	6	37
Cumulative		122	122	115	144	146	118	72	131	970	20	990

	Team No's	BIR								POINTS		
		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste Tot	
M HJ	A	9	5	4	7	6	11	8	3	53	0	53
	B	1	3	2	7	6	9	5	4	37	0	37
	Cumulative	132	130	121	158	158	138	85	138	1060	20	1080
M JT	A	9	8	4	11	3	6	7	5	53	0	53
	B	4	2	3	9	5	6	7	1	37	0	37
	Cumulative	145	140	128	178	166	150	99	144	1150	20	1170
M LJ	A	7	11	4	8	9	5	6	3	53	0	53
	B	3	5	9	6	4	7	2	0	36	1	37
	Cumulative	155	156	141	192	179	162	107	147	1239	21	1260
M PV	A	6	9	8	11	0	7	4	5	50	3	53
	B	6	7	0	9	0	5	0	4	31	6	37
	Cumulative	167	172	149	212	179	174	111	156	1320	30	1350
M SP	A	7	4	11	9	3	6	5	8	53	0	53
	B	9	4	6	7	3	5	2	0	36	1	37
	Cumulative	183	180	166	228	185	185	118	164	1409	31	1440
M TJ	A	7	11	5	4	6	8	3	9	53	0	53
	B	6	2	7	4	9	3	1	5	37	0	37
	Cumulative	196	193	178	236	200	196	122	178	1499	31	1530
W 100m	A	8	7	11	3	5	6	4	9	53	0	53
	B	5	6	9	4	2	3	0	7	36	1	37
	Cumulative	209	206	198	243	207	205	126	194	1588	32	1620
W 200m	A	7	9	11	3	5	8	4	6	53	0	53
	B	4	7	9	1	5	2	3	6	37	0	37
	Cumulative	220	222	218	247	217	215	133	206	1678	32	1710
W 400m	A	6	11	3	4	7	9	5	8	53	0	53
	B	4	9	7	2	5	6	3	1	37	0	37
	Cumulative	230	242	228	253	229	230	141	215	1768	32	1800
W 800m	A	4	7	6	11	9	8	3	5	53	0	53
	B	5	7	2	9	6	4	1	3	37	0	37
	Cumulative	239	256	236	273	244	242	145	223	1858	32	1890
W 1500m	A	6	5	4	11	8	9	7	3	53	0	53
	B	5	1	3	7	6	9	4	2	37	0	37
	Cumulative	250	262	243	291	258	260	156	228	1948	32	1980
W 3000m	A	8	5	9	11	4	6	0	7	50	3	53
	B	9	5	4	7	0	6	0	0	31	6	37
	Cumulative	267	272	256	309	262	272	156	235	2029	41	2070

Team No's	BIR 1 11	B&B 2 22	E&H 3 33	SBH 4 44	EDN 5 55	GSW 6 66	WWA 7 77	WSE 8 88	POINTS		
									Used	Waste	Tot
W 100mH A	6	9	4	7	5	11	8	0	50	3	53
B	7	9	0	3	4	6	5	0	34	3	37
Cumulative	280	290	260	319	271	289	169	235	2113	47	2160
W 400mH A	9	11	3	5	6	4	7	8	53	0	53
B	4	9	5	2	6	3	7	0	36	1	37
Cumulative	293	310	268	326	283	296	183	243	2202	48	2250
W 1500Sc A	0	5	11	8	9	7	0	6	46	7	53
B	0	4	5	6	0	9	0	7	31	6	37
Cumulative	293	319	284	340	292	312	183	256	2279	61	2340
W DT A	4	9	5	8	11	3	6	7	53	0	53
B	4	6	3	0	9	5	7	0	34	3	37
Cumulative	301	334	292	348	312	320	196	263	2366	64	2430
W HT A	3	4	6	8	11	5	9	7	53	0	53
B	1	3	2	7	9	5	4	6	37	0	37
Cumulative	305	341	300	363	332	330	209	276	2456	64	2520
W HJ A	8	6	11	7	9	4	5	3	53	0	53
B	9	6	7	3	4	0	5	2	36	1	37
Cumulative	322	353	318	373	345	334	219	281	2545	65	2610
W JT A	8	5	3	7	11	4	9	6	53	0	53
B	7	4	0	5	3	2	9	6	36	1	37
Cumulative	337	362	321	385	359	340	237	293	2634	66	2700
W LJ A	9	7	5	8	11	6	4	3	53	0	53
B	6	7	3	9	5	1	4	2	37	0	37
Cumulative	352	376	329	402	375	347	245	298	2724	66	2790
W PV A	0	8	11	6	5	0	7	9	46	7	53
B	0	9	6	5	4	0	0	7	31	6	37
Cumulative	352	393	346	413	384	347	252	314	2801	79	2880
W SP A	6	9	4	5	11	8	7	3	53	0	53
B	6	9	3	4	5	2	7	1	37	0	37
Cumulative	364	411	353	422	400	357	266	318	2891	79	2970
W TJ A	11	8	7	6	9	4	3	5	53	0	53
B	7	9	5	6	4	0	3	2	36	1	37
Cumulative	382	428	365	434	413	361	272	325	2980	80	3060
W 4x1	7	8	11	3	5	6	4	9	53	0	53
Cumulative	389	436	376	437	418	367	276	334	3033	80	3113
W 4x4	7	11	5	9	6	8	4	0	50	3	53
Cumulative	396	447	381	446	424	375	280	334	3083	83	3166

Team No's	BIR	B&B	E&H	SBH	EDN	GSW	WWA	WSE	POINTS		
	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
M 4x1	7	9	0	0	11	5	6	8	46	7	53
Cumulative	403	456	381	446	435	380	286	342	3129	90	3219
M 4x4	5	3	8	7	11	6	4	9	53	0	53
Cumulative	408	459	389	453	446	386	290	351	3182	90	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	408	459	389	453	446	386	290	351	3182	90	3272
TOTALS	408	459	389	453	446	386	290	351	3182	90	3272

Pos	Team	Points	Add	Sub	Total	Lge
1	Blackheath & Bromley H&AC	459	0	0	459	8
2	Shaftesbury Barnet H.	453	0	0	453	7
3	Team Edinburgh	446	0	0	446	6
4	Birchfield Harriers	408	0	0	408	5
5	Enfield & Haringey AC	389	0	0	389	4
6	Team Glasgow	386	0	0	386	3
7	Windsor, Slough, Eton, H'low	351	0	0	351	2
8	West Wales	290	0	0	290	1

Used + add - sub = total 3182 0 0 3182
 Unused points 90 90
 (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
B&B A	5	7	5	7	1	5	6	2	B 7	5	6	4	6	2	3	1
SBH A	8	5	7	5	4	3	2	3	B 5	6	6	4	4	3	2	1
EDN A	9	8	2	2	4	8	1	3	B 6	2	4	9	5	2	2	1
BIR A	2	6	6	7	7	2	3	3	B 6	4	4	3	7	3	1	2
E&H A	8	1	3	2	6	7	7	3	B 4	5	3	4	2	7	3	2
GSW A	2	3	8	2	10	4	5	3	B 4	2	6	5	4	4	5	1
WSE A	3	6	5	7	3	4	1	6	B 1	6	4	2	3	2	4	4
WWA A	1	2	2	6	3	5	10	7	B 1	4	1	3	3	6	4	3

Men	Points	Women	Points
1 Shaftesbury Barnet H.	243	1 Blackheath & Bromley H&AC	254
2 Team Edinburgh	222	2 Team Edinburgh	224
3 Birchfield Harriers	208	3 Shaftesbury Barnet H.	210
4 Team Glasgow	207	4 Enfield & Haringey AC	203
5 Blackheath & Bromley H&AC	205	5 Birchfield Harriers	200
6 Windsor, Slough, Eton, H'low	195	6 Team Glasgow	179
7 Enfield & Haringey AC	186	7 West Wales	158
8 West Wales	132	8 Windsor, Slough, Eton, H'low	156