

100m A			Wind -0.1 m/s			100m B			Wind -1.8 m/s		
1	Dele Onifade	HHH	10.6	1	James Alaka	B&B	10.9				
2	Funmi Sobodu	B&B	10.8	2	Idris Ojuriye	HHH	11.0				
3	Paul Judson	NOT	10.9	3	Mark Dunwell	NOT	11.3				
4	Phil Doorgachurn	CDF	10.9	4	Gareth Dodd	SWS	11.3				
5	Andy Blow	BSK	10.9	5	Elliot O'Neill	CDF	11.4				
6	Andrew Smith	SWS	11.1	6	Jon Elderfield	BSK	11.7				
7	Fran Baker	DBY	11.2	7	Matt Woolley	DBY	11.8				
8	Keith Palmer	STD	12.5	8	Greg Goodrem	STD	12.4				

200m A			Wind +0.3 m/s			200m B			Wind -1.8 m/s		
1	James Alaka	B&B	21.6	1	Paul Judson	NOT	21.9				
2	Andy Blow	BSK	21.7	2	Idris Ojuriye	HHH	22.0				
3	Andrew Smith	SWS	22.0	3	Funmi Owolade	B&B	22.0				
4	Phil Doorgachurn	CDF	22.2	4	David Hynes	CDF	22.2				
5	Matthew Green	NOT	22.6	5	Gareth Dodd	SWS	22.3				
6	Tom Alldread	DBY	23.1	6	John Dickinson	BSK	24.2				
7	Keith Palmer	STD	55.6	7	Michael Copeland	DBY	25.0				

400m A			400m B				
1	Matthew Harrison	STD	48.2	1	Sam Cordin	NOT	49.1
2	Michael Warner	NOT	48.3	2	Ed Harrison	B&B	49.4
3	Matt Elias	CDF	48.5	3	Tom Miller	CDF	49.6
4	Chris Gowell	SWS	48.9	4	Jonathan Lavers	SWS	50.6
5	Lemar Charles	B&B	49.2	5	Thomas Ashby	HHH	52.2
6	Jon Elderfield	BSK	49.6	6	Duncan Stevenson	BSK	52.4
7	Tom Alldread	DBY	49.6	7	Tom Lawrence	DBY	52.5
8	Gary Linton	HHH	51.6	8	Lloyd Hartman	STD	53.3

800m A			800m B				
1	Gareth Warburton	CDF	1:52.0	1	Jorge Thomas	CDF	1:54.4
2	Martyn Gibbons	NOT	1:53.8	2	Jonathan Butler	SWS	1:55.7
3	Michael Skinner	B&B	1:54.4	3	David McKinlay	B&B	1:56.3
4	Sam Walsh	SWS	1:54.9	4	Richard Warburton	NOT	1:57.9
5	Tom Graham	BSK	1:57.9	5	Tom Lawrence	DBY	1:58.3
6	Pete Smale	STD	1:58.0	6	Lloyd Hartman	STD	1:59.7
7	Andy Prohett	DBY	2:02.4	7	Steve Turville	BSK	2:04.1
8	Tim Elsey	HHH	2:05.5	8	Simon Coombes	HHH	2:05.6

1500m A			1500m B				
1	Michael Skinner	B&B	3:49.7	1	John Hutchins	BSK	3:56.6
2	Phil Tulba	BSK	3:52.9	2	Ben Hunter	STD	4:02.6
3	Peter Bridger	SWS	3:53.2	3	James Williams	CDF	4:03.6
4	Colin Hawkins	DBY	3:58.5	4	Dan Ryan	B&B	4:05.6
5	Colin Miles	STD	3:58.6	5	Chris Davison	DBY	4:09.7
6	Joe Thomas	CDF	4:02.2	6	Ali Hassan Hamad	HHH	4:15.2
7	Tim Elsey	HHH	4:04.4	7	Sam Walsh	SWS	4:20.5
8	Steve Long	NOT	4:04.9	8	Martyn Gibbons	NOT	4:26.0

5000m A			5000m B				
1	Jonathan Thewlis	NOT	14:40.9	1	Lewys Hobbs	SWS	14:50.7
2	Mike Johnson	CDF	14:48.0	2	Tim Hartley	NOT	14:51.4
3	Marc Hobbs	SWS	14:50.3	3	Peter Tucker	B&B	15:01.5
4	Andrew Raynor	B&B	14:57.9	4	Jon Hanblen	STD	15:18.1
5	Adam Hickey	STD	15:07.0	5	Ben Paviour	HHH	15:26.4
6	James McMullan	HHH	15:07.9	6	Chris Discombe	CDF	16:03.3
7	David Westbury	DBY	15:51.8	7	Chris Peach	DBY	16:06.0
8	David Fry	BSK	16:08.6	8	Darrell May	BSK	16:29.3

110m Hurdles A		Wind -1.0 m/s
1	Alex Al Ameen	B&B 15.0
2	Fran Baker	DBY 15.1
3	Ben Hazell	BSK 15.1
4	Simon Wombwell	NOT 15.6
5	Steven Boyles	SWS 15.7
6	Thomas Ashby	HHH 15.7
7	Simon Hemmings	STD 16.6
8	Matt Ledger	CDF 18.9

110m Hurdles B		Wind -0.6 m/s
1	Taiwo Sodeyi	B&B 15.1
2	Owen Jones	SWS 15.8
3	Rob Kite	BSK 16.4
4	Daniel Everett	NOT 16.6
5	Greg Goodrem	STD 17.1
6	Michael Copeland	DBY 17.9

400m Hurdles A		
1	David Greene	SWS 51.0
2	Ed Harrison	B&B 52.8
3	Barry Upton	CDF 54.9
4	John Bell	DBY 56.0
5	Daniel Everett	NOT 56.6
6	Richard Fox	BSK 58.8
7	Greg Goodrem	STD 60.5
8	Simon Wurr	HHH 82.1

400m Hurdles B		
1	Derek Paisley	B&B 55.4
2	Tom Offler	NOT 55.9
3	Philip Harries	DBY 59.2
4	Owen Jones	SWS 65.4
5	Joe Flitcroft	BSK 68.7
6	Marck Waive	STD 72.3
7	Keith Newton	HHH 86.6

3000m SC A		
1	Bruce Raeside	NOT 9:01.4
2	James Williams	CDF 9:24.6
3	Simon Wurr	HHH 9:25.3
4	Darrell May	BSK 9:39.5
5	Alex Bruce-Littlewood	B&B 9:44.4
6	Daniel Gurmin	SWS 9:53.4
7	Heindrik Zietsman	STD 9:58.1
8	Scott Partridge	DBY 10:32.8

3000m SC B		
1	David Fry	BSK 9:44.4
2	Colin Palmer	NOT 9:44.9
3	Alex Gibbins	B&B 9:49.0
4	Craig Hopkins	SWS 9:58.4
5	Keith Newton	HHH 9:58.6
6	Roy Scott	STD 9:58.9
7	Gareth Wiltshire	CDF 10:19.1
8	Richard Wilson	DBY 10:58.2

Discus Throw A		
1	Brett Morse	CDF 51.57
2	Ryan Spencer-Jones	SWS 44.86
3	Ben Hazell	BSK 44.67
4	Garry Power	HHH 38.83
5	Nigel Winchcombe	NOT 36.64
6	Matt Woolley	DBY 28.19
7	Rob Franks	STD 22.64
8	Nick Gasson	B&B 17.85

Discus Throw B		
1	Dave Coleman	CDF 49.88
2	Peter Roberts	SWS 41.19
3	Kevin Burke	HHH 32.10
4	Barry Hawksworth	DBY 25.56
5	Greg Goodrem	STD 20.55
6	Pat Calnan	B&B 8.19

Hammer Throw A		
1	Chris Shorthouse	NOT 57.49
2	Steve Sammutt	BSK 57.17
3	Matthew Richards	SWS 56.52
4	Stuart Thurgood	HHH 55.78
5	Malcolm Fenton	STD 51.30
6	Chris Jack	DBY 36.36
7	Matt Ledger	CDF 21.78
8	Steve Holmes	B&B 7.60

Hammer Throw B		
1	Mark Hanily	HHH 54.87
2	Nigel Winchcombe	NOT 46.15
3	Simon Williams	BSK 39.22
4	Terry Lalley (M55)	SWS 36.13
5	Barry Hawksworth	DBY 35.94
6	Rob Franks	STD 18.02
7	Pat Calnan	B&B 3.75
8		

High Jump A		
1	Kabelo Mmono	CDF 2.10
2	Matthew Ashley	NOT 1.95
3	Adam Gallie	DBY 1.90
4=	Lewis Ely	B&B 1.85
4=	Rob Kite	BSK 1.85
4=	Thomas Ashby	HHH 1.85
7	Simon Hemmings	STD 1.85
8	Robby Wells	SWS 1.75

High Jump B		
1=	Ben Hazell	BSK 1.85
1=	Matt Ledger	CDF 1.85
3	Greg Goodrem	STD 1.80
4	Harry Mostyn	SWS 1.75
5	Hansley Jones	HHH 1.70
6	Michael Copeland	DBY 1.60
7	J Hayden	NOT 1.50

Javelin Throw A

1	Stuart Harvey	B&B	63.42
2	Jonathon Clarke (M40)	SWS	58.60
3	Chris Eden	NOT	58.05
4	Richard Woolley	DBY	55.82
5	Ben Hazell	BSK	48.35
6	Matt Ledger	CDF	46.94
7	Thomas Ashby	HHH	43.01
8	Rob Franks	STD	40.74

Javelin Throw B

1	Oliver Wright	SWS	49.33
2	Matt Woolley	DBY	47.79
3	Clement Bartley	NOT	42.42
4	Josh Williams	CDF	40.39
5	Richard Fox	BSK	38.10
6	Jason Fry	STD	35.05
7	Kevin Burke	HHH	29.62
8	David McKinlay	B&B	22.14

Long Jump A

1	Royden John	HHH	6.91
2	Gary White	CDF	6.88
3	Fran Baker	DBY	6.75
4	Rob Kite	BSK	6.63
5	Mark Lawrence	NOT	6.42
6	Harry Mostyn	SWS	6.33
7	Kevin Brown	STD	6.07
8	Lewis Ely	B&B	4.89

Long Jump B

1	Paul Oluyemi	HHH	6.74
2	Matt Woolley	DBY	6.41
3	John Dickinson	BSK	6.12
4	Gareth Wiltshire	CDF	5.98
5	James Baines	NOT	5.91
6	Robby Wells	SWS	5.84
7	Greg Goodrem	STD	5.65
8	Pat Calnan	B&B	2.14

Pole Vault A

1	Scott Huggins	B&B	5.00
2	Jason Fry	STD	4.20
3	Ben Hazell	BSK	4.20
4	Glyn Price	SWS	3.80
5	Adam Lyons	NOT	3.60
6	Kevin Burke	HHH	3.20
7	Philip Harries	DBY	2.60
8	Matt Ledger	CDF	2.60

Pole Vault B

1	John Dickinson	BSK	4.00
2	Pete Smale	STD	2.60
3	Thomas Ashby	HHH	2.20
4=	Tom Lawrence	DBY	2.00
4=	Owen Jones	SWS	2.00

Shot Putt A

1	Ryan Spencer-Jones	SWS	14.41
2	Brett Morse	CDF	14.36
3	Ben Hazell	BSK	13.37
4	Kevin Burke	HHH	12.98
5	James Cottrell	DBY	12.77
6	Nigel Winchcombe	NOT	10.89
7	Duayne Bovell	B&B	9.66
8	Jason Fry	STD	8.37

Shot Putt B

1	Simon Williams	BSK	13.11
2	Dave Colman	CDF	11.79
3	Thomas Rees	SWS	11.78
4	Stuart Thurgood	HHH	10.55
5	Chris Shorthouse	NOT	8.87
6	Barry Hawksworth	DBY	8.84
7	Rob Franks	STD	6.65
8	Scott Huggins	B&B	5.44

Triple Jump A

1	Owen Jones	SWS	13.89
2	Kevin Brown	STD	13.27
3	Mark Lawrence	NOT	12.97
4	David Smith	DBY	12.91
5	Duayne Bovell	B&B	12.32
6	Jon Elderfield	BSK	11.43
7	Hansley Jones	HHH	10.64

Triple Jump B

1	Harry Mostyn	SWS	13.12
2	Richard Woolley	DBY	12.22
3	Greg Goodrem	STD	11.59
4	James Baines	NOT	11.41
5	Lewis Ely	B&B	9.50
6	Joe Flitcroft	BSK	9.26

4 x 100m Relay

1	NOT	42.6	1	Simon Wombwell	2	Luke Stott
			3	Mark Dunwell	4	Paul Judson
2	B&B	42.8	1	Duayne Bovell	2	Taiwo Sodeyi
			3	James Alaka	4	Funmi Sobodu
3	CDF	43.0	1	David Hynes	2	Phil Doorgachurn
			3	James Moore	4	Elliot O'Neill
4	DBY	43.8	1	Matt Woolley	2	Tom Alldread
			3	David Smith	4	Fran Baker
5	BSK	45.8	1	John Dickinson	2	Rob Kite
			3	Richard Fox	4	Andy Blow
6	STD	47.5	1	Rob Franks	2	Kevin Brown
			3	Simon Hemmings	4	Greg Goodrem

4 x 400m Relay

1	NOT	3:16.2	1	Sam Cordin	2	Matthew Green
			3	Luke Stott	4	Michael Warner
2	CDF	3:16.2	1	Barry Upton	2	Gareth Warburton
			3	Tom Miller	4	Matt Elias
3	BSK	3:17.4	1	Richard Fox	2	Jon Elderfield
			3	Ben Hazell	4	Andy Blow
4	SWS	3:20.1	1	Chris Gowell	2	Jonathan Lavers
			3	Gareth Dodd	4	Andrew Smith
5	B&B	3:25.7	1	Derek Paisley	2	James Alaka
			3	Dan Ryan	4	David McKinlay
6	HHH	3:26.1	1	Gary Linton	2	Kevin Burke
			3	Lawrence Mensah	4	Thomas Ashby
7	DBY	3:30.4	1	Fran Baker	2	Tom Alldread
			3	Tom Lawrence	4	Colin Hawkins
8	STD	3:31.3	1	Pete Smales	2	Matthew Harrison
			3	Lloyd Hartman	4	Ben Hunter

MATCH RESULT

	EVENT	LGE
1	NOT 327	8
2	SWS 318	7
3	B&B 297	6
4	BSK 290	5
5	CDF 287	4
6	DBY 227	3
7	HHH 223	2
8	STD 202	1

LEAGUE STANDINGS

	EVENT	LGE
1	NOTTS AC	327 8
2	SWANSEA HARRIERS	318 7
3	BLACKHEATH & BROMLEY H&AC	297 6
4	BASINGSTOKE & ID HANTS AC	290 5
5	CARDIFF AC	287 4
6	DERBY AC	227 3
7	HERNE HILL HARRIERS	223 2
8	SOUTHEND ON SEA AC	202 1

Athlete of the Match

DAVID GREEN SWS 51.0 secs 400m HURDLES

100m

1	Duayne Bovell	BBH	11.1
2	David Hynes	CAR	11.1
3	Luke Stott	NOT	11.1
4	Lawrence Mensah	HHH	11.2
5	Daryl Thomas	HHH	11.6

100m

1	Femi Owolade	BBH	10.9
2	Matt Green	NOT	11.2
3	Yomi Adeyemi	HHH	11.3
4	Paul Oluyemi	HHH	11.3
5	James Moore	CAR	11.4