

'A' string

100m			wind: -2.5m/s		
1	201	Jonathan Barbour	2	Blackheath & Broml	10.80
2	101	Ben Ellis	1	Basingstoke & Mid	10.94
3	501	Idris Ojuriye	5	Herne Hill Harriers	11.01
4	601	Paul Judson	6	Notts AC	11.03
5	801	Oladele Bamisaye	8	Swansea Harriers	11.32
6	401	Jamie Gill	4	Derby AC	11.34
7	301	Matt Elias	3	Cardiff AAC	11.34
8	701	Keith Palmer	7	Southend AC	12.59

200m			wind: -0.4m/s		
1	102	Ben Ellis	1	Basingstoke & Mid	21.35
2	602	Paul Judson	6	Notts AC	21.66
3	502	Lawrence Mensah	5	Herne Hill Harriers	21.92
4	202	Jonathan Barbour	2	Blackheath & Broml	22.31
5	302	Matt Elias	3	Cardiff AAC	22.40
6	402	Jamie Gill	4	Derby AC	22.60
7	802	Neville Johnson	8	Swansea Harriers	24.32
8	702	Keith Palmer	7	Southend AC	25.01

400m					
1	104	Mark Berridge	1	Basingstoke & Mid	48.83
2	604	Michael Warner	6	Notts AC	49.16
3	204	Ed Harrison	2	Blackheath & Broml	50.60
4	804	Neville Johnson	8	Swansea Harriers	51.50
5	504	Gary Linton	5	Herne Hill Harriers	51.52
6	304	Tom Bryans	3	Cardiff AAC	52.18
7	404	Arron Brown	4	Derby AC	52.68
8	704	Pete Smale	7	Southend AC	53.79

800m					
1	308	Chris Moss	3	Cardiff AAC	01:51.60
2	608	Bruce Raeside	6	Notts AC	01:52.82
3	208	David McKinley	2	Blackheath & Broml	01:56.25
4	808	Peter Bridger	8	Swansea Harriers	01:56.65
5	108	Tom Graham	1	Basingstoke & Mid	01:58.93
6	408	Tom Lawrence	4	Derby AC	01:59.17
7	708	David Smale	7	Southend AC	02:00.88
8	508	Tim Elsey	5	Herne Hill Harriers	02:04.68

1500m					
1	215	Scott Overall	2	Blackheath & Broml	3:48.34
2	615	Bruce Raeside	6	Notts AC	3:49.23
3	2215	Mike Skinner	22	Blackheath & Broml	3:50.62
4	115	Phil Tulba	1	Basingstoke & Mid	3:55.05
5	1115	John Hutchins	11	Basingstoke & Mid	3:57.90
6	715	Colin Miles	7	Southend AC	3:58.18
7	515	Kevin Quinn	5	Herne Hill Harriers	3:59.04
8	815	Martin Conroy	8	Swansea Harriers	4:00.18
9	315	Harry Jones	3	Cardiff AAC	4:06.87
10	8815	Steve Davies	88	Swansea Harriers	4:08.50
11	5515	Ben Paviour	55	Herne Hill Harriers	4:10.20
12	6615	Chris McGurk	66	Notts AC	4:11.53
13	415	David Westbury	4	Derby AC	4:13.65
14	7715	Tom Frith	77	Southend AC	4:14.86
15	3315	Danny Evans	33	Cardiff AAC	4:29.00
16	4415	Callum Chambers	44	Derby AC	5:42.30

5000m					
1	216	Andrew Rayner	2	Blackheath & Broml	15:04.28
2	616	Martin Whitehouse	6	Notts AC	15:5.90
3	6616	Tim Hartley	66	Notts AC	15:9.45
4	316	Nat Lane	3	Cardiff AAC	15:17.01
5	2216	Peter Tucker	22	Blackheath & Broml	15:19.06
6	816	Daniel Gurmin	8	Swansea Harriers	15:20.41
7	516	James McMullan	5	Herne Hill Harriers	15:22.66
8	3316	Dan Stevens	33	Cardiff AAC	15:35.53
9	8816	Lewys Hobbs	88	Swansea Harriers	15:53.73
10	5516	Ali Hammad	55	Herne Hill Harriers	16:12.59
11	716	Heindrik Zeitman	7	Southend AC	16:14.21
12	416	Tom Offord	4	Derby AC	16:59.97
13	7716	Mark Waive	77	Southend AC	17:34.45
14	4416	Richard Wilson	44	Derby AC	18:14.01
15	116	-	1	Basingstoke & Mid	18:19.71
16					

'B' string

100m			wind: +1.2m/s		
1	22	Blackheath & Broml	1	Duayne Bovell	10.92
2	11	Basingstoke & Mid	2	Robert Graham	10.98
3	66	Notts AC	3	Andy Blow	11.01
4	33	Cardiff AAC	4	Mark Dunwell	11.06
5	88	Swansea Harriers	5	David Hynes	11.11
6	44	Derby AC	6	Alex Scott	11.96
7	77	Southend AC	7	Dave Smith	12.56
8			8	Adam Shaw	12.73

200m			wind: -2.6m/s		
1	55	Herne Hill Harriers	1	Idris Ojuriye	21.86
2	11	Basingstoke & Mid	2	Andy Blow	22.13
3	33	Cardiff AAC	3	David Hynes	22.21
4	66	Notts AC	4	Luke Stott	22.49
5	22	Blackheath & Broml	5	Duayne Bovell	22.96
6	44	Derby AC	6	John Bell	24.11
7	77	Southend AC	7	Adam Shaw	25.90
8	88	Swansea Harriers	8	Glyn Price (M40)	31.27

400m					
1	11	Basingstoke & Mid	1	Jonathan Elderfield	49.38
2	66	Notts AC	2	Sam Cordin	50.09
3	33	Cardiff AAC	3	Chris Moss	50.36
4	22	Blackheath & Broml	4	Neil Francis	51.83
5	88	Swansea Harriers	5	Alex Scott	51.96
6	44	Derby AC	6	Tom Lawrence	53.16
7	77	Southend AC	7	Graham Eastly	54.61
8	55	Herne Hill Harriers	8	Thomas Ashby	63.67

800m					
1	66	Notts AC	1	Martyn Gibbons	1:58.86
2	88	Swansea Harriers	2	Sam Walsh	1:59.08
3	22	Blackheath & Broml	3	Dan Ryan	1:59.64
4	77	Southend AC	4	Pete Smale	2:02.22
5	11	Basingstoke & Mid	5	Andy Clement	2:02.38
6	44	Derby AC	6	Tom Offord	2:04.94
7	33	Cardiff AAC	7	Danny Evans	2:06.24
8	55	Herne Hill Harriers	8	Deron Fagan	2:07.89

'A' string

3000m s/c

1	819	Sullivan Smith	8 Swansea Harriers	9:23.6
2	419	David Westbury	4 Derby AC	9:27.6
3	519	Simon Wurr	5 Herne Hill Harriers	9:29.7
4	219	Alex Bruce-Littlewood	2 Blackheath & Broml	9:34.2
5	919	1. Alex Scot□3. Sam Walsh	9 Non-Scorer	9:36.6
6	619	Nick Talbot	6 Notts AC	9:37.9
7	2219	Alex Gibbins	22 Blackheath & Broml	9:40.4
8	319	Chris Discombe	3 Cardiff AAC	9:54.2
9		James Williams	33 Cardiff AAC	9:57.8
10		Keith Newton	55 Herne Hill Harriers	9:59.7
11		Heindrik Zeitman	7 Southend AC	10:05.4
12		David Fry	11 Basingstoke & Mid	10:13.7
13		Tim Woodthorpe	66 Notts AC	10:14.3
14		Lloyd Hartman	77 Southend AC	10:16.3
15		Richard Wilson	44 Derby AC	11:01.7
16		Darrel May	1 Basingstoke & Mid	DNF

110mH

wind: -1.9m/s

1	221	Taiwo Sodeyi	2 Blackheath & Broml	14.54
2	121	Ben Hazell	1 Basingstoke & Mid	15.29
3	621	Simon Wombwell	6 Notts AC	15.33
4	521	James Parker	5 Herne Hill Harriers	15.70
5	721	Simon Hemmings	7 Southend AC	16.53
6	421	Michael Copeland	4 Derby AC	17.90
7	321	Matt Ledger	3 Cardiff AAC	18.39
8	821	Harry Mostyn	8 Swansea Harriers	20.54

400mH

1	224	Ed Harrison	2 Blackheath & Broml	54.23
2	624	Tom Offler	6 Notts AC	56.18
3	524	James Parker	5 Herne Hill Harriers	56.69
4	124	Richard Fox	1 Basingstoke & Mid	57.22
5	424	John Bell	4 Derby AC	57.49
6	724	Greg Goodrem	7 Southend AC	61.04
7	324	Andy Friend	3 Cardiff AAC	64.06
8	824	Sullivan Smith	8 Swansea Harriers	64.51

Long Jump

1	531	Paul Oluyemi	5 Herne Hill Harriers	7.08
2	431	Dave Smith	4 Derby AC	6.59
3	731	Pat Halcrow	7 Southend AC	6.57
4	1131	Adam Akehurst	11 Basingstoke & Mid	6.56
5	6631	Kevin Hibbins	66 Notts AC	6.44
6	831	Harry Mostyn	8 Swansea Harriers	6.41
7	331	Elliot O'Neill	3 Cardiff AAC	6.31
8	231	Jonathan Barbour	2 Blackheath & Broml	6.15

High Jump

1	332	Cabelo Mmono	3 Cardiff AAC	2.00
2	632	Matt Ashley	6 Notts AC	1.95
3	1132	Robert Kite	11 Basingstoke & Mid	1.90
4	732	Simon Hemmings	7 Southend AC	1.85
5	532	Thomas Ashby	5 Herne Hill Harriers	1.85
6	832	Harry Mostyn	8 Swansea Harriers	1.70
7	232	Mark Purser	2 Blackheath & Broml	1.70
8	432	Michael Copeland	4 Derby AC	1.50

Triple Jump

1	333	Elliot O'Neill	3 Cardiff AAC	14.19
2	733	Kevin Brown	7 Southend AC	13.89
3	833	Harry Mostyn	8 Swansea Harriers	13.78
4	133	Robert Kite	1 Basingstoke & Mid	12.40
5	4433	Richard Woolley	44 Derby AC	12.30
6	533	Taiwo Aderini	5 Herne Hill Harriers	12.10
7	233	Mark Purser	2 Blackheath & Broml	11.92
8	633	Dan Everett	6 Notts AC	11.40

Pole Vault

1	4434	Ed Mourbey	44 Derby AC	4.40
2	734	Jason Fry	7 Southend AC	4.20
3	334	Mike Walker	3 Cardiff AAC	4.20
3	1134	John Dickenson	11 Basingstoke & Mid	3.80
5	834	Glyn Price (M40)	8 Swansea Harriers	3.80
6	534	Thomas Ashby	5 Herne Hill Harriers	3.40
7	2234	Alan Hardy	22 Blackheath & Broml	3.00
8	634	Bob Brown	6 Notts AC	2.60

'B' string

110mH

wind: -1.9m/s

1	Mensah Elliott	22 Blackheath & Broml	15.45
2	Tom Offler	66 Notts AC	16.14
3	Robert Kite	11 Basingstoke & Mid	16.44
4	Stephen Davies	55 Herne Hill Harriers	16.75
5	Greg Goodrem	77 Southend AC	17.49
6	Glyn Price (M40)	88 Swansea Harriers	20.15
7	Philip Harries	44 Derby AC	24.38
8			

400mH

1	Derek Paisley	22 Blackheath & Broml	56.31
2	Dan Everett	66 Notts AC	57.94
3	Stephen Davies	55 Herne Hill Harriers	58.71
4	John Dickenson	11 Basingstoke & Mid	60.46
5	Graham Eastly	77 Southend AC	61.51
6	Aaron Brown	44 Derby AC	66.99
7	James Williams	33 Cardiff AAC	68.66
8	Harry Mostyn	88 Swansea Harriers	DNS

Long Jump

1	Wyn Roberts	88 Swansea Harriers	6.38
2	Robert Kite	1 Basingstoke & Mid	6.29
3	Thomas Ashby	55 Herne Hill Harriers	6.13
4	Kevin Brown	77 Southend AC	5.99
5	Mark Lawrence	6 Notts AC	5.81
6	Ed Mourbey	44 Derby AC	5.77
7	Dale Willis	22 Blackheath & Broml	5.75
8	Josh Williams	33 Cardiff AAC	5.20

High Jump

1	Matt Ledger	33 Cardiff AAC	1.85
2	Simon Thomas	77 Southend AC	1.85
3	Sam Sleep	1 Basingstoke & Mid	1.80
4	Hansley Jones	55 Herne Hill Harriers	1.70
5	Wyn Roberts	88 Swansea Harriers	1.50
5	Ed Mourbey	44 Derby AC	1.50
7	Dale Willis	22 Blackheath & Broml	1.30
7	James Hayden	66 Notts AC	1.30

Triple Jump

1	Elliot O'Neill	3 Cardiff AAC	14.09
2	Wyn Roberts	88 Swansea Harriers	13.23
3	Kevin Hibbins	66 Notts AC	11.40
4	Greg Goodrem	77 Southend AC	11.09
5	Hansley Jones	55 Herne Hill Harriers	10.87
6	Ian Bullock	4 Derby AC	10.17
7	Dale Willis	22 Blackheath & Broml	9.54
8			

Pole Vault

1	Danny Passey	4 Derby AC	4.10
2	Aaron Kaye	77 Southend AC	4.10
3	Steven Paston	55 Herne Hill Harriers	3.00
4	Matt Ledger	33 Cardiff AAC	2.60
5	Ben Hazell	1 Basingstoke & Mid	2.20
6	Wyn Roberts	88 Swansea Harriers	1.20
7			
8			

'A' string

Hammer			
1	635	Chris Shorthouse	6 Notts AC 58.65
2	135	Steve Sammut	1 Basingstoke & Mid 57.30
3	835	Matthew Richards	8 Swansea Harriers 56.88
4	535	Stuart Thurgood	5 Herne Hill Harriers 55.60
5	735	Rob Earle	7 Southend AC 53.66
6	235	Richard Al-Ameen	2 Blackheath & Broml 43.74
7	4435	Ian Bullock	44 Derby AC 37.38
8	335	Matt Ledger	3 Cardiff AAC 23.71

Shot			
1	836	Ryan Spencer-Jones	8 Swansea Harriers 14.98
2	136	Ben Hazell	1 Basingstoke & Mid 13.54
3	736	Pat Halcrow	7 Southend AC 13.10
4	436	James Cottrell	4 Derby AC 12.66
5	536	Stuart Thurgood	5 Herne Hill Harriers 11.52
6	636	Rob Careless	6 Notts AC 10.97
7	236	Mensah Eloit	2 Blackheath & Broml 10.54
8	3336	Andy Friend	33 Cardiff AAC 8.09

Discus			
1	837	Ryan Spencer-Jones	8 Swansea Harriers 47.53
2	1137	Simon Williams	11 Basingstoke & Mid 45.35
3	7737	James South	77 Southend AC 43.53
4	5537	Garry Power	55 Herne Hill Harriers 40.43
5	4437	Matt Woolley	44 Derby AC 35.86
6	237	Daniel Ridge	2 Blackheath & Broml 33.02
7	6637	Chris Shorthouse	66 Notts AC 30.22
8	337	Matt Ledger	3 Cardiff AAC 28.03

Javelin			
1	638	Chris Eden	6 Notts AC 60.82
2	438	Richard Woolley	4 Derby AC 58.79
3	838	Rhys Williams	8 Swansea Harriers 58.20
4	538	Allandre Johnson	5 Herne Hill Harriers 56.15
5	138	Ben Hazell	1 Basingstoke & Mid 53.76
6	738	Rob Franks	7 Southend AC 47.61
7	3338	Josh Williams	33 Cardiff AAC 42.42
8	2238	Mensah Elliott	22 Blackheath & Broml 38.45

4x100m relay			
1	141	1. Ben Hazell 3. John Dickenson	
2	241	1. Duayne Bovell 3. Taiwo Sodeyi	
3	541	1. Jeffrey Ocran 3. Lawrence Mensah	
4	341	1. David Hynes 3. Peter Stafford	
5	441	1. Ed Moubey 3. Richard Woolley	
6	841	1. Alex Scott 3. Harry Mostyn	
7	741	1. Kevin Brown 3. Keith Palmer	
	641	1. Luke Stott 3. Mark Dunwell	

4x400m relay			
1	144	1. John Elderfield 3. Andy Blow	
2	644	1. Sam Cordin 3. Martyn Gibbons	
3	344	1. Tom Bryans 3. Peter Stafford	
4	244	1. Ian Allerton 3. Bomene Barikor	
5	844	1. Alex Scot 3. Sam Walsh	
6	444	1. Aaron Brown 3. John Bell	
7	544	1. Gary Linton 3. Deron Fagan	
8	744	1. David Smale 3. Pete Smale	

'B' string

Hammer			
1	Mark Hanily	55 Herne Hill Harriers	53.93
2	Rob Careless	66 Notts AC	53.89
3	Simon Williams	11 Basingstoke & Mid l	39.35
4	James South	77 Southend AC	36.28
5	Chris Jack	4 Derby AC	36.07
6	Johnathon Arnold	88 Swansea Harriers	31.84
7	David Huggins	22 Blackheath & Broml	15.78
8	Peter Stafford	33 Cardiff AAC	5.60

Shot			
1	Simon Williams	11 Basingstoke & Mid l	13.30
2	Rob Earle	77 Southend AC	12.70
3	Matt Woolley	44 Derby AC	12.44
4	Thomas Rees	88 Swansea Harriers	11.44
5	Garry Power	55 Herne Hill Harriers	10.51
6	Dan Everett	66 Notts AC	9.57
7	Duayne Bovell	22 Blackheath & Broml	9.54
8	Matt Ledger	3 Cardiff AAC	5.75

Discus			
1	Rob Earle	7 Southend AC	43.40
2	Ben Hazell	1 Basingstoke & Mid l	42.86
3	Stuart Thurgood	5 Herne Hill Harriers	33.90
4	Thomas Rees	88 Swansea Harriers	29.55
5	Marcus Francis	4 Derby AC	26.27
6	Rob Careless	6 Notts AC	25.91
7	Richard Al-Ameen	22 Blackheath & Broml	21.42
8	Josh Williams	33 Cardiff AAC	17.16

Javelin			
1	Jonathon Clarke (M40)	88 Swansea Harriers	57.34
2	Adam Akehurst	11 Basingstoke & Mid l	51.90
3	Matt Woolley	44 Derby AC	45.77
4	Matt Ledger	3 Cardiff AAC	40.43
5	Jason Fry	77 Southend AC	35.89
6	Thomas Ashby	55 Herne Hill Harriers	32.70
7	James Hayden	66 Notts AC	32.19
8	Mark Purser	2 Blackheath & Broml	25.97

	2. Andy Blow	1 Basingstoke & Mid l	42.91
	4. Ben Ellis		
	2. Mensah Elliott	2 Blackheath & Broml	43.17
	4. Jonathan Barker		
	2. Paul Oluyemi	5 Herne Hill Harriers	43.64
	4. Robert Graham		
	2. Tom Bryans	3 Cardiff AAC	43.79
	4. Elliot O'Neill		
	2. Aaron Brown	4 Derby AC	45.26
	4. Jamie Gill		
	2. Neville Johnson	8 Swansea Harriers	46.18
	4. Oladele Bamisaye		
	2. Simon Hemmings	7 Southend AC	46.78
	4. Pat Halcrow		
	2. Simon Wombwell	6 Notts AC	DQ
	4. Paul Judson		

	2. Richard Fox	1 Basingstoke & Mid l	
	4. Mark Berridge		3:18.56
	2. Dan Everett	6 Notts AC	
	4. Luke Stott		3:23.96
	2. Chris Moss	3 Cardiff AAC	
	4. Elliot O'Neill		3:25.57
	2. Derek Paisley	2 Blackheath & Broml	
	4. Neil Francis		3:28.55
	2. Martin Conroy	8 Swansea Harriers	
	4. Neville Johnson		3:30.82
	2. Tom Lawrence	4 Derby AC	
	4. Jamie Gill		3:34.26
	2. James Parker	5 Herne Hill Harriers	
	4. Thomas Ashby		3:38.36
	2. Colin Miles	7 Southend AC	
	4. Greg Goodrem		3:40.41