

M 100m A				M 100m B			
1	Alex Ojo (Hca)	WSE	11.0	1	Jordan Arthur	U17	E&H 11.0
2	Antonio Infantino	SBH	11.0	2	Confidence Lawson		SBH 11.1
3	Tremayne Gilling	B&B	11.0	3	David Harvey	U17	WSE 11.2
4	Sean Safo Antwi	E&H	11.2	4	Matthew Walcott		B&B 11.2
5	Ben Peacock	W&E	11.2	5	Nnamdi Umeh		W&E 11.2
6	Delarey Veenwendaal	U17	NOR 11.4	6	Christopher Marshall		NOR 11.9
7	Matt Sadoh	U17	HRW 11.6	7	Ben Davies		TCM 12.0
8	Gian Luca Zicchi		TCM 11.6	8	Dominic Morris		HRW 12.1
M 200m A				M 200m B			
1	Antonio Infantino	SBH	21.7	1	Sean Safo Antwi		E&H 22.7
2	Alex Ojo (Hca)	WSE	22.2	2	Ronnie Pocklington	U17	B&B 22.9
3	Tremayne Gilling	B&B	22.3	3	Rikki Letch	U17	WSE 22.9
4	Ben Peacock	W&E	22.3	4	Darrellon Holding		TCM 23.2
5	Olu Oyewobi	E&H	22.4	5	Reece Morgan		SBH 23.6
6	Christian Roberts	TCM	22.5	6	Maduka Umeh		W&E 23.7
7	Stefan Greenlage	HRW	22.8	7	Dominic Morns	U17	HRW 24.0
8	Delarey Veenwendaal	U17	NOR 23.3	8	Christopher Marshall		NOR 24.9
M 400m A				M 400m B			
1	Vincent Oyedenngbe	W&E	48.2	1	Jordan Aromasodu (Hca)		SBH 49.8
2	Andrew Kendall (Hca)	HRW	48.3	2	Alex Blair		B&B 50.3
3	Matthew Webster	SBH	49.0	3	Ashley Fry		WSE 51.0
4	Stewart Challis	WSE	49.8	4	Darren Corbin		E&H 51.7
5	Lemar Charles	B&B	49.9	5	Curtis Blake (Hca)		HRW 52.0
6	Errol Houston	E&H	50.4	6	Chris Vickers		W&E 52.6
7	Delarey Veenwendaal	U17	NOR 50.6	7	Tom Francis	U17	NOR 53.2
8	Christian Roberts		TCM 50.6				
M 800m A				M 800m B			
1	Charles Gunning	SBH	1.56.8	1	Tommy Bryant		SBH 2.01.1
2	Elliott Woolmer	U17	WSE 1.58.6	2	Rob Christou		E&H 2.06.0
3	James Jackson	NOR	1.59.9	3	Andrew Holliman	U17	HRW 2.06.5
4	Darrellon Holding	TCM	2.01.5	4	Tom Francis	U17	NOR 2.08.9
5	Janakan Rajkumar	U17	HRW 2.01.8	5	Robert Yates	U17	B&B 2.11.6
6	Jamie Smith 1907		E&H 2.02.3	6	Rhys Glastonbury		WSE 2.26.0
7	James Clack	U17	B&B 2.05.1				
8	Gavin Lewis		W&E 2.08.4				
M 1500m A				M 1500m B			
1	Ben Nagy	E&H	4.00.3	1	Billy Collins		SBH 4.12.2
2	Elliott Woolmer	WSE	4.02.4	2	Samuel Cheverton		NOR 4.15.5
3	Richard Goodman	U17	SBH 4.11.8	3	Zac Curran	U17	WSE 4.15.8
4	Oliver Marshall	NOR	4.13.3	4	Joe Sherry	U17	E&H 4.33.2
5	Jacob Wisbey	TCM	4.16.7	5	Darren Southcott		W&E 4.36.4
6	Andrew Holliman	U17	HRW 4.19.0	6	Robert Yates	U17	B&B 4.37.4
7	Oliver Taylor	U17	B&B 4.26.2	7	Nick Davis	U17	HRW 4.46.7
8	Liam Blaikie		W&E 4.35.8				
M 3000m A				M 3000m B			
1	Richard Goodman	U17	SBH 8.57.7	1	Jack Perry Williams	U17	SBH 9.28.8
2	James Jackson	NOR	8.58.8	2	Joe Sherry	U17	E&H 9.38.6
3	Phil Seseman	U17	B&B 9.00.0	3	Cameron Smart		WSE 9.47.0
4	Alex Milne		E&H 9.21.0	4	Liam Blaikie		W&E 9.48.7
5	Richard Pawlak	TCM	9.35.8	5	Cameron Ward	U17	B&B 11.48.9
6	James Bennington	U17	WSE 9.36.0				
7	Dan Yaxley		W&E 9.40.5				
8	Adam Gribben		HRW 10.04.8				

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M 110mH A				M 110mH B			
1	Matthew Walcott	B&B	14.4	1	Chris Baker		E&H 15.1
2	Jamie East	WSE	14.5	2	Josh Clarke		B&B 17.0
3	James McClean (Hca)	E&H	14.5	3	Zach Kaile	U17	SBH 19.3
4	Blade Ashby (Hca)	U17	SBH 15.5	4	Matthew Persaud		W&E 22.3
5	Christopher Marshall	NOR	18.6	5	Oronde Saunders	U17	HRW 22.3
6	John Pride		W&E 19.3				
7	Moneur Williams		HRW 23.6				

M 400mH A			M 400mH B		
1	Jordan Aromasodu (Hca)	SBH 54.4	1	Ben Parkin	U17 B&B 57.0
2	Ben Hopkins	U17 B&B 54.7	2	Jamie East	WSE 57.3
3	Ashley Fry	WSE 56.4	3	Moneur Williams	HRW 60.8
4	Luke Daniel	E&H 58.3	4	Tommy Bryant	SBH 63.7
5	Christopher Marshall	NOR 61.0	5	Tom Brind	E&H 68.6
6	John Pride	W&E 62.0			
7	Oronde Saunders	U17 HRW 62.2			

M 2000m Sc A			M 2000m Sc B		
1	James Senior	NOR 5.53.8	1	Frank Bailey	U17 SBH 6.25.4
2	Tommy Bryant	SBH 6.12.6	2	Ben Stratton	U17 NOR 6.27.4
3	Dean Scott	E&H 6.30.2	3	Adil Hussien	E&H 6.31.4
4	Dan Yaxley	W&E 6.58.7	4	Josh Clarke	B&B 8.13.7
5	Adam Gribben	HRW 7.22.7	5	Nick Davis	U17 HRW 8.26.5
6	Will Mercer	U17 B&B 7.29.8	6	Carl Rendora	W&E 9.49.2

M Discus Throw A			M Discus Throw B		
1	Amirrieza Zarei (Hca)	E&H 41.53	1	Adam Smith	TCM 38.80
2	Martin Tinkler	TCM 39.71	2	Kiarn Hines	E&H 29.47
3	Gregory Thompson	U17 SBH 36.00	3	Ross Norton	B&B 29.18
4	Sam Turner	W&E 34.25	4	Rikkiie Letch	U17 WSE 22.79
5	Jake Haylock	B&B 30.48	5	Alex Elliott	U17 HRW 16.97
6	Zobiah Khaleqy	U17 HRW 29.82	6	Confidence Lawson	SBH 16.73
7	Callum Brown	U17 NOR 29.61			
8	Graham Cole	WSE 27.02			

M Hammer Throw A			M Hammer Throw B		
1	Peter Clarke	W&E 61.15	1	Richard Al-Ameen	B&B 48.24
2	Jay Hill (Hca)	E&H 58.42	2	Danny Clayton	U17 NOR 41.59
3	Andrew Elkins	U17 SBH 57.03	3	Stan Gaskin	E&H 32.26
4	Jake Haylock	B&B 51.69	4	Gregory Thompson	U17 SBH 26.53
5	Callum Brown	U17 NOR 48.32	5	Alex Elliott	U17 HRW 21.64
6	Mark White	U17 WSE 46.56			
7	Sean Band	TCM 40.69			
8	Zobiah Khaleqy	U17 HRW 34.21			

M High Jump A			M High Jump B		
1	Chris Baker	E&H 2.05	1	Leron Norbert	E&H 1.95
2	Billy Falconer	W&E 1.90	2	Lewis Tibbut	W&E 1.80
3	Jamie East	WSE 1.80	3	Blade Ashby (Hca)	U17 SBH 1.80
4=	Fela Latilo	SBH 1.80	4=	Adam Smith	TCM 1.75
4=	Sean Band	TCM 1.80	4=	Graham Cole	WSE 1.75
6	Matt Sadoh	U17 HRW 1.75	6	James Powell	U17 B&B 1.65
7	Adam Howard	U17 NOR 1.70			
8	Ross Norton	B&B 1.70			

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M Javelin Throw A			M Javelin Throw B		
1	Sam Turner	W&E 50.71	1	Jay Beddington	W&E 49.48
2	Sam Brown	B&B 49.92	2	Paul Hayball	TCM 41.73
3	Sean Band	TCM 47.86	3	Ross Norton	B&B 39.57
4	Andrew Elkins	U17 SBH 37.66	4	Reece Morgan	SBH 36.54
5	Jay Hill (Hca)	E&H 35.94	5	Kiaran Hines	E&H 30.88
6	Callum Brown	U17 NOR 34.88	6	Danny Clayton	U17 NOR 27.75
7	Rikkiie Letch	U17 WSE 31.29	7	Mark White	WSE 15.92
8	Zobiah Khaleqy	U17 HRW 29.74			

M Long Jump A			M Long Jump B		
1	Nathan Fox	SBH 6.90	1	Clayton Johnson	U17 SBH 6.34
2	Stefan Greenidge	HRW 6.72	2	Michael Napper	E&H 6.03
3	David Harvey	U17 WSE 6.71	3	Ben Davies	TCM 5.85
4	Ben Peacock	W&E 6.70	4	Danny Clayton	U17 NOR 5.79
5	Romaine Walcott	E&H 6.60	5	Peter Kari bo	W&E 5.41
6	Adam Smith	TCM 6.12	6	Graham Cole	WSE 5.17
7	Mark Longhurst	U17 B&B 6.05	7	Kieran Dal y	U17 B&B 5.08
8	Adam Howard	NOR 6.02	8	Adam Gribben	HRW 4.11

M Pole Vault A				M Pole Vault B			
1	Michael Read	SBH	4.70	1	Douglas Curwen-Reed	SBH	4.25
2	Ian Smart	HRW	4.25	2	Mark Longhurst	U17	B&B 4.10
3	Sam Brown	B&B	4.10	3	Jay Hill (Hca)		E&H 3.50
4	Jordan Henwood (Hca)	E&H	4.10	4	Carl Rendora		W&E 3.05
5	Adam Smith	TCM	3.80	5	Anthony Knowles	U17	HRW 2.90
6	Lewis Tibbet	W&E	3.35				
7	David Walker	U17	WSE 2.75				
M Shot Putt A				M Shot Putt B			
1	Amirrieza Zarei (Hca)	E&H	13.47	1	Stan Gaskin	E&H	12.06
2	Paul Hayball	TCM	13.22	2	Adam Smith	TCM	11.43
3	Ellis Zorro	U17	B&B 11.55	3	Graham Cole	WSE	10.65
4	Jamie East	WSE	10.93	4	Richard Al-Ameen	B&B	10.00
5	Sam Turner	W&E	10.35	5	Alex Elliott	U17	HRW 9.01
6	Blade Ashby (Hca)	U17	SBH 9.80	6	Fela Lati lo	SBH	8.60
7	Zobiah Khaleqy	U17	HRW 9.61	7	Maduka Umeh	W&E	6.47
8	Ben Stratton	U17	NOR 7.64	8	Samuel Cheverton	NOR	5.93
M Triple Jump A				M Triple Jump B			
1	Nathan Fox	SBH	13.94	1	Fela Lati lo	SBH	13.20
2	Peter Karibo	W&E	12.77	2	Courtney Ubank	U17	B&B 11.97
3	Anthony Ekundayo	U17	E&H 12.63	3	Jamie Smith 0506	E&H	11.08
4	Tom Jenkins	U17	B&B 12.37	4	Carl Rendora	W&E	10.60
5	Matt Sadoh	U17	HRW 11.56	5	Dominic Morris	U17	HRW 9.85
6	Adam Howard	U17	NOR 11.35				
7	David Walker		WSE 10.40				
W 100m A				W 100m B			
1	Serita Solomon	B&B	12.3	1	Angelika Brown	E&H	12.5
2	Bianca Williams	U17	E&H 12.3	2	Chloe Mays	U17	WSE 12.9
3	Georgia Lamothe	U17	WSE 12.4	3	Ellie Morris	TCM	12.9
4	Chisom Nwachukwu	U17	SBH 12.5	4	Kirstie Robinson	B&B	13.0
5	Kitty Eleyae	W&E	12.6	5	Laurelle Aki ntade	W&E	13.3
6	Sharna Emanuel	TCM	12.6	6	Rachel Blackburn (Hca)	HRW	13.6
7	Ria Bailey	U17	HRW 13.2	7	Stephanie Owens	SBH	15.6
8	Laura Green	U17	NOR 13.2				
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W 200m A				W 200m B			
1	Marilyn Nwawulor	U17	HRW 25.2	1	Jo White (Hca)	W&E	25.4
2	Chisom Nwachukwu	U17	SBH 25.5	2	Leah Barrow	U17	WSE 25.6
3	Savannah Thompson (Hca)	B&B	25.5	3	Grace Sheppard	B&B	26.3
4	Georgia Lamothe	U17	WSE 25.7	4	Ellie Morris	TCM	26.9
5	Sharna Emanuel	TCM	26.3	5	Ria Bailey	U17	HRW 30.2
6	Angelika Brown	E&H	27.0				
7	Laura Green	U17	NOR 27.1				
8	Laurelle Aki ntade	W&E	27.9				
W 400m A				W 400m B			
1	Frederica Foster (Hca)	U17	B&B 56.5	1	Isobel Ivy	B&B	59.5
2	Jo White (Hca)	W&E	57.8	2	Kathrine Foy	W&E	60.0
3	Philippa Lowe	HRW	58.0	3	Abigail Lambden	SBH	61.8
4	Gabrielle Coveney (Hca)	SBH	58.5	4	Rachel Blackburn (Hca)	HRW	62.7
5	Emily Barrett	U17	WSE 60.9	5	Caitlin Bell	NOR	63.8
6	Holly Cooper	NOR	61.6	6	Jessica Wilkinson	WSE	64.6
7	Michelle Longman	TCM	64.8				
W 800m A				W 800m B			
1	Lucy Yates	SBH	2.12.5	1	Martha Reynolds	WSE	2.18.0
2	Vicky Fouhy	WSE	2.13.3	2	Becky Pike	NOR	2.21.3
3	Iona Lake	U17	NOR 2.20.6	3	Amy De Matos	B&B	2.21.8
4	Krystal Galley	U17	B&B 2.21.9	4	Florence Bryant	SBH	2.22.1
5	Schae Antione	U17	HRW 2.22.9	5	Leigh Lattimore	HRW	2.27.0
6	Kate Barber (Hca)	U17	E&H 2.25.8	6	Chelsea Ives	U17	W&E 3.04.3
7	Kate Stockings	U17	W&E 2.34.9				

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W 1500m A			W 1500m B		
1 Leigh Lattimore		HRW 4.42.5	1 Claire Pring		NOR 4.52.1
2 Rachel Stedman		WSE 4.43.8	2 Ella Waldman (Hca)		E&H 4.57.7
3 Iona Lake	U17	NOR 4.48.9	3 Florence Bryant		SBH 5.07.1
4 April Hogg	U17	E&H 4.49.6	4 Philippa Lowe		HRW 5.09.1
5 Ciara Stewart	U17	SBH 5.02.0	5 Ella Pepper	U17	WSE 5.13.8
6 Danielle Critchley	U17	B&B 5.10.9	6 Sophie Fuhr	U17	W&E 5.20.9
7 Kathrine Foy		W&E 5.18.2	7 Rachel Robinson	U17	B&B 5.23.9

W 3000m A			W 3000m B		
1 Melissa Courtney (Hca)		SBH 10.01.5	1 Hannah Brown		E&H 11.22.6
2 Ella Waldman (Hca)		E&H 10.29.4	2 Naomi Barbour	U17	WSE 11.24.3
3 Maryse Haynes	U17	WSE 10.55.8	3 Yat Wing Smart	U17	SBH 11.28.8
4 Kathrine Foy		W&E 11.56.6	4 Jessica Docking		W&E 12.11.3
5 Michelle Fewster	U17	B&B 12.19.6	5 Claire Parkin	U17	B&B 12.22.3

W 100mH A			W 100mH B		
1 Serita Solomon		B&B 14.1	1 Megan Southwart		B&B 15.8
2 Victoria Dixon		SBH 15.8	2 Emily Moss		TCM 17.4
3 Dymond Smith		HRW 15.8	3 Rachel Dean	U17	W&E 17.5
4 Laura Bass		TCM 16.3	4 Lizzie Thompson (Hca)		WSE 18.4
5 Holly Pattie-Belleli	U17	W&E 16.4	5 Laura Warman		NOR 19.0
6 Faye Williams		WSE 16.6	6 Imogen Stranis-Oppler		SBH 19.9
7 Jazmin Hicks (Hca)		E&H 17.6	7 Sarah Fish		E&H 25.0
8 Becky Pike		NOR 18.0	8 Rachel Nayake	U17	HRW DNF

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W 400mH A			W 400mH B		
1 Gabrielle Coveney (Hca)		SBH 62.2	1 Lizzie Thompson (Hca)		WSE 66.7
2 Emily Moss		TCM 62.6	2 Laura Bass		TCM 68.2
3 Megan Southwart		B&B 64.2	3 Laura Warman		NOR 72.1
4 Becky Pike		NOR 65.6	4 Josephine Okpo		SBH 75.6
5 Sophie Fuhr	U17	W&E 70.0	5 Dymond Smith		HRW 77.3
6 Faye Williams		WSE 72.5	6 Chelsea Ives	U17	W&E 79.4
7 Rachel Nayake	U17	HRW 76.2	7 Melody Kane	U17	B&B 84.1
8 Jazmin Hicks (Hca)		E&H 89.5			

W 1500m Sc A			W 1500m Sc B		
1 Rebecca Smith		B&B 5.44.0	1 Jessica Dockings		W&E 6.16.0
2 Kate Stockings	U17	W&E 5.52.3	2 Melody Kane	U17	B&B 6.36.6
3 Anna Sharrock		E&H 6.01.2			

W Discus Throw A			W Discus Throw B		
1 Helen Broadbridge (Hca)		SBH 36.15	1 Stephanie Owens		SBH 35.11
2 Laura James		WSE 35.41	2 Joanna Botwright	U17	WSE 34.32
3 Ellie Duffy-Penny	U17	B&B 28.83	3 Claire Wickham		B&B 20.47
4 Kelly Lawrence		TCM 28.29	4 Claire Bond		W&E 15.80
5 Jenna Cannell	U17	NOR 23.70	5 Stephanie Hendy		TCM 15.04
6 Sam Moodie		W&E 22.25	6 Beth Grimsey	U17	E&H 14.17
7 Jazmin Hicks (Hca)		E&H 17.18	7 Amy Wentford	U17	HRW 11.19
8 Rachel Davies		HRW 12.25			

W Hammer Throw A			W Hammer Throw B		
1 Sarah Smith		W&E 48.37	1 Stephanie Owens		SBH 46.62
2 Helen Broadbridge (Hca)		SBH 46.94	2 Kelly Lawrence		TCM 37.86
3 Jenna Cannell	U17	NOR 42.24	3 Claire Bond		W&E 31.02
4 Stephanie Hendy		TCM 40.29	4 Laura James		WSE 27.07
5 Nasya Harvey		WSE 39.94	5 Sabine Effianayi	U17	B&B 26.69
6 Claire Wickham		B&B 27.43	6 Jenny Higgins		NOR 15.48
7 Chloe Flowers		HRW 15.12	7 Hannah Brown		E&H 7.09
8 Angelika Brown		E&H 7.57	8 Rachel Davies		HRW 6.69

W High Jump A			W High Jump B		
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1 Marilyn Nwawulor	U17	HRW	1.70	1 Izzy Idahosa	E&H	1.45
2 Sam Moodie		W&E	1.60	2=Holly Slater	U17	NOR 1.40
3 Chloe Smith	U17	NOR	1.55	2=Sarah Phelps	U17	WSE 1.40
4 Beth Grimsey	U17	E&H	1.50	4 Holly Pattie-Belleli	U17	W&E 1.40
5 Letisha Richardson	U17	WSE	1.45	5=Sophie Hallam		TCM 1.35
6=Emma Houghton		TCM	1.40	5=Kosi Okolo		SBH 1.35
6=Grace Sheppard		B&B	1.40	7 Christina Moore		B&B 1.30
8 Gabrielle Coveney (Hca)		SBH	1.40			

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W Javelin Throw A				W Javelin Throw B			
1 Sarah McGuire		B&B	35.24	1 Jenna Cannell	U17	NOR	25.15
2 Steph Burt	U17	NOR	32.53	2 Abigail Lambden		SBH	22.30
3 Helen Farmer	U17	WSE	31.89	3 Sam Moodie		W&E	22.09
4 Sophie Hallam		TCM	29.51	4 Emily Moss		TCM	21.78
5 Helen Broadbridge (Hca)		SBH	28.17	5 Ki ke Solanke	U17	E&H	3.25
6 Rachel Blackburn (Hca)		HRW	26.67	6 Rachel Davies		HRW	2.95
7 Sarah Smith		W&E	22.38				
8 Dee Bakre		E&H	8.37				
W Long Jump A				W Long Jump B			
1 Marilyn Nwawulor	U17	HRW	5.75	1 Ki ke Solanke	U17	E&H	4.86
2 Amy Quelch		WSE	5.43	2 Lauren Stevens	U17	B&B	4.76
3 Dee Bakre		E&H	5.34	3 Rachel Dean	U17	W&E	4.76
4 Kitty Eleyae		W&E	5.20	4 Chloe Flowers		HRW	4.51
5 Isobel Ivy		B&B	5.05	5 Pascale Waterson	U17	WSE	4.45
6 Devon Spencer		TCM	4.20	6 Jade Attoh		SBH	4.13
7 Holly Slater	U17	NOR	4.16	7 Chloe Smith	U17	NOR	3.90
8 Imogen Stranis-Oppler		SBH	4.14	8 Michelle Longman		TCM	3.64
W Pole Vault A				W Pole Vault B			
1 Christina Moore		B&B	3.45	1 Anna Huggins	U17	B&B	2.90
2 Jazmin Hicks (Hca)		E&H	3.35	2 Sam Moodie		W&E	2.60
3 Alice Humble		HRW	2.90	3 Beth Grimsey	U17	E&H	2.60
4 Francesca Herbert		W&E	2.75	4 Amy Wentford	U17	HRW	2.00
5 Sophie Hallam		TCM	2.15				
6 Faye Williams		WSE	2.15				
W Shot Putt A				W Shot Putt B			
1 Sabine Effianayi	U17	B&B	12.13	1 Helen Broadbridge (Hca)		SBH	9.00
2 Sophie McKinna (Hca)	U17	NOR	11.82	2 Steph Burt	U17	NOR	8.42
3 Sarah Smith		W&E	10.08	3 Ellie Duffy-Penny	U17	B&B	8.13
4 Stephanie Owens		SBH	9.66	4 Nasya Harvey		WSE	8.03
5 Letisha Richardson	U17	WSE	8.17	5 Claire Bond		W&E	7.87
6 Kelly Lawrence		TCM	7.83	6 Rachel Blackburn (Hca)		HRW	6.73
7 Angelika Brown		E&H	7.56	7 Stephanie Hendy		TCM	6.17
8 Chloe Flowers		HRW	6.79	8 Sarah Fish		E&H	4.57
W Triple Jump A				W Triple Jump B			
1 Dee Bakre		E&H	11.41	1 Rachel Dean	U17	W&E	10.61
2 Natalie Delahunty		W&E	11.12	2 Ki ke Solanke	U17	E&H	10.59
3 Isobel Ivy		B&B	10.65	3 Alice Humble		HRW	9.73
4 Chloe Flowers		HRW	9.84	4 Si an Hurlock	U17	B&B	9.48
5 Pascale Waterson	U17	WSE	9.75	5 Vi cky Fouhy		WSE	9.09
6 Devon Spencer		TCM	9.06	6 Sophie Hallam		TCM	8.81
7 Holly Slater	U17	NOR	9.00	7 Laura Warman		NOR	8.47
8 Stephanie Owens		SBH	8.88	8 Imogen Stranis-Oppler		SBH	7.93

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W 4x100m Relay

1 B&B 48.4	1 Megan Southwart		2 Serita Solomon	
	3 Kirstie Robinson		4 Grace Sheppard	
2 E&H 49.0	1 Kike Solanke	U17	2 Bianca Williams	U17
	3 Dee Bakre		4 Corrine Humphreys	
3 WSE 49.1	1 Leah Barrow	U17	2 Chloe Mays	U17
	3 Shalisha Patrick	U17	4 Georgina Lamothe	U17
4 HRW 49.8	1 Ria Bailey	U17	2 Marilyn Nwawulor	U17
	3 Dymond Smith		4 Yolanda Hutchinson	
5 SBH 50.9	1 Imogen Stranis-Oppler		2 Jade Attoh	
	3 Victoria Dixon		4 Chisom Nwachukwu	U17
6 W&E 51.0	1 Jo White (Hca)		2 Laurelle Akintade	
	3 Rachel Dean	U17	4 Kitty Eleyae	
7 TCM 54.0	1 Ellie Morris		2 Rebecca Huxtable	
	3 Emily Moss		4 Sharna Emanuel	
8 NOR 59.0	1 Laura Green	U17	2 Chloe Smith	U17
	3 Sophie McKinna (Hca)	U17	4 Holly Slater	U17

W 4x400m Relay

1 B&B 3.54.6	1 Amy De Matos		2 Krystal Galley	U17
	3 Frederica Foster (Hca)	U17	4 Savannah Thompson (Hca)	
2 WSE 4.00.9	1 Emily Barrett	U17	2 Leah Barrow	U17
	3 Vicky Fouhy		4 Martha Reynolds	
3 TCM 4.05.4	1 Emily Moss		2 Laura Bass	
	3 Michelle Longman		4 Sharna Emanuel	
4 SBH 4.08.3	1 Imogen Stranis-Oppler		2 Chisom Nwachukwu	U17
	3 Melissa Courtney (Hca)		4 Abigail Lambden	
5 HRW 4.10.4	1 Rachel Blackburn (Hca)		2 Philippa Lowe	
	3 Leigh Lattimore		4 Dymond Smith	
6 W&E 4.15.6	1 Kathrine Foy		2 Holly Pattie-Belleli	U17
	3 Sophie Fuhr	U17	4 Chelsea Ives	U17
7 NOR 4.17.7	1 Becky Pike		2 Iona Lake	U17
	3 Holly Cooper		4 Laura Warman	
8 E&H 4.30.6	1 Anna Sharrock		2 Hannah Brown	
	3 Kate Barber (Hca)	U17	4 April Hogg	U17

M 4x100m Relay

1 E&H 42.5	1 Sean Safo Antwi		2 James McClean (Hca)	
	3 Reece Noonan	U17	4 Jordan Arthur	U17
2 B&B 43.2	1 Tremayne Gilling		2 Matthew Walcott	
	3 Jon Pettet	U17	4 Jon Pettet	U17
3 SBH 43.8	1 Adam Mohammed		2 Confidence Lawson	
	3 Clayton Johnson	U17	4 Antonio Infantino	
4 WSE 43.8	1 Ashley Fry		2 Alex Ojo (Hca)	
	3 Jamie East		4 Stewart Challis	
5 HRW 44.5	1 Moneur Williams		2 Stefan Greenidge	
	3 Dominic Morris	U17	4 Matt Sadoh	U17
6 TCM 45.7	1 Gian Luca Zicchi		2 Ben Davies	
	3 Christian Roberts		4 Darrellon Holding	
7 W&E 46.1	1 Nnamdi Umeh		2 Maduka Umeh	
	3 Matthew Persaud		4 Peter Karibo	
8 NOR 54.3	1 Adam Howard	U17	2 Samuel Cheverton	
	3 Oliver Marshall		4 Tom Francis	U17

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Norman Park, Bromley, Sun 26 July 2009

M 4x400m Relay

1 B&B 3.23.5	1 Alex Blair		2 Ben Parkin	U17
	3 Ronnie Pocklington	U17	4 Lemar Charles	
2 SBH 3.25.9	1 Blade Ashby (Hca)	U17	2 Jordan Aromasodu (Hca)	
	3 Charles Gunning		4 Matthew Webster	
3 E&H 3.26.1	1 Olu Oyewobi		2 Guen Owusu	
	3 Darren Corbin		4 Errol Houston	
4 W&E 3.29.2	1 Ben Peacock		2 Chris Vickers	
	3 John Pride		4 Nnamdi Umeh	
5 WSE 3.29.9	1 Stewart Challis		2 Ashley Fry	
	3 Zac Curran	U17	4 James Bennington	U17
6 HRW 3.31.0	1 Oronde Saunders	U17	2 Janakan Rajkumar	U17
	3 Andrew Kendall (Hca)		4 Curtis Blake (Hca)	
7 NOR 3.40.9	1 Christopher Marshall		2 James Senior	
	3 Tom Francis	U17	4 Delarey Veenendaal	U17
8 TCM 3.41.0	1 Gian Luca Zicchi		2 Ben Davies	
	3 Darrellon Holding		4 Christian Roberts	

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1 Shaftsbury Barnet H.	521	8
2 Blackheath & Bromley H&AC	519.5	7
3 Enfield & Haringey AC	481	6
4 Woodford Grn & Essex Lds	442	5
5 Windsor, Slough, Eton, H'low	430	4
6 Harrow AC	352	3
7 City of Norwich	324.5	2
8 Team Cambridge	301	1

General Comment: AOM Male HT P Clarke WGEL 61.15
 AOM Female SP S Effianayi B&B 12.13

Note(s)

B&B Includes + 35pts,
 NOR Includes + 35pts,
 E&H Includes + 35pts,
 HRW Includes + 35pts,
 SBH Includes + 35pts,
 TCM Includes + 35pts,
 WSE Includes + 35pts,
 W&E Includes + 35pts,

Results by www.Resultsbox.co.uk and Athletics Weekly