

M 100m A	Wind -5.5 m/s	M 100m B	
1 Adam Gemili	B&B 10.99	1 Akeem Akintokun	BDB 11.58
2 Chachindo Ujah	E&H 11.02	2 Omololu Adiodun	W&E 11.61
3 Jordan Kirby-Polidore	W&E 11.12	3 Anton Daly	U17 B&B 11.69
4 Kelvin Tairou	U17 BDB 11.22	4 Shaguele Momoh	E&H 11.75
5 Renard Frederick	SBH 11.30	5 Foluke Blackett	U17 WSE 11.89
6 Richard Taylor	NOR 11.36	6 Randy Momie	SBH 12.18
7 David Harvey	WSE 11.50	7 Tom Powell	U17 SXN 12.21
8 Ken Holmes	SXN 11.85		
M 200m A	Wind -4.5 m/s	M 200m B	Wind -3.4 m/s
1 Sam Watts	W&E 22.17	1 Jordan Kirby-Polidore	W&E 22.16
2 Adam Gemili	B&B 22.24	2 Kieren Daly	B&B 22.85
3 Akeem Akintokun	BDB 22.75	3 Renard Frederick	SBH 23.09
4 Richard Taylor	NOR 22.78	4 Romaine Harris	E&H 23.57
5 Jordan Arthur	E&H 22.83	5 Foluke Blackett	U17 WSE 23.71
6 Martyn Paterson	SBH 24.12	6 Shane Artherton	NOR 25.01
7 Robert Field	WSE 24.34	7 Larry Dai	BDB 25.14
8 Tom Powell	U17 SXN 24.61	8 Michael Sturgeon	SXN 26.67
M 400m A		M 400m B	
1 Dominic Smith	WSE 48.57	1 Stefan Richards	WSE 51.49
2 Jake King	E&H 49.74	2 Jonathan Pettet	B&B 52.33
3 Austin Joseph	W&E 49.98	3 Colin Wint	W&E 52.80
4 Martyn Paterson	SBH 50.21	4 Rob Christou	E&H 53.39
5 Ainsley Campbell	B&B 51.95	5 David Ajayi	BDB 54.10
6 Steve Strange	BDB 53.37	6 Alex Lubbock	NOR 54.40
7 Aaron Pitt	U17 NOR 57.73	7 Taariq John-Clarke	SBH 59.00
M 800m A		M 800m B	
1 Zak Curran	WSE 1.56.06	1 Richard Charles	SBH 1.56.15
2 Sam Yates	BDB 1.56.71	2 Nakole Iddirism	BDB 1.58.88
3 Matthew McLaughlin	U17 SBH 1.58.23	3 Connor Vine	WSE 2.02.00
4 Daniel Yaxley	W&E 2.00.25	4 Oliver Robinson	B&B 2.02.11
5 Tom Pye	E&H 2.05.41	5 Liam Blaikie	W&E 2.03.09
6 Oliver Taylor	B&B 2.05.70	6 Tom Fallon	E&H 2.08.97
7 Scott Greeves	U17 NOR 2.14.88		
M 1500m A		M 1500m B	
1 Philip Sesseman	B&B 4.06.51	1 Michael Calligari	U17 SBH 4.10.15
2 Bradley Goater	WSE 4.07.68	2 Ricky Harvie	U17 WSE 4.11.61
3 Joe Sherry	SBH 4.08.69	3 Rob Yates	B&B 4.12.87
4 Micheal Christoforou	E&H 4.11.10	4 Yasir Sheikh	BDB 4.17.99
5 Joseph Gill	BDB 4.11.19	5 Reece Surridge	E&H 4.42.38
6 Tom Hook	U17 NOR 4.23.97	6 Ryan Dunne	U17 W&E 4.50.24
7 Sam Benge	W&E 4.38.08		
8 Ross Fawcett	SXN 4.38.71		
M 3000m A		M 3000m B	
1 Tadvig Grant	SBH 9.02.88	1 Euan McKenzie	SBH 9.17.46
2 Alex Jones	E&H 9.07.56	2 Jack Killip	WSE 9.22.87
3 Alex Goodall	WSE 9.12.18	3 Christopher Miles	B&B 9.49.60
4 Frazer Heasman	NOR 9.27.26		
5 Georges Vacharopolos	B&B 9.44.20		
6 David Kail	BDB 10.25.50		

M 110mH A	Wind -4.0 m/s	M 110mH B	Wind -4.3 m/s
1 Blade Ashby	SBH 15.16	1 Alex Lee	SBH 16.11
2 Bradley Reed	SXN 15.98	2 Rene Driver	SXN 19.31
3 Anthony Ekundayo	E&H 16.46	3 Tom Carter	E&H 20.14
4 Jamhal Germaine	BDB 16.66	4 Oliver Taylor	B&B 23.99
5 Ben Philips	W&E 18.23		
6 Ben Parkin	B&B 19.39		
7 Petrou Snaipar	WSE 19.98		

M 400mH A		M 400mH B	
1 Ben Hopkins	B&B 54.74	1 Ben Parkin	B&B 55.99
2 Sam Maguire	WSE 55.83	2 Paul Cave	WSE 57.05
3 Ben Philips	W&E 57.62	3 Blade Ashby	SBH 59.46
4 Alex Lee	SBH 58.70	4 Rene Driver	SXN 1.02.80
5 Luke Danial	E&H 1.01.19	5 Rihards Golsts	BDB 1.03.37
6 Bradley Reed	SXN 1.01.89	6 Chris Hawkins	E&H 1.04.95
7 Tommy Bower	BDB 1.02.65		

M 2000m Sc A		M 2000m Sc B	
1 Khalid Al-Abaidy	WSE 6.28.05	1 Nathan Ditton	WSE 6.33.00
2 Samuel Woods	B&B 6.44.23	2 Tom Greenhill	U17 B&B 7.58.60
3 Euan McKenzie	SBH 6.51.99	3 Rihards Golsts	BDB DNF
4 Tommy Bower	BDB 6.58.68		
5 Tom Fallon	E&H 7.23.77		
6 Ross Fawcett	SXN DNF		

M Discus Throw A			
1 Gareth Winter	WSE 51.15	(44.22, 48.83, 47.50, 47.55,	NT, 51.15)
2 Liam Biddlecombe	SBH 50.55	(50.55, 46.55, 49.60, 48.95,	, )
3 Youcef Zatat	W&E 43.03	( NT, 41.72, 43.03)	
4 Matti Mortimore	SXN 39.13	(37.03, 38.63, 36.69, 37.59,	NT, 39.13)
5 Michael Bartlett	BDB 36.73	(36.18, 36.73, NT)	
6 Louis Mascarenhas	U17 B&B 32.08	(32.08, NT, 29.22)	
7 Dalian Richmond	E&H 23.91	(23.91, 21.93, 21.18)	

M Discus Throw B			
1 Kariym Irvine	WSE 42.98	( NT, NT, 42.98)	
2 Gregory Thompson	SBH 42.09	(38.17, 42.09, NT)	
3 Mathew Osolador	BDB 33.46	(33.46, 28.81, NT)	
4 Andrew Harrison	SXN 32.36	( NT, 32.36, NT)	
5 Harry Clarke	W&E 28.25	(23.75, 28.25, 27.03)	
6 Daniel Hollett	U17 B&B 26.93	( NT, 26.93, NT)	
7 Anthony Ekundayo	E&H 21.19	( NT, 21.19, NT)	

M Hammer Throw A			
1 Andrew Elkins	SBH 64.66	(63.41, 64.41, 64.66, 63.86, 63.48, 64.42)	
2 Jake Haylock	B&B 58.51	(54.93, 56.10, 58.51, NT, 54.80, NT)	
3 Harry Clarke	W&E 53.29	(52.75, NT, 51.18, 53.29, NT, NT)	
4 Taylor Campbell	U17 WSE 49.28	(43.87, NT, 46.21, 49.28, NT, NT)	
5 Andrew Harrison	SXN 29.63	(23.58, 25.95, 29.63)	
6 Anthony Ekundayo	E&H 20.80	(20.80, -, -)	
7 Tommy Bower	BDB 14.89	(14.89, -, -)	

M Hammer Throw B

1 Dempsey McGuigan	SBH	61.08	(57.43,	NT,	NT,	NT,	61.08,	NT)
2 James Smith	W&E	42.57	(42.57,	NT,	40.61,	42.16,	40.98,	41.88)
3 Matti Mortimore	SXN	27.10	(27.10,	NT,	-)			
4 Louis Mascarenhas	U17 B&B	23.31	(23.31,	NT,	23.23)			
5 Dalian Richmond	E&H	19.64	(17.83,	16.70,	19.64)			
6 Mathew Osolador	BDB	9.63	(	NT,	9.63,	-)		
7 Mark White	WSE	DNS						

M High Jump A

1 Allan Smith	SBH	2.05	(2.00xo,	2.05xxo,	2.13xxx)			
2 Mitchell Fields	U17 WSE	1.90	(1.70o,	1.75o,	1.80o,	1.85o,	1.90o,	1.95xxx)
3 Chris Kandu	U17 E&H	1.90	(1.70o,	1.75-	1.80o,	1.85xo,	1.90xxo,	1.95xxx)
4 Max Paulin	U17 SXN	1.85	(1.70o,	1.75o,	1.80xo,	1.85xo,	1.90xxx)	
5 Harry Rogers	B&B	1.85	(1.65o,	1.70-	1.75o,	1.80xxo,	1.85xxo,	1.90xxx)
6 Jamhal Germaine	BDB	1.75	(1.70xxo,	1.75xo,	1.80xxx)			
7=Tom Hook	U17 NOR	1.65	(1.50o,	1.55o,	1.60o,	1.65o,	1.70xxx)	
7=Peter Karibo	W&E	1.65	(1.65o,	1.70rtd)				

M High Jump B

1 Russell Waterson	U17 WSE	1.75	(1.70o,	1.75o,	1.80xxx)			
2 Adam Carpenter	SBH	1.75	(1.70o,	1.75xo,	1.80rtd)			
3 Tom Carter	E&H	1.70	(1.50o,	1.55o,	1.60o,	1.65xo,	1.70xxo,	1.75xxx)
4 Aji Lawal	BDB	1.65	(1.55o,	1.60o,	1.65xxo,	1.70xxx)		
5 Ben Parkin	B&B	1.55	(1.55o,	1.60xxx)				
6 Tom Powell	U17 SXN	1.50	(1.50o,	1.55-	1.60rtd)			
7 Ben Philips	W&E	DNS						

M Javelin Throw A

1 Sam Taylor-Outridge	SBH	65.96	(	NT,	61.34,	NT,	-,	65.96,	-)
2 Matti Mortimore	SXN	61.24	(58.99,	56.26,	NT,	61.24,	58.89,	NT)	
3 Tom Carter	E&H	46.23	(45.92,	46.23,	42.38,	NT,	-,	-)	
4 Jamhal Germaine	BDB	44.50	(42.14,	44.50,	40.90,	41.32,	NT,	35.41)	
5 Ryan Horner	WSE	40.95	(40.95,	37.25,	39.37)				
6 Youcef Zatat	W&E	38.84	(38.84,	RTD,	)				
7 Jonathan Pettet	B&B	26.51	(	-,	26.51,	RTD)			
8 Scott Greeves	U17 NOR	24.25	(24.25,	RTD,	)				

M Javelin Throw B

1 Paul Dowling	SXN	60.38	(45.87,	49.16,	53.08,	52.15,	54.19,	60.38)	
2 Michael Bartlett	BDB	44.47	(	NT,	42.46,	44.47,	42.69,	RTD,	)
3 Mathew Jones	E&H	44.36	(43.07,	44.36,	NT)				
4 Morgan Jury	U17 WSE	40.45	(36.32,	38.64,	40.45)				
5 Andrew Elkins	SBH	37.22	(37.22,	RTD,	)				
6 Harry Clarke	W&E	29.83	(29.83,	RTD,	)				
7 Daniel Hollett	U17 B&B	19.55	(	NT,	NT,	19.55)			
8 Tom Hook	U17 NOR	DNS							

M Long Jump A

1 Oliver Newport	U17 B&B	6.74	(	NJ,	6.74,	NJ,	3.33,	6.50,	6.45)
2 Ben Clark	SXN	6.71	(	5.89,	6.33,	6.46,	6.71,	6.43,	6.39)
3 Blade Ashby	SBH	6.69	(	6.58,	6.60,	6.69,	6.65,	6.65,	6.50)
4 David Harvey	WSE	6.67	(	6.67,	6.52,	NJ,	6.14,	6.55,	NJ)
5 Joseph Dewar	U17 W&E	6.65	(	6.24,	6.39,	6.21,	6.65,	NJ,	6.53)
6 Kem Ofoegbu	BDB	5.97	(	5.67,	5.97,	5.59)			
7 Calvin Knight	E&H	5.80	(	NJ,	NJ,	5.80)			

M Long Jump B

1 James Allen	U17 B&B	6.16	(	5.79,	5.98,	5.79,	6.16,	6.14,	6.14)
2 Peter Karibo	W&E	5.90	(	5.90,	NJ,	5.02)			
3 Taariq John-Clarke	SBH	5.75	(	5.54,	5.53,	5.75)			
4 Kevin Kombi	BDB	5.31	(	5.31,	5.28,	5.17)			
5 Oliver Carroll	U17 WSE	5.29	(	5.29,	NJ,	5.03)			
6 Philip Whittaker	E&H	4.85	(	NJ,	NJ,	4.85)			
7 Michael Sturgeon	SXN	4.59	(	4.59,	3.20,	-)			

M Pole Vault A

1 Adam Carpenter	SBH	4.55	(	4.20xxo,	4.30-	4.40o,	4.55o,	4.70xxx)	
2 Mark Longhurst	B&B	4.55	(	4.30xo,	4.40xxo,	4.55o,	4.70xxx)		
3 Ben Clark	SXN	3.50	(	3.20o,	3.35xo,	3.50xxo,	3.65xxx)		
4 James Dixon	WSE	3.35	(	3.05o,	3.20xo,	3.35o,	3.50xxx)		
5 Tommy Bower	BDB	2.00	(	2.00xxo,	2.15rtd)				
6 Oliver Brice	U17 NOR NOHGT		(	3.05xxx)					

M Pole Vault B

1 Josh Alexander-Passe	SBH	3.35	(	2.45o,	2.60o,	2.75o,	3.05xo,	3.20o,	3.35o,	3.50xxx)
2 Mark Woods	WSE	3.35	(	3.05xo,	3.20o,	3.35xxo,	3.50xxx)			
3 Louis Hopgood	U17 B&B	2.60	(	2.00o,	2.15o,	2.30o,	2.45xo,	2.60o,	2.75xxx)	

M Shot Putt A

1	Liam Biddlecombe	SBH	16.83	(16.83,	NT,	NT,	NT,	16.06,	NT)	
2	Gareth Winter	WSE	16.05	(	NT,	15.67,	NT,	NT,	16.05,	NT)
3	Mathew Osolador	BDB	13.09	(	NT,	11.48,	12.20,	NT,	12.35,	13.09)
4	Youcef Zatat	W&E	12.42	(12.42,	12.22,	12.40,	NT,	NT,	NT)	
5	Andrew Harrison	SXN	11.81	(11.35,	NT,	11.81)				
6	Daniel Hollett	B&B	10.24	(	9.88,	10.24,	9.64)			
7	Tom Carter	E&H	9.10	(	8.87,	9.10,	8.70)			
8	Dapo Olaleye	NOR	7.63	(	-,	7.63,	NT)			

M Shot Putt B

1	Kariym Irvine	WSE	13.56	(12.68,	13.52,	NT,	12.86,	12.58,	13.56)
2	Michael Bartlett	BDB	12.51	(11.91,	12.07,	11.88,	12.51,	12.08,	NT)
3	Andrew Elkins	SBH	11.57	(11.57,	11.34,	NT)			
4	Dalian Richmond	E&H	8.83	(	8.83,	7.71,	8.23)		
5	Harry Clarke	W&E	8.07	(	8.07,	7.63,	RTD)		
6	James Allen	U17 B&B	5.99	(	5.10,	NT,	5.99)		
7	Matti Mortimore	SXN	DNS						

M Triple Jump A

1	Jonathan Illori	B&B	14.72+2.1	(14.64+3.3,	NJ	,	13.40+1.2,		
				14.53+2.0,	NJ	,	14.72+2.1)		
2	Shola John-Olojo	SBH	14.48+0.5	(13.21+0.8,	14.22+0.8,	14.48+0.5,			
				14.42+2.2,	NJ	,	NJ	)	
3	Peter Karibo	W&E	14.12+1.8	(14.12+1.8,	13.55+1.8,	13.80+1.5,			
				13.61+3.0,	13.64+4.6,	-	)		
4	Kem Ofoegbu	BDB	13.93+2.1	(13.17+1.5,	13.93+2.1,	13.82+3.5,			
				13.30+2.3,	13.32+0.8,	-	)		
5	Calvin Ahotu	U17 E&H	12.13+2.3	(	NJ	,	12.13+2.3,	11.77+2.6)	
6	David Walker	WSE	10.93+2.3	(	NJ	,	10.87+2.3,	10.93+2.3)	
7	Bradley Reed	SXN	DNSCR	(	NJ	,	NJ	,	NJ

M Triple Jump B

1	Joe Lawrence	B&B	14.46+1.8	(	NJ	,	NJ	,	13.27+1.7,
					NJ	,	NJ	,	14.46+1.8)
2	Dean Oamen	U17 SBH	13.42+3.7	(13.12+1.7,	NJ	,	-	,	
				13.42+3.7,	NJ	,	13.30+1.9)		
3	Joseph Dewar	U17 W&E	12.25+0.0	(12.25+0.0,	11.82+1.6,	11.90+1.4)			
4	Kevin Kombi	BDB	12.08+2.7	(11.68+1.2,	12.08+2.7,	11.71+0.9)			
5	Calvin Knight	E&H	12.02+2.8	(	NJ	,	12.02+2.8,	RTD	)
6	Oliver Carroll	U17 WSE	10.87+3.1	(10.22+1.5,	10.87+3.1,	10.29+1.6)			

W 100m A

1	Dina Asher-Smith	U17 B&B	12.50
2	Uzomo Nwachukwu	U17 E&H	12.79
3	Georgia Lamothe	WSE	12.80
4	Clieo Stephenson	U17 NOR	12.83
5	Chisom Nwachukwu	SBH	13.00
6	Sephanie Ugbo	BDB	13.69
7	Pamela Milla	U17 W&E	13.78
8	Emily Lambert	U17 SXN	13.92

W 100m B

1	Shalisha Patrick	WSE	12.79
2	Grace Sheppard	B&B	12.82
3	Amarchi Pippi	U17 E&H	13.07
4	Enya Moore	U17 SXN	13.56
5	Ella Stephenson	U17 NOR	13.65
6	Neha Dabhi	BDB	13.67
7	Ronan McKenzie	U17 W&E	13.87
8	Nicole Fox	SBH	14.67

W 200m A

1 Sophie Papps	U17 WSE	24.92
2 Dina Asher-Smith	U17 B&B	25.04
3 Chisom Nwachukwu	SBH	25.96
4 Uzomo Nwachukwu	U17 E&H	26.15
5 Haley McLean	U17 SXN	26.68
6 Yemi Akinshipo	BDB	27.70
7 Holly Pattie-Belleli	W&E	28.05
8 Victoria Mitchell	U17 NOR	28.18

W 200m B

1 Charlotte Wingfield	U17 E&H	26.54
2 Amara Lalemi-Jacobs	B&B	27.14
3 Chloe Mays	WSE	27.83
4 Katy Barber	NOR	28.84
5 Emily Lambert	U17 SXN	28.86
6 Doja Atanda	BDB	29.16
7 Georgina Ferrari	U17 W&E	30.17
8 Lorret Grose-Batchelor	SBH	32.19

W 400m A

1 Rachel Dickens	U17 B&B	55.75
2 Leah Barrow	WSE	56.58
3 Amy Macdonald	E&H	59.33
4 Yemi Akinshipo	BDB	1.01.23
5 Caroline Hill	U17 SXN	1.01.37
6 Georgina Ferrari	U17 W&E	1.05.45
7 Juliet Broster	NOR	1.19.57

W 400m B

1 Krystal Galley	B&B	58.65
2 Akasha Smith	U17 E&H	1.00.70
3 Neha Dabhi	BDB	1.01.11
4 Emma Croft	U17 WSE	1.02.00
5 Alex Leigh-Pearson	SXN	1.03.03
6 Suna Yokes	W&E	1.03.42
7 Nastassja Potgieter	U17 NOR	1.18.10

W 800m A

1 Iona Lake	NOR	2.16.92
2 Sophie Connor	SBH	2.17.20
3 Danielle Critchley	B&B	2.18.98
4 Kaylee Dodd	U17 BDB	2.19.33
5 Bex Myers	WSE	2.24.59
6 Katie Tuttleberry	SXN	2.25.19
7 Lauren Macgregor	W&E	2.32.44
8 Amarchi Pippi	U17 E&H	2.38.02

W 800m B

1 Kiera Mooney	U17 NOR	2.20.21
2 Eleanor Bounds	BDB	2.22.17
3 Kate Barber	SBH	2.28.57
4 Saffron Salih	U17 B&B	2.34.52
5 Nathalie Woodhouse	E&H	2.35.09
6 Christina Hall	U17 WSE	2.37.55
7 Lauren Freeman	W&E	2.50.91
8 Emma Burroughs	SXN	3.00.06

W 1500m A

1 Sophie Connor	SBH	4.42.05
2 Lauren Macgregor	W&E	4.57.56
3 Kate Curran	U17 B&B	4.58.56
4 Nastassja Potgieter	U17 NOR	5.03.00
5 Ellie Wallis	U17 WSE	5.18.36
6 Emily Ballard	BDB	5.26.83

W 1500m B

1 Juliet Broster	NOR	5.03.46
2 Molly Patch	U17 SBH	5.12.38
3 Amy Mitchell	B&B	5.31.99
4 Stephanie Smith	U17 W&E	5.54.07
5 Rosie Adams	U17 WSE	6.00.07

W 3000m A

1 Nicole Swaffield	U17 WSE	10.25.99
2 Hannah Wright	NOR	11.03.36
3 Isobel Thompson	U17 SBH	11.13.83
4 Amber Reed	U17 B&B	11.38.30
5 Katie Tuttleberry	SXN	12.00.12
6 Isobel Moss	U17 W&E	12.18.90

W 3000m B

1 Mabel Beckett	U17 NOR	11.13.43
2 Ciara Stewart	SBH	11.14.32
3 Alice Wills	U17 WSE	11.37.31
4 Michelle Fewster	B&B	11.43.27

W 100mH A

1 Jess McCabe	WSE	16.44
2 Rebecca Zelic	SBH	17.00
3 Jenny Milligan	NOR	17.69
4 Evie Castle	SXN	17.75
5 Sarah Driver	E&H	18.35
6 Hollie-Louise Thomas	BDB	DISQ

Wind -3.2 m/s

W 100mH B

1 Joanna Willard	U17 E&H	20.17
2 Rosie Adams	U17 WSE	20.59

Wind -3.3 m/s

W 400mH A

1 Emily Barrett	WSE	1.06.08
2 Sarah Driver	E&H	1.07.11
3 Holly Pattie-Belleli	W&E	1.07.30
4 Nikki Twine	BDB	1.10.70
5 Jenny Milligan	NOR	1.11.07
6 Zoe Levin	SBH	1.11.22
7 Chelsea Crouser	B&B	1.11.60

W 400mH B

1 Jess McCabe	WSE	1.07.71
2 Rachel Dean	W&E	1.09.18
3 Rachel Robinson	B&B	1.09.93
4 Nathalie Woodhouse	E&H	1.10.92

W 1500m Sc A

1 Pippa Woolven	B&B	4.59.48
2 Iona Lake	NOR	5.10.31
3 Victoria Walker	SBH	5.17.34
4 Maryse Haynes	WSE	5.22.05
5 Kate Stockings	W&E	5.51.96
6 Emma Burroughs	SXN	6.38.90

W 1500m Sc B

1 Maddi Garner	WSE	5.35.56
2 Mabel Beckett	U17 NOR	6.04.84
3 Jess Jones	U17 B&B	6.05.05
4 Lauren Freeman	W&E	6.34.48

W Discus Throw A

1 Sam Milner	B&B	41.07 ( NT, NT, 33.06, NT, 41.07, NT)
2 Chelsea Coker	SXN	36.38 (35.35, 36.38, NT, RTD, )
3 Laura James	WSE	35.57 (32.63, 31.96, 30.93, 34.50, 35.57, 33.84)
4 Kayomie Thompson	U17 SBH	29.18 ( NT, 28.97, NT, 29.18, 25.38, NT)
5 Jasmin Brown-Rase	U17 W&E	26.38 (25.18, NT, 26.38)
6 Ayabo Adekunle	U17 E&H	24.79 (24.47, 24.79, NT)
7 Gemma Thrower	U17 NOR	23.25 (21.34, 20.74, 23.25)
8 Emily Ballard	BDB	11.77 (11.77, RTD, )

W Discus Throw B

1 Ellie Duffy-Penny	B&B	33.00 ( NT, 29.53, 33.00, 31.90, 32.01, 29.84)
2 Georgina Howe	SXN	32.06 (30.47, 30.70, NT, 32.06, NT, NT)
3 Victoria Onyeka	W&E	25.84 ( NT, 24.98, 25.84)
4 Ellie Norris	WSE	25.69 ( NT, NT, 25.69)
5 Gemma Vickery	U17 NOR	20.59 (20.59, NT, NT)
6 Amy Clemens	SBH	20.01 ( NT, 19.72, 20.01)
7 Charlotte Wingfield	U17 E&H	DNS

W Hammer Throw A

1 Amy Clemens	SBH	49.95 ( NT, 38.70, 44.14, 49.95, 44.01, NT)
2 Chelsea Coker	SXN	49.31 (48.11, 48.34, 49.31, 48.71, 49.14, 48.50)
3 Gemma Vickery	U17 NOR	36.18 (34.62, 33.88, 34.52, 36.05, NT, 36.18)
4 Naomi Lee	U17 B&B	34.79 (26.94, 30.46, 32.65, 33.83, 34.79, 32.21)
5 Ellie Norris	WSE	32.09 (29.82, 30.38, 29.59, 32.09, NT, NT)
6 Ayabo Adekunle	U17 E&H	26.54 ( NT, 22.68, 26.54)
7 Pamela Milla	U17 W&E	19.09 ( NT, 19.09, 18.64)
8 Nikki Twine	BDB	6.38 ( 6.38, RTD, )

W Hammer Throw B

1 Georgina Howe	SXN	43.55 (39.08, 41.41, 39.38, 43.55, 42.86, NT)
2 Laura James	WSE	23.63 (21.58, 21.51, 23.63)
3 Ellie Dumper	U17 B&B	19.46 (19.46, 18.54, NT)
4 Victoria Onyeka	W&E	17.38 ( NT, 17.38, 16.70)
5 Kayomie Thompson	U17 SBH	16.80 (14.48, 16.80, RTD)
6 Juliet Broster	NOR	5.71 ( 5.71, RTD, )

W High Jump A

1 Poppy Lake	U17	SXN	1.68	(1.50o,1.55o,1.60o,1.65xo,1.68o,1.71xxx)
2 Sarah Abrams		B&B	1.65	(1.50o,1.55o,1.60o,1.65xo,1.68xxx)
3 Gaby Rowsell		SBH	1.60	(1.50xo,1.55xo,1.60o,1.65xxx)
4=Catherine Oliver	U17	NOR	1.55	(1.40o,1.45o,1.50o,1.55o,1.60xxx)
4=Emily Haberfield	U17	WSE	1.55	(1.40o,1.45o,1.50o,1.55o,1.60xxx)
6 Stephanie Ugbo		BDB	1.50	(1.45xo,1.50o,1.55xxx)
7 Helena Scotland	U17	E&H	1.45	(1.30o,1.35o,1.40xo,1.45xo,1.50xxx)
8 Hannah Pattie-Belleli	U17	W&E	1.35	(1.30o,1.35o,1.40xxx)

W High Jump B

1 Christine Lyston		B&B	1.60	(1.40o,1.45o,1.50o,1.55o,1.60xxo,1.65xxx)
2 Charlotte Malton		SXN	1.55	(1.40o,1.45o,1.50xxo,1.55o,1.60xxx)
3 Demi Barrance	U17	WSE	1.50	(1.35o,1.40o,1.45xo,1.50xo,1.55xxx)
4 Patricia Mbata	U17	SBH	1.40	(1.40o,1.45xxx)
5 Joanna Willard	U17	E&H	NOHGT	(1.30xxx)
6 Katie Vickery	U17	NOR	NOHGT	(1.30xxx)

W Javelin Throw A

1 Hannah Johnson		WSE	40.68	(40.68, 34.54, 35.07, -, NT, 37.24)
2 Makeda Lewis		SBH	34.63	(34.63, NT, 31.17, 33.16, 34.40, NT)
3 Gemma Thrower		NOR	31.47	(29.41, 30.23, 30.14, 30.64, 28.15, 31.47)
4 Ellie Duffy-Penny		B&B	28.61	(24.45, 26.16, 28.61, 25.98, NT, 23.86)
5 Evie Castle		SXN	27.64	(26.82, 27.64, 26.05, 26.71, NT, 26.49)
6 Amy Macdonald		E&H	18.89	(18.89, -, -)
7 Freya Spence	U17	W&E	16.20	(16.20, 14.66, 13.87)
8 Doja Atanda		BDB	10.14	(10.14, RTD, )

W Javelin Throw B

1 Alice Robinson	U17	SXN	24.27	( NT, 22.23, 24.27)
2 Letisha Richardson		WSE	23.47	( NT, 23.47, 22.61)
3 Sam Milner		B&B	21.85	( NT, NT, 21.85)
4 Gemma Vickery	U17	NOR	17.74	( NT, NT, 17.74)
5 Amy Clemens		SBH	15.07	(14.56, NT, 15.07)
6 Bianca Williams		E&H	9.60	( 9.60, RTD, )
7 Stephanie Smith	U17	W&E	8.59	( 7.85, 8.59, 7.20)
8 Debra Oylelade		BDB	DNSCR	( NT, NT, RTD)



W Long Jump A

1 Sarah Abrams	B&B	5.95	( NJ, 5.66, 5.78, NJ, NJ, 5.95)
2 Gaby Rowsell	SBH	5.72	( 5.72, NJ, 4.27, 5.24, NJ, NJ)
3 Mary Fasipe	U17 E&H	5.36	( 5.21, 5.36, 4.67, 5.23, 5.01, 5.15)
4 Haley McLean	U17 SXN	5.36	( 4.98, 5.20, 5.13, NJ, 5.14, 5.36)
5 Holly Pattie-Belleli	W&E	5.04	( 5.00, 4.48, 4.37, 4.99, 5.04, -)
6 Hollie-Louise Thomas	BDB	4.83	( 4.11, 4.83, 4.80)
7 Letisha Richardson	WSE	4.75	( 4.75, NJ, NJ)
8 Katie Vickery	U17 NOR	4.62	( 4.62, 4.34, NJ)

W Long Jump B

1 Lauren Stevens	B&B	5.21	( NJ, NJ, 5.21, 5.20, -, -)
2 Yasmin Lakin	U17 SBH	4.91	( 4.91, 4.83, 4.64)
3 Ronan McKenzie	U17 W&E	4.59	( 4.25, 4.59, 4.10)
4 Sophie Poyner	NOR	4.54	( 3.68, 4.54, NJ)
5 Jessica Crissell	U17 SXN	4.42	( 4.38, NJ, 4.42)
6 Claire Hing	WSE	4.39	( 4.20, NJ, 4.39)
7 Helena Scotland	U17 E&H	4.08	( 3.93, 4.08, 4.05)
8 Debra Oyelade	BDB	3.39	( 3.39, 3.26, NJ)

W Pole Vault A

1 Emilie Blackwell	U17 B&B	3.20	(3.05xo,3.20o,3.30xxx)
2 Lily-Mae Fisher	SBH	3.20	(2.90o,3.05-,3.20xxo,3.30xxx)
3 Alice Humble	WSE	2.90	(2.75o,2.90o,3.05xxx)
4 Joanna Willard	U17 E&H	2.30	(2.15o,2.30o,2.45xxx)
5 Stephanie Smith	U17 W&E	2.15	(1.70o,1.85xo,2.00o,2.15o,2.30xxx)

W Pole Vault B

1 Naomi Lee	U17 B&B	3.20	(3.05o,3.20xxo,3.30xxx)
2 Kirsty Lai	U17 WSE	2.75	(2.75o,2.90xxx)
3 Freya Spence	U17 W&E	2.00	(1.70o,1.85xo,2.00xo,2.15xxx)
4 Zoe Levin	SBH	1.85	(1.70o,1.85o,2.00xxx)

W Shot Putt A

1 Sam Milner	B&B	11.08	(10.45,	10.36,	10.31,	9.92,	10.86,	11.08)
2 Chelsea Coker	SXN	10.83	(10.34,	10.12,	NT,	NT,	10.83,	10.54)
3 Kayomie Thompson	U17 SBH	9.60	( 9.36,	9.60,	9.32,	8.81,	9.32,	NT)
4 Ayabo Adekunle	U17 E&H	9.39	( 8.96,	8.95,	9.05,	9.39,	8.99,	8.83)
5 Ellie Norris	WSE	8.48	( 7.68,	8.16,	8.48,	NT,	NT,	-)
6 Rachel Dean	W&E	8.25	( 8.25,	7.49,	7.80)			
7 Nikki Twine	BDB	8.01	( 7.21,	7.44,	8.01)			
8 Gemma Thrower	U17 NOR	7.45	( 7.45,	7.13,	7.39)			

W Shot Putt B

1 Evie Castle	SXN	10.81	(10.04,	9.93,	10.29,	10.50,	10.70,	10.81)
2 Ellie Duffy-Penny	B&B	8.80	( 8.00,	8.32,	8.80,	8.09,	8.09,	8.71)
3 Charlotte Wingfield	U17 E&H	8.46	( 8.27,	8.46,	8.43,	7.84,	7.74,	7.60)
4 Amy Clemens	SBH	8.26	( 8.26,	NT,	7.96)			
5 Laura James	WSE	7.90	( 7.90,	7.36,	7.85)			
6 Victoria Onyeka	W&E	7.59	( 7.59,	7.18,	NT)			
7 Sophie Poyner	NOR	6.14	( 6.14,	5.91,	-)			
8 Emily Ballard	BDB	4.56	( 4.56,	-,	-)			

W Triple Jump A

1 Rachel Dean	W&E	10.90	(10.90,	10.74,	-)			
2 Yasmin Lakin	U17 SBH	10.56	(10.56,	10.29,	-)			
3 Mary Fasipe	U17 E&H	10.51	( NJ,	NJ,	10.13,	10.51,	10.14,	-)
4 Sarah Abrams	B&B	10.27	(10.27,	-,	-)			
5 Letisha Richardson	WSE	10.03	( NJ,	10.03,	NJ)			
6 Jessica Crissell	U17 SXN	9.74	( 9.62,	9.74,	-)			
7 Victoria Mitchell	U17 NOR	9.00	( 8.94,	9.00,	-)			
8 Emily Ballard	BDB	8.06	( 7.89,	7.99,	8.06)			

W Triple Jump B

1 Ronan McKenzie	U17 W&E	10.41	(10.41,	10.13,	-,	-,	-,	NJ)
2 Lauren Stevens	B&B	10.08	(10.08,	10.02,	-,	9.65,	-,	-)
3 Patricia Mbata	SBH	9.71	( 9.36,	9.71,	NJ)			
4 Evie Castle	SXN	9.41	( 8.97,	NJ,	9.41)			
5 Sophie Poyner	NOR	8.61	( 8.61,	8.32,	-)			
6 Harriet Hillson	WSE	8.37	( 8.32,	8.37,	8.05)			
7 Amarchi Pippi	U17 E&H	DNS						
8 Debra Oylelade	BDB	DN SCR	( NJ,	-,	-)			

W 4x100m Relay

1	B&B	47.57	1	Georgina Middleton		2	Amara Lalemi-Jacobs	
			3	Dina Asher-Smith	U17	4	Grace Sheppard	
2	E&H	48.18	1	Amarchi Pippi	U17	2	Charlotte Wingfield	U17
			3	Uzomo Nwachukwu	U17	4	Bianca Williams	
3	WSE	48.30	1	Chloe Mays		2	Sophie Papps	U17
			3	Shalisha Patrick		4	Georgia Lamothe	
4	NOR	50.85	1	Ella Stephenson	U17	2	Katie Vickery	U17
			3	Katy Barber		4	Clieo Stephenson	U17
5	SBH	51.63	1	Nicole Fox		2	Gaby Rowsell	
			3	Lorret Grose-Batchelor		4	Chisom Nwachukwu	
6	SXN	52.00	1	Caroline Hill	U17	2	Jessica Crissell	U17
			3	Enya Moore	U17	4	Emily Lambert	U17
7	W&E	53.05	1	Holly Pattie-Belleli		2	Ronan McKenzie	U17
			3	Pamela Milla	U17	4	Hannah Pattie-Belleli	U17

W 4x400m Relay

1	B&B	4.06.09	1	Rachel Robinson		2	Yimika Adewakun	
			3	Danielle Critchley		4	Pippa Woolven	
2	WSE	4.08.72	1	Emily Barrett		2	Leah Barrow	
			3	Emma Croft	U17	4	Jess McCabe	
3	SBH	4.12.32	1	Gaby Rowsell		2	Ciara Stewart	
			3	Kate Barber		4	Sophie Connor	
4	E&H	4.12.99	1	Akesha Smith	U17	2	Charlotte Wingfield	U17
			3	Bianca Williams		4	Sarah Driver	
5	BDB	4.22.79	1	Eleanor Bounds		2	Emily Ballard	
			3	Doja Atanda		4	Neha Dabhi	
6	NOR	4.26.23	1	Jenny Milligan		2	Juliet Broster	
			3	Nastassja Potgieter		4	Kiera Mooney	U17
7	W&E	4.32.23	1	Lauren Macgregor		2	Suna Yokes	
			3	Georgina Ferrari	U17	4	Stephanie Smith	U17
8	SXN	4.48.13	1	Caroline Hill	U17	2	Alex Leigh-Pearson	
			3	Alice Robinson	U17	4	Emily Robinson	U17

M 4x100m Relay

1	W&E	42.08	1	Paul Scanlan		2	Sam Watts	
			3	Omololu Adiodum		4	Jordan Kirby-Polidore	
2	E&H	42.21	1	Jake King		2	Chachindo Ujah	
			3	Romaine Harris		4	Jordan Arthur	
3	B&B	42.99	1	Keiren Daly		2	Jonathan Illori	
			3	Anton Daly	U17	4	Adam Gemili	
4	BDB	43.70	1	Kelvin Tairou	U17	2	Jamhal Germaine	
			3	Larry Dial		4	Akeem Akintokun	
5	SBH	43.93	1	Randy Momie		2	Bami Falana	
			3	Taariq John-Clarke		4	Renard Frederick	
6	WSE	44.47	1	David Harvey		2	Foluke Blackett	U17
			3	Kamal McRae		4	Robert Field	
7	SXN	47.14	1	Rene Driver		2	Tom Powell	U17
			3	Michael Sturgeon		4	Ken Holmes	

M 4x400m Relay

1	WSE	3.20.77	1	Zak Curran		2	Stefan Richards	
			3	Sam Maguire		4	Dominic Smith	
2	W&E	3.21.47	1	Paul Scanlan		2	Omololu Adiodum	
			3	Ben Philips		4	Austin Joseph	
3	B&B	3.28.85	1	Ben Parkin		2	Craig Morten	
			3	Ainsley Campbell		4	Jonathan Pettet	
4	SBH	3.29.22	1	Matthew McLaughlin	U17	2	Richard Charles	
			3	Alex Lee		4	Martyn Paterson	
5	E&H	3.30.53	1	Luke Danial		2	Jordan Arthur	
			3	Rob Christou		4	Jake King	
6	BDB	3.35.03	1	Joseph Gill		2	Yasir Sheikh	
			3	Steve Strange		4	Nakole Iddirism	
7	NOR	4.17.05	1	Aaron Pitt	U17	2	Scott Greeves	U17
			3	Alex Lubbock		4	Tom Hook	U17

MATCH RESULT

LEAGUE STANDINGS

	Event	Lge		Event	Lge
1	B&B 561	8	1	Blackheath & Bromley H&AC 561	8
2	WSE 534.5	7	2	Windsor, Slough, Eton, H'low 534.5	7
3	SBH 517	6	3	Shaftesbury Barnet H. 517	6
4	E&H 374	5	4	Enfield & Haringey AC 374	5
5	W&E 373.5	4	5	Woodford Grn & Essex Lds 373.5	4
6	SXN 310	3	6	The Saxons 310	3
7	BDB 301	2	7	Basildon Beagles 301	2
8	NOR 267	1	8	City of Norwich 267	1

Athlete of the Match: Andrew Elkins - Shaftesbury Barnet - Hammer 64.66m  
Pippa Woolven - Blackheath & Bromley - 1500m SC 4.59.48LR

Note(s)

BDB Includes + 25pts,  
B&B Includes + 35pts,  
NOR Includes + 35pts,  
E&H Includes + 35pts,  
SBH Includes + 35pts,  
SXN Includes + 25pts,  
WSE Includes + 35pts,  
W&E Includes + 35pts,

M 100m		M 100m	
1 Aj Boyce	SBH 11.44	1 Kyron Williams	E&H 11.40
2 Jahmal Germaine	BDB 11.56	2 William Thompson	E&H 11.84
3 Denzai Brown	E&H 12.17	3 Kevin Kombi	BDB 11.88
4 Shane Arthurton	NOR 12.31	4 Bami Falana	SBH 11.92
5 Larry Diai	BDB 12.40	5 Peter Quinnell	WSE 12.82
6 James Allen	U17 B&B 12.41		
7 Russell Waterson	U17 WSE 12.44		
8 Michael Sturgeon	SXN 12.88		
M 100m		M 200m	Wind -2.7 m/s
1 Keiren Daly	B&B 11.15	1 Paul Scanlan	W&E 23.02
2 Enrico Tawiah	E&H 11.49	2 Wendell Adum-Yeboah	W&E 23.41
3 Reuban Fakoya	U17 B&B 11.80	3 Bami Falana	SBH 24.47
4 Aji Laval	BDB 11.93	4 Peter Quinnell	WSE 25.51
5 Oliver Briar	U17 NOR 12.05		
M 200m	Wind -4.5 m/s	M 200m	Wind -3.2 m/s
1 Kyron Williams	E&H 23.53	1 Hasif Bedford	W&E 23.31
2 William Thompson	E&H 24.49	2 Enrico Tawiah	E&H 23.58
3 Michael Edwards	E&H 24.53	3 Taarig John-Clarke	SBH 23.70
4 Reuban Fakoya	U17 B&B 24.92		
M 1500m		M 2000m Sc	
1 Jack Philp	WSE 4.17.16	1 Ben Kennard	WSE 6.46.31
2 Paul Crout	U17 SBH 4.23.05	2 Jonny Dry	WSE 7.08.39
3 Petrou Snaipar	WSE 4.32.54	3 David Kail	BDB 7.27.89
W 100m		W 200m	Wind -3.8 m/s
1 Sophie Papps	U17 WSE 12.32	1 Yimika Adewakun	B&B 26.48
2 Yimika Adewakun	B&B 12.97	2 Olivia Carsan	U17 WSE 26.97
3 Katy Barber	NOR 14.02	3 Emily Robinson	U17 SXN 29.92
M 800m		M Long Jump	
1 James Tidd	WSE 2.07.15	1 Tom Carter	E&H 5.79NWI
2 Gari Brown	WSE 2.10.06	2 Manny Oamen	SBH 5.49NWI
W Long Jump		M Discus Throw	
1 Pamela Milla	U17 W&E 4.70NWI	1 Paul Dowling	SXN 25.66
2 Hannah Pattie-Belleli	U17 W&E 4.35NWI		
M Pole Vault		M 400mH	
1 Yimika Adewakun	B&B 3.20	1 Craig Morten	B&B 56.71
M 400m		M Discus Throw	
1 Joshua Oyedele	U17 B&B 53.97	1 Ellie Dumper	U17 B&B 28.83
W Shot Putt		W Hammer Throw	
1 Alice Robinson	U17 SXN 7.91	1 Evie Castle	SXN 32.87
W Pole Vault		M Shot Putt	
1 Christy Daz	U17 WSE 1.70	1 Gregory Thompson	SBH 12.61
W Triple Jump		M High Jump	
1 Hannah Pattie-Belleli	U17 W&E DNSCR	1 David Walker	WSE 1.80