

Competition: NJL National Final RESULTS  
 Venue: Derby, Moorways Stadium, Sun 9 September 2007

M 100m A	Wind -2.8 m/s	M 100m B	
1 Jordan Huggins U17	E&H 10.84	1 James Alaka	B&B 11.07
2 Olufunmi Sobodu	B&B 10.98	2 Antonio Infantino 17	E&H 11.24
3 Ryan Farrington	BIR 11.02	3 Brenton Smith	BIR 11.51
4 Andrew Robertson	SAL 11.08	4 Anthony Timms	LDS 11.59
5 Justin Geohagan	SBH 11.24	5 Richard Odumasu	SBH 11.62
6 Umar Hammed	LDS 11.53	6 Christoph Bart U17	WSE 12.33
7 Johnathan Simonson	WWA 11.66	7 Lee Young	WWA 12.79
8 Adam Medcraft U17	WSE 11.78		
M 200m A	Wind -1.3 m/s	M 200m B	Wind -1.9 m/s
1 Luke Fagan	E&H 21.34	1 David Telfer	E&H 21.75
2 James Alaka	B&B 21.64	2 Ryan Farrington	BIR 22.36
3 Andrew Robertson	SAL 21.94	3 Dan Putman U17	B&B 22.56
4 Justin Geohagan	SBH 22.63	4 Tom O'Brien	SBH 23.08
5 Tom Mosley U17	LDS 22.76	5 Adam Medcraft U17	WSE 23.33
6 Luke Lennon-Ford	BIR 22.86	6 Alex Adcocks	SAL 23.41
7 Johnathan Simonson	WWA 23.24	7 Rhys Smith	LDS 24.13
8 Christoph Bart U17	WSE 24.38	8 Chris Kilner U17	WWA 28.05
M 400m A		M 400m B	
1 Aaron Trim	E&H 48.62	1 Steve Butterworth	SAL 50.36
2 Dan Putman U17	B&B 49.65	2 Jonathan Lodowski	E&H 50.47
3 Jordan Warner	SBH 50.36	3 Will Hooton	SBH 51.08
4 Rhys Smith	LDS 50.98	4 Tom Roberts	LDS 51.60
5 Marc Forrest U17	WSE 51.44	5 Neil Frances	B&B 51.99
6 Tom Black	SAL 51.46	6 Efe Okoro U17	BIR 52.21
7 Jarryd Dunn U17	BIR 51.47	7 Nick Lingley U17	WSE 57.97
8 Jamie Fenaroli	WWA 51.55	8 Chris Kilner U17	WWA 59.80
M 800m A		M 800m B	
1 Jonathan Butler	WWA 1.56.31	1 Matthew Sullivan	SBH 1.57.87
2 Michael Salter	LDS 1.57.10	2 Peter Whitehouse	BIR 1.58.21
3 Anthony Gray	BIR 1.58.72	3 Ben Nagy	E&H 1.59.06
4 Denis Healy	E&H 1.59.05	4 Joe Townsend	LDS 1.59.87
5 Saul Payne	SBH 1.59.55	5 Richard Daniel	B&B 2.03.44
6 Luke Turton	WSE 1.59.95	6 Lee Whitley	SAL 2.05.40
7 Cameron Ward U17	B&B 2.00.42	7 Nick Lingley U17	WSE 2.05.69
8 Rob Whittaker	SAL 2.06.65	8 Chris Melbourne	WWA 2.07.65
M 1500m A		M 1500m B	
1 Ian May	WSE 4.04.45	1 Alex Tovey	WSE 4.06.76
2 Matthew Sullivan	SBH 4.04.53	2 Richard O'Donnellu17	BIR 4.09.02
3 Ben Nagy	E&H 4.05.06	3 R Martinez-Rodney 17	E&H 4.14.55
4 Simon O'Meara	BIR 4.06.35	4 Cameron Ward U17	B&B 4.23.93
5 Adam Bitchell U17	WWA 4.11.68	5 Alex Davy	LDS 4.25.19
6 Danny Brewer	B&B 4.13.59	6 Jamie Fenaroli	WWA 4.26.79
7 Michael Salter	LDS 4.13.89	7 Lee Whitley	SAL 4.36.13
8 Rob Whittaker	SAL 4.22.06	8 Carl Vidgen	SBH 4.43.29
M 3000m A		M 3000m B	
1 Shaun Collins	E&H 8.44.40	1 Greg Divall	BIR 8.59.86
2 James Trollope	BIR 8.45.46	2 Matthew Sharp	E&H 9.01.12
3 Nathan White	WSE 8.45.50	3 Oliver Ziff	LDS 9.07.52
4 Michael Williams	LDS 8.48.61	4 Sam Hunt	B&B 9.20.61
5 Alex Bruce-littlewood	B&B 9.16.79	5 Niall Flemming U17	SBH 9.26.64
6 Sam Aspinall	SAL 9.19.88	6 Cameron Smart U17	WSE 10.12.47
7 Nicky Morrell U17	WWA 9.21.92	7 Rhys Jones	WWA 10.26.82
8 Jake Shelley U17	SBH 9.25.48	8 Craig James	SAL 13.09.31

M 110mH A	Wind -2.6 m/s	M 110mH B	Wind -2.9 m/s
1 Aaron James	E&H 14.54	1 Ed Okoro	BIR 14.96
2 Simon Merrill	B&B 14.75	2 Zac Saucedo	E&H 15.87
3 James Wright	SAL 15.35	3 Simon Hemmings	B&B 16.31
4 Ashley Wilson	SBH 15.39	4 Curtess Samuel	SBH 16.39
5 Tom Casey	LDS 15.60	5 James Lavin	LDS 22.13
6 Lee Young	WWA 18.24	6 Jordan Brock U17	WWA 23.42
7 Leon Simpson U17	BIR 18.32		
M 400mH A		M 400mH B	
1 Aaron Dombey	SBH 57.80	1 Zac Saucedo	E&H 55.90
2 Ashley Fry U17	WSE 59.04	2 Chris Reece-Cooke U17	BIR 59.17
3 Simon Lloyd U17	B&B 62.1	3 Dale Willis	B&B 60.23
4 James Wilkinson	LDS 62.92	4 Tommy Bryant U17	SBH 60.28
5 Leon Simpson U17	BIR 63.05	5 James Lavin	LDS 65.43
6 James Davis	SAL 64.35	6 Phil Kennedy	SAL 69.23
7 Chris Kilner U17	WWA 67.71	7 Jordan Brock U17	WWA 77.79
M 2000m SC A		M 2000m SC B	
1 James Wilkinson	LDS 6.02.6	1 James Lavin	LDS 6.25.9
2 Tommy Bryant U17	SBH 6.07.7	2 Rob Jowettt	SAL 6.40.9
3 Shaun Collins	E&H 6.20.7	3 Adil Hussein	E&H 6.43.4
4 Jonathan Butler	WWA 6.23.5	4 Ross Sambrook	SBH 6.53.0
5 James Trollope	BIR 6.24.6	5 Sam Simpson	B&B 7.02.3
6 Alex Bruce-littlewood	B&B 6.35.1	6 Chris Melbourne	WWA 7.17.4
7 Sam Aspinall	SAL 6.40.4	7 Leon Simpson U17	BIR 7.22.3
8 Cameron Smart U17	WSE 7.26.6		
M Discus Throw A		M Discus Throw B	
1 Chris Scott	SBH 53.77	1 Liam Presnell	B&B 39.00
2 Elliot Price U17	BIR 47.02	2 Umar Hammed	LDS 38.17
3 Alistair Williamson	B&B 44.83	3 Greg Watkins	SAL 37.62
4 Ritchie Wells	WWA 41.79	4 Simon Brown	BIR 37.43
5 Azmi Sbati	SAL 40.25	5 Robert Llewellyn	WWA 35.96
6 Matt Townsend	WSE 39.38	6 Kiaran Hines U17	E&H 28.60
7 Daniel Gardiner	LDS 38.96	7 David Shiel	WSE 25.41
8 Bradley Elias U17	E&H 38.01	8 Matthew Stoker	SBH 25.22
M Hammer Throw A		M Hammer Throw B	
1 Alistair Williamson	B&B 62.06	1 Richard Al-Ameen	B&B 56.85
2 Chris Scott	SBH 57.22	2 Robert Cramb U17	WSE 37.42
3 Ritchie Wells	WWA 51.41	3 John Trimble U17	E&H 34.85
4 Danny Farenden	E&H 45.64	4 Robert Llewellyn	WWA 32.83
5 David Melliush	WSE 40.03	5 Luke Baker	BIR 25.72
6 Reece Thomas U17	BIR 30.55	6 Theodore Trumpet	SAL 24.62
7 Azmi Sbati	SAL 27.55	7 Opy Jacobs	SBH 23.99
8 Tom Casey	LDS 21.95	8 Umar Hammed	LDS 19.40
M High Jump A		M High Jump B	
1 Daniel Lampard	SBH 1.98	1 Ernest Boateng U17	E&H 1.90
2 Simon Hemmings	B&B 1.95	2 Phineahas Stewart U17	BIR 1.85
3 Leron Norbett	E&H 1.90	3 Nathan Fox U17	SBH 1.80
4 James Stokes	BIR 1.85	4 James Davis	SAL 1.75
5 Phil Kennedy	SAL 1.85	5 Dale Willis	B&B 1.60
6 Robbie Wells U17	WWA 1.80	6 Lee Young	WWA 1.55
7 Tom Galgut U17	WSE 1.75		
M Javelin Throw A		M Javelin Throw B	
1 Michael John	WWA 54.20	1 Matthew Holloway	WWA 45.63
2 Matthew Stoker	SBH 53.65	2 Umar Hammed	LDS 42.97
3 Robert Elliott	E&H 50.10	3 Tom Galgut U17	WSE 40.62

4 Adam Timms.	LDS 48.87	4 Alex Harman	E&H 38.51
5 Grant Fuller U17	WSE 43.77	5 Hamish Cosgrove U17	BIR 33.03
6 Thomas Shiels U17	BIR 43.69	6 Tom O'Brien	SBH 31.32
7 Craig James	SAL 39.48	7 Jonathan Vintner	B&B 29.07
8 Justin Warren U17	B&B 33.80		

M Long Jump A		W/S	M Long Jump B		W/S
1 Matthew Parnell	BIR	6.62-0.9	1 Nonso Okola	SBH	6.41-1.6
2 Anthony Timms	LDS	6.62-1.9	2 James Wright	SAL	6.28-1.5
3 Nathan Fox U17	SBH	6.58-1.9	3 Marcus Morrison U17	B&B	6.04-2.4
4 Andrew Burgess	SAL	6.29-1.8	4 Oly Oyewobi	E&H	5.98-1.3
5 O Barton-Ellington	E&H	6.09-2.3	5 Adam Timms.	LDS	5.92-1.0
6 Kola Adedoyin U17	B&B	6.09-2.2	6 Johnathan Simonson	WWA	5.41-1.7
7 Marc Forrest U17	WSE	5.87-0.1	7 Phillip Thomas U17	BIR	5.14-1.4
8 Robbie Wells U17	WWA	5.62-0.8	8 Andrew WinchcombeU17	WSE	5.04-2.8

M Pole Vault A			M Pole Vault B		
1 Scott Huggins	B&B	4.70	1 Jordan Henwood U17	E&H	3.60
2 Andrew Sutcliffe	SAL	4.30	2 James Grant U17	SBH	3.45
3 Jonathan Hill	E&H	3.90	3 Iain Grierson	WSE	3.30
4 Scott Barlett	SBH	3.90	4 James Davis	SAL	3.30
5 Steve Walker	WSE	3.75	5 Thomas Shiels U17	BIR	2.85
6 Daniel Gardiner	LDS	3.30	6 Aston Stockdale U17	B&B	2.70
7 Ben Williams U17	BIR	3.00			
8 Jordan Brock U17	WWA	2.40			

M Shot Putt A			M Shot Putt B		
1 Jay Thomas	B&B	16.68	1 Opy Jacobs	SBH	13.45
2 Reece Thomas U17	BIR	14.89	2 Liam Presnell	B&B	12.97
3 Chris Scott	SBH	14.04	3 Elliot Price U17	BIR	12.32
4 Anthony Timms	LDS	12.70	4 Daniel Gardiner	LDS	11.20
5 Azmi Sbati	SAL	11.99	5 William Ife U17	E&H	11.08
6 Asher Harris U17	E&H	11.84	6 Matt Townsend	WSE	11.03
7 David Shiel	WSE	11.60	7 Theodore Trumpet	SAL	10.30
8 Ritchie Wells	WWA	10.81	8 Robert Llewellyn	WWA	9.87

M Triple Jump A		W/S	M Triple Jump B		W/S
1 Kola Adedoyin U17	B&B	14.10+3.3	1 Kem Onubogu	SBH	13.62+3.2
2 Daniel Lewis	SBH	13.83+2.4	2 Marcus Morrison U17	B&B	13.61+3.1
3 Oly Oyewobi	E&H	13.72+4.3	3 Shane Murdoch	E&H	13.08+2.7
4 Mike Gladrey	SAL	12.30+4.5	4 Phillip Thomas U17	BIR	11.83+2.6
5 Christoph Bart U17	WSE	12.29+2.5	5 Andrew WinchcombeU17	WSE	11.43+3.2
6 Anthony Timms	LDS	12.09+3.7	6 Lee Young	WWA	11.24+4.1
7 Raoul Wilson-LeonU17	BIR	11.86+4.7	7 Tom Casey	LDS	10.94+4.9
8 Johnathan Simonson	WWA	11.60+3.3			

W 100m A		Wind -2.2 m/s	W 100m B		Wind -2.4 m/s
1 A Shand-Whittingham	B&B	11.85	1 Robyn Rashford	SAL	12.40
2 P Shakes-Drayton	SBH	12.19	2 Rachel Telfer	E&H	12.52
3 Rebekah Wilson U17	SAL	12.28	3 Clarice Underwood 17	SBH	12.56
4 Torema Dorsett	E&H	12.39	4 Grace Sheppard U17	B&B	13.14
5 Kayo Titiloye	BIR	12.49	5 Kimi Moncrieffe	BIR	13.20
6 Danni Carr U17	LDS	13.10	6 Katie Thomas U17	WWA	13.47
7 Sarah Pole	WWA	13.17	7 Beth Newton U17	WSE	13.53
8 Jenny Heckford	WSE	13.33	8 Jess Cooper U17	LDS	14.31

W 200m A	Wind -1.4 m/s	W 200m B	Wind -3.1 m/s
1 A Shand-Whittingham	B&B 24.33	1 Shaunna Thompson 17	SAL 25.05
2 P Shakes-Drayton	SBH 24.71	2 Jade Peak	BIR 25.65
3 Robyn Rashford	SAL 24.73	3 Daniella Annon U17	B&B 26.10
4 Kayo Titiloye	BIR 25.23	4 Clarice Underwood 17	SBH 26.78
5 Rachel Telfer	E&H 26.16	5 Christal Robinson	E&H 26.87
6 Sarah Pole	WWA 26.58	6 Rachel Speight U17	LDS 27.08
7 Danni Carr U17	LDS 26.97	7 Faye Williams U17	WSE 28.28
8 Rose Reynolds	WSE 27.30	8 Sian Jones U17	WWA 28.94
W 400m A		W 400m B	
1 Jade Peak	BIR 56.93	1 Isobel Ivy U17	B&B 59.28
2 Vanessa Nakangu	B&B 57.56	2 Aliysa Codrington	E&H 60.27
3 Erica Smith	E&H 57.80	3 Joanne Caulton	BIR 61.19
4 Katherine Sherry	SAL 59.66	4 Kayleigh Brown	WWA 61.48
5 Katie Sockett	LDS 60.82	5 Hannah Shelly	SBH 62.05
6 Abigail Lambden U17	SBH 61.24	6 Jess Dobson U17	LDS 64.53
7 Alaw Beynon-Thomas	WWA 61.39	7 Abi Fudge	WSE 65.03
8 Beth Newton U17	WSE 61.39	8 Lauren Woodcock U17	SAL 66.37
W 800m A		W 800m B	
1 Katie Parkes	WWA 2.13.88	1 Nia Williams U17	WWA 2.21.36
2 Ejiro Okoro	BIR 2.15.25	2 Jessica Saville U17	B&B 2.21.74
3 Anna Sharrock U17	E&H 2.17.95	3 Rebecca Gardiner	SBH 2.22.18
4 Lucy Yates	SBH 2.19.10	4 Sarah Hopcroft U17	BIR 2.26.10
5 Katie Murray	B&B 2.21.56	5 Dominique Wildman	E&H 2.26.84
6 Sophie Waterhouse 17	LDS 2.25.40	6 Nyomi Cadlin U17	SAL 2.27.83
7 Louisa Lingley U17	WSE 2.27.10	7 Fay Lebeter	LDS 2.36.17
W 1500m A		W 1500m B	
1 Vicky Fouhy	WSE 4.49.07	1 Rachel Stedman U17	WSE 5.00.10
2 Lucy Yates	SBH 4.57.80	2 Sophie Proffitt	SBH 5.03.18
3 Katie Murray	B&B 5.01.05	3 Nia Williams U17	WWA 5.07.87
4 Sarah Hopcroft U17	BIR 5.01.71	4 Roxanne Russell	BIR 5.08.16
5 Dru Griffiths U17	WWA 5.02.50	5 Dominique Wildman	E&H 5.17.85
6 Sophie Waterhouse 17	LDS 5.08.41	6 Cath Chambers U17	B&B 5.18.05
7 Anna Sharrock U17	E&H 5.09.33	7 Lauren Woodcock U17	SAL 5.21.50
8 Amy Regan U17	SAL 5.10.62	8 Fay Lebeter	LDS 5.36.28
W 3000m A		W 3000m B	
1 Non Stanford	WWA 10.13.57	1 Leah Dixon U17	WWA 10.53.46
2 Jannine Stockton	SAL 10.37.84	2 Bethany English	SAL 11.33.53
3 Melissa Bennington	WSE 11.14.97	3 Sarah Burdett	E&H 11.37.17
4 Hannah Brown	E&H 11.26.45	4 Emma Layton	SBH 12.26.67
5 Eleanor Hall	LDS 11.34.52	5 Hannah Garcia U17	B&B 12.28.02
6 Rebecca Smith U17	B&B 11.40.60	6 Rebecca Devney	LDS 12.57.26
7 Victoria Bryant	SBH 11.46.14	7 Sarah Capewell	BIR 13.04.20
8 Lindsey Baker	BIR 12.05.51		
W 100mH A	Wind -2.3 m/s	W 100mH B	Wind -2.9 m/s
1 P Shakes-Drayton	SBH 15.01	1 Rose Reynolds	WSE 15.38
2 Ese Okoro	BIR 15.79	2 Joshephine Okpo U17	SBH 17.25
3 Jenny Heckford	WSE 15.82	3 Rebecca Hayward	B&B 17.60
4 Becky Sanders-Clarke	E&H 17.15	4 Jasmin Hicks	E&H 17.61
5 Megan Thomas	WWA 17.54	5 Jennifer Simmons	SAL 18.69
6 Charlotte Walden-Day	B&B 17.86	6 Jess Dobson U17	LDS 18.73
7 Elizabeth Best	LDS 18.20	7 Hannah Pick	WWA 19.03
8 Lydia Wickstone	SAL 19.15	8 Chioma Chilaka	BIR 22.19

W 400mH A			W 400mH B		
1	Katie Sockett	LDS 65.0	1	Katrina Crosby U17	B&B 64.38
2	Sarah McLellan	B&B 65.57	2	Steph Blackwell u17	BIR 65.13
3	Ese Okoro	BIR 66.78	3	Jasmin Hicks	E&H 69.31
4	Megan Thomas	WWA 66.83	4	Hannah Pick	WWA 70.71
5	Joshephine Okpo U17	SBH 70.55	5	Elizabeth Best	LDS 72.02
6	Jennifer Simmons	SAL 70.69	6	Claire Simm	SBH 78.46
7	Becky Sanders-Clarke	E&H 75.56	7	Lydia Wickstone	SAL 79.18
W 1500m SC A			W 1500m SC B		
1	Laura Parker	E&H 5.24.62	1	Hilary Arrendondo 17	E&H 5.37.57
2	Aneura Phillips U17	WWA 5.28.17	2	Kayleigh Brown	WWA 5.43.91
3	Jannine Stockton	SAL 5.33.62	3	Claire Miles	SBH 6.11.36
4	Amy De-Matos U17	B&B 5.42.37	4	Rebecca Taylor	B&B 6.20.57
5	Claire Simm	SBH 5.55.07	5	Rebecca Devney	LDS 6.22.74
6	Eleanor Hall	LDS 5.57.58	6	Bethany English	SAL 7.08.29
W Discus Throw A			W Discus Throw B		
1	Eden Francis	BIR 50.93 LR	1	Flo Clark	B&B 37.62
2	Shaunagh Brown	B&B 45.79	2	Jess Palmer	BIR 33.38
3	Hannah Evenden U17	LDS 37.80	3	Alice Simpson	LDS 32.43
4	Elycia Metaxas-Belt	SAL 36.83	4	Charlotte Murray	WWA 26.31
5	Briony Phillips	SBH 35.52	5	Jo Botwright U17	WSE 25.98
6	Sarah Richards	WWA 34.05	6	Sharifa Brown	E&H 25.98
7	Charlotte Rose U17	E&H 28.01	7	Sherene Doughty U17	SBH 22.33
8	Nasya Harvey U17	WSE 26.88	8	Helen Bruton	SAL 13.06
W Hammer Throw A			W Hammer Throw B		
1	Sophie Hitchon	SAL 53.20	1	Nina Harvey	WSE 32.24
2	Oyebanki Jemiyo U17	B&B 41.77	2	Liz Millward	BIR 29.38
3	Hannah Evenden U17	LDS 39.70	3	Shaunagh Brown	B&B 26.40
4	Nasya Harvey U17	WSE 37.25	4	Sharifa Brown	E&H 19.02
5	Charlotte Rose U17	E&H 34.54	5	Simone Trumpet	SAL 18.98
6	Eden Francis	BIR 23.93	6	Jessica Best	LDS 14.96
7	Briony Phillips	SBH 23.36	7	Michelle Tuvey	SBH 13.81
W High Jump A			W High Jump B		
1	Zoey Phillips U17	BIR 1.63	1	Anna Smith	B&B 1.55
2=	Jessica Mathews U17	B&B 1.60	2	Hannah Pick U17	WWA 1.50
2=	Stephanie Potts U17	SAL 1.60	3	Jennifer Simmons	SAL 1.45
4	Katie Thomas U17	WWA 1.55	4	Ruth Ann Watson	E&H 1.35
5	Charlotte O'Neill 17	E&H 1.50	5=	Jess Dobson U17	LDS 1.30
6	Carrie Simpson	LDS 1.50	5=	Terri Sanya U17	SBH 1.30
7	Sarah Clifford	SBH 1.45	5=	Hanifa Greenwood U17	BIR 1.30
8	Jo Debs	WSE 1.35	8	Faye Williams U17	WSE 1.30
W Javelin Throw A			W Javelin Throw B		
1	Jade Dodd	B&B 49.37	1	Sarah McGuire U17	B&B 31.27
2	Claire Williams	WWA 39.02	2	Helen Bruton	SAL 29.10
3	Rachel Fleary	SAL 36.06	3	Carrie Simpson	LDS 28.02
4	Briony Phillips	SBH 32.10	4	Catherine Goldsmith	WWA 27.72
5	Alice Simpson	LDS 31.29	5	Izzy Krassismnou	E&H 22.92
6	Laura Gomery	BIR 26.37	6	Michelle Tuvey U17	SBH 21.33
7	Sharifa Brown	E&H 23.90	7	Emma Clueit	BIR 19.23
8	Abi Fudge	WSE 12.65	8	Jo Botwright U17	WSE 12.18
W Long Jump A			W Long Jump B		
1	Amanda Ranger	SBH 5.89+3.2	1	Lauren Blackie	B&B 5.24+2.4
2	Abigail Irozuru	SAL 5.79+2.7	2	Jade Attou U17	SBH 5.11+2.5
3	Emily Martin	B&B 5.40+2.8	3	Abigail Haywood U17	SAL 5.09+2.4
4	Dee Bakre U17	E&H 5.21+3.7	4	Davina Houston	E&H 4.64+1.0
5	Carrie Simpson	LDS 4.74+2.4	5	Rachel Rees U17	WWA 4.56+2.7

6 Vicki Binns U17	WSE 4.72+2.5	6 Jo Debs	WSE 4.25+2.6
7 Donna Jones U17	WWA 4.65+2.2	7 Chioma Chilaka	BIR 4.23+1.1
8 Laura Samuels U17	BIR 4.65+2.2	8 Rachel Speight U17	LDS 3.77+1.5
W Pole Vault A		W Pole Vault B	
1 Abigail Haywood U17	SAL 3.50	1 Emily Godley	B&B 2.90
2 Sarah Clifford	SBH 3.50	2 Izzy Krassismnou	E&H 2.30
3=Jasmin Hicks	E&H 3.35		
3=Rachel Arhiem	B&B 3.35		
5 Jade Tallent U17	WSE 2.60		
W Shot Putt A		W Shot Putt B	
1 Shaunagh Brown	B&B 13.19	1 Alice Simpson	LDS 10.64
2 Liz Millward	BIR 12.51	2 Katherine Jones U17	B&B 10.41
3 Briony Phillips	SBH 11.74	3 Laura Gomery	BIR 10.35
4 Hannah Evenden U17	LDS 11.03	4 Catherine Goldsmith	WWA 9.37
5 Charlotte Rose U17	E&H 10.55	5 Sharifa Brown	E&H 9.15
6 Sophie Hitchon	SAL 9.75	6 Nina Harvey	WSE 8.09
7 Charlotte Murray	WWA 9.66	7 Sherene Doughty U17	SBH 7.57
8 Nasya Harvey U17	WSE 8.42	8 Robyn Rashford	SAL 7.41
W Triple Jump A		W/S	W Triple Jump B
1 Jenneice Birmingham	BIR 11.86-5.8	1 Jade Attou U17	SBH 11.36-2.4
2 Harriet Pickles	SAL 11.62-1.4	2 Davina Houston	E&H 11.30-3.8
3 Amanda Ranger	SBH 11.60-2.7	3 Abigail Irozuru	SAL 10.50-1.4
4 Dee Bakre U17	E&H 11.38-1.8	4 Emily Martin	B&B 10.21-1.6
5 Lauren Blackie	B&B 11.06-2.0	5 Chioma Chilaka	BIR 9.98 -1.9
6 Faye Williams U17	WSE 10.15-0.8	6 Jenny Heckford	WSE 9.28 -0.9
7 Katie Sockett	LDS 9.85 -1.0	7 Sian Jones U17	WWA 8.88 -2.4
8 Hannah Pick	WWA 9.42 -1.4	8 Jessica Best	LDS 8.43 -1.7
W 4x100m Relay			
1 SAL 46.79	1 Rebekah Wilson U17	2 Robyn Rashford	
	3 Katherine Sherry	4 Shaunna Thompson 17	
2 E&H 47.33	1 Torema Dorsett	2 Rachel Telfer	
	3 Erica Smith	4 Christal Robinson	
3 B&B 48.40	1 Grace Sheppard U17	2 Katrina Crosby U17	
	3 Daniella Annon U17	4 A Shand-Whittingham	
4 SBH 49.10	1 Clarice Underwood 17	2 Amanda Ranger	
	3 Terri Sanya U17	4 P Shakes-Drayton	
5 BIR 49.34	1 Stephanie Blackwell	2 Laura Samuels U17	
	3 Kayo Titiloye	4 Kimi Moncrieffe	
6 WSE 51.29	1 Rose Reynolds	2 Beth Newton U17	
	3 Faye Williams U17	4 Jenny Heckford	
7 WWA 51.51	1 Sian Jones U17	2 Sarah Pole	
	3 Rachel Rees U17	4 Katie Thomas U17	
8 LDS 51.64	1 Danni Carr U17	2 Rachel Speight U17	
	3 Jess Cooper U17	4 Elizabeth Best	
W 4x400m Relay			
1 BIR 3.56.27	1 Joanne Caulton	2 Jade Peak	
	3 Ejiro Okoro	4 Ese Okoro	
2 WSE 4.01.07	1 Shelayna Oskan	2 Abi Fudge	
	3 Vicky Fouhy	4 Beth Newton U17	
3 E&H 4.01.77	1 Erica Smith	2 Dominique Wildman	
	3 Anna Sharrock U17	4 Aliysa Codrington	
4 B&B 4.04.31	1 Daniella Annon U17	2 Jessica Saville U17	
	3 Amy De-Matos U17	4 Vanessa Nakangu	
5 WWA 4.06.93	1 Megan Thomas	2 Katie Parkes	
	3 Kayleigh Brown	4 Sarah Pole	
6 SAL 4.07.86	1 Jennifer Simmons	2 Amy Regan U17	

		3 Katherine Sherry	4 Nyomi Cadlin U17
7 LDS 4.37.83	1 Fay Lebeter	2 Sophie Waterhouse 17	
	3 Katie Sockett	4 Eleanor Hall	
8 SBH DISQ			

M 4x100m Relay

1 E&H 41.05	1 Antonio Infantino 17	2 Jordan Huggins U17
	3 David Telfer	4 Luke Fagan
2 B&B 42.59	1 Simon Merrill	2 James Alaka
	3 Lemar Charles	4 Scott Blackwell
3 BIR 42.66	1 Ryan Farrington	2 Luke Baker
	3 Luke Lennon-Ford	4 Brenton Smith
4 SBH 43.44	1 Nonso Okola	2 Tom O'Brien
	3 Richard Odumasu	4 Justin Geohagan
5 LDS 43.50	1 Tom Casey	2 Umar Hammed
	3 Anthony Timms	4 Tom Mosley U17
6 WSE 48.11	1 Tom Galgut U17	2 Christoph Bart U17
	3 Andrew WinchcombeU17	4 Iain Grierson
7 WWA 49.65	1 Johnathan Simonson	2 Chris Kilner U17
	3 Jordan Brock U17	4 Lee Young
8 SAL 55.60	1 Steve Butterworth	2 Andrew Robertson
	3 Alex Adcocks	4 James Wright

M 4x400m Relay

1 E&H 3.21.78	1 Jopnathan Lodowski	2 Matthew Harris
	3 Zac Saucedo	4 Aaron Trim
2 SBH 3.23.30	1 Will Hooton	2 Aaron Dombey
	3 Saul Payne	4 Jordan Warner
3 BIR 3.27.53	1 Anthony Gray	2 Jarryd Dunn U17
	3 Luke Lennon-Ford	4 Peter Whitehouse
4 WSE 3.29.39	1 Marc Forrest U17	2 Adam Medcraft U17
	3 Alex Tovey	4 Ian May
5 SAL 3.29.63	1 Tom Black	2 Steve Butterworth
	3 Rob Whittaker	4 Lee Whitley
6 LDS 3.33.02	1 Rhys Smith	2 Tom Roberts
	3 Michael Salter	4 Michael Williams
7 WWA 3.39.27	1 Jamie Fenaroli	2 Adam Bitchell U17
	3 Chris Melbourne	4 Jonathan Butler
8 B&B DISQ		

Points

1 Blackheath & Bromley H&AC	511
2 Enfield & Haringey AC	482.5
3 Shaftsbury Barnet H.	451
4 Birchfield Harriers	421
5 Sale Harriers (Manchester)	368.5
6 Leeds City AC	338
7 West Wales	325
8 Windsor, Slough, Eton, H'low	290

**Athlete of the Match**

AOM TRACK: Women A Shand-Whittingham B&B 100M, Male Luke Fagan E&H 200M.

AOM FIELD: Women Eden Francis BIR Discus, Male Jay Thomas B&B Shot.

*-----*												
Club	BIR	B&B	E&H	LDS	SAL	SBH	WWA	WSE	POINTS			
									Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot	
-----												
M 100m	A	8	9	11	5	7	6	4	3	53	0	53
	B	6	9	7	5	0	4	2	3	36	1	37
Cumulative		14	18	18	10	7	10	6	6	89	1	90
-----												
M 200m	A	5	9	11	6	8	7	4	3	53	0	53
	B	7	6	9	2	3	5	1	4	37	0	37
Cumulative		26	33	38	18	18	22	11	13	179	1	180
-----												
M 400m	A	4	9	11	7	5	8	3	6	53	0	53
	B	3	4	7	5	9	6	1	2	37	0	37
Cumulative		33	46	56	30	32	36	15	21	269	1	270
-----												
M 800m	A	8	4	7	9	3	6	11	5	53	0	53
	B	7	4	6	5	3	9	1	2	37	0	37
Cumulative		48	54	69	44	38	51	27	28	359	1	360
-----												
M 1500m	A	7	5	8	4	3	9	6	11	53	0	53
	B	7	5	6	4	2	1	3	9	37	0	37
Cumulative		62	64	83	52	43	61	36	48	449	1	450
-----												
M 3000m	A	9	6	11	7	5	3	4	8	53	0	53
	B	9	5	7	6	1	4	2	3	37	0	37
Cumulative		80	75	101	65	49	68	42	59	539	1	540
-----												
M 110mH	A	4	9	11	6	8	7	5	0	50	3	53
	B	9	6	7	4	0	5	3	0	34	3	37
Cumulative		93	90	119	75	57	80	50	59	623	7	630
-----												
M 400mH	A	6	8	0	7	5	11	4	9	50	3	53
	B	7	6	9	4	3	5	2	0	36	1	37
Cumulative		106	104	128	86	65	96	56	68	709	11	720
-----												
M 2000SC	A	6	5	8	11	4	9	7	3	53	0	53
	B	2	4	6	9	7	5	3	0	36	1	37
Cumulative		114	113	142	106	76	110	66	71	798	12	810
-----												
M DT	A	9	8	3	4	6	11	7	5	53	0	53
	B	5	9	3	7	6	1	4	2	37	0	37
Cumulative		128	130	148	117	88	122	77	78	888	12	900
-----												
M HT	A	5	11	7	3	4	9	8	6	53	0	53
	B	4	9	6	1	3	2	5	7	37	0	37
Cumulative		137	150	161	121	95	133	90	91	978	12	990
*-----*												



*-----*												
Club	BIR	B&B	E&H	LDS	SAL	SBH	WWA	WSE	POINTS			
									Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot	
-----												
M HJ	A	7	9	8	0	6	11	5	4	50	3	53
	B	7	4	9	0	5	6	3	0	34	3	37
Cumulative		151	163	178	121	106	150	98	95	1062	18	1080
-----												
M JT	A	5	3	8	7	4	9	11	6	53	0	53
	B	4	2	5	7	0	3	9	6	36	1	37
Cumulative		160	168	191	135	110	162	118	107	1151	19	1170
-----												
M LJ	A	11	5	6	9	7	8	3	4	53	0	53
	B	2	6	5	4	7	9	3	1	37	0	37
Cumulative		173	179	202	148	124	179	124	112	1241	19	1260
-----												
M PV	A	4	11	8	5	9	7	3	6	53	0	53
	B	4	3	9	0	5	7	0	6	34	3	37
Cumulative		181	193	219	153	138	193	127	124	1328	22	1350
-----												
M SP	A	9	11	5	7	6	8	3	4	53	0	53
	B	6	7	4	5	2	9	1	3	37	0	37
Cumulative		196	211	228	165	146	210	131	131	1418	22	1440
-----												
M TJ	A	4	11	8	5	7	9	3	6	53	0	53
	B	5	7	6	2	0	9	3	4	36	1	37
Cumulative		205	229	242	172	153	228	137	141	1507	23	1530
-----												
W 100m	A	6	11	7	5	8	9	4	3	53	0	53
	B	4	5	7	1	9	6	3	2	37	0	37
Cumulative		215	245	256	178	170	243	144	146	1597	23	1620
-----												
W 200m	A	7	11	6	4	8	9	5	3	53	0	53
	B	7	6	4	3	9	5	1	2	37	0	37
Cumulative		229	262	266	185	187	257	150	151	1687	23	1710
-----												
W 400m	A	11	9	8	6	7	5	4	3	53	0	53
	B	6	9	7	3	1	4	5	2	37	0	37
Cumulative		246	280	281	194	195	266	159	156	1777	23	1800
-----												
W 800m	A	9	6	8	5	0	7	11	4	50	3	53
	B	5	7	4	2	3	6	9	0	36	1	37
Cumulative		260	293	293	201	198	279	179	160	1863	27	1890
-----												
W 1500m	A	7	8	4	5	3	9	6	11	53	0	53
	B	5	3	4	1	2	7	6	9	37	0	37
Cumulative		272	304	301	207	203	295	191	180	1953	27	1980
-----												
W 3000m	A	3	5	7	6	9	4	11	8	53	0	53
	B	2	4	6	3	7	5	9	0	36	1	37
Cumulative		277	313	314	216	219	304	211	188	2042	28	2070
*-----*												

*-----*												
Club	BIR	B&B	E&H	LDS	SAL	SBH	WWA	WSE	POINTS			
									Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot	
*-----*												
W 100mH	A	9	5	7	4	3	11	6	8	53	0	53
	B	1	6	5	3	4	7	2	9	37	0	37
Cumulative		287	324	326	223	226	322	219	205	2132	28	2160
*-----*												
W 400mH	A	8	9	4	11	5	6	7	0	50	3	53
	B	7	9	6	4	2	3	5	0	36	1	37
Cumulative		302	342	336	238	233	331	231	205	2218	32	2250
*-----*												
W 1500SC	A	0	7	11	5	8	6	9	0	46	7	53
	B	0	5	9	4	3	6	7	0	34	3	37
Cumulative		302	354	356	247	244	343	247	205	2298	42	2340
*-----*												
W DT	A	11	9	4	8	7	6	5	3	53	0	53
	B	7	9	3	6	1	2	5	4	37	0	37
Cumulative		320	372	363	261	252	351	257	212	2388	42	2430
*-----*												
W HT	A	5	9	6	8	11	4	0	7	50	3	53
	B	7	6	5	3	4	2	0	9	36	1	37
Cumulative		332	387	374	272	267	357	257	228	2474	46	2520
*-----*												
W HJ	A	11	8.5	6	5	8.5	4	7	3	53	0	53
	B	3	9	5	3	6	3	7	1	37	0	37
Cumulative		346	404.5	385	280	281.5	364	271	232	2564	46	2610
*-----*												
W JT	A	5	11	4	6	8	7	9	3	53	0	53
	B	2	9	4	6	7	3	5	1	37	0	37
Cumulative		353	424.5	393	292	296.5	374	285	236	2654	46	2700
*-----*												
W LJ	A	3	8	7	6	9	11	4	5	53	0	53
	B	2	9	5	1	6	7	4	3	37	0	37
Cumulative		358	441.5	405	299	311.5	392	293	244	2744	46	2790
*-----*												
W PV	A	0	7.5	7.5	0	11	9	0	6	41	12	53
	B	0	9	7	0	0	0	0	0	16	21	37
Cumulative		358	458	419.5	299	322.5	401	293	250	2801	79	2880
*-----*												
W SP	A	9	11	6	7	5	8	4	3	53	0	53
	B	6	7	4	9	1	2	5	3	37	0	37
Cumulative		373	476	429.5	315	328.5	411	302	256	2891	79	2970
*-----*												
W TJ	A	11	6	7	4	9	8	3	5	53	0	53
	B	4	5	7	1	6	9	2	3	37	0	37
Cumulative		388	487	443.5	320	343.5	428	307	264	2981	79	3060
*-----*												
W 4x1		6	8	9	3	11	7	4	5	53	0	53
Cumulative		394	495	452.5	323	354.5	435	311	269	3034	79	3113
*-----*												
W 4x4		11	7	8	4	5	0	6	9	50	3	53
Cumulative		405	502	460.5	327	359.5	435	317	278	3084	82	3166
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|      Club| BIR | B&B | E&H | LDS | SAL | SBH | WWA | WSE |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1      |      8|      9|     11|      6|      3|      7|      4|      5| 53| 0| 53|
|Cumulative|    413|    511|471.5|    333|362.5|    442|    321|    283|3137| 82|3219|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4      |      8|      0|     11|      5|      6|      9|      4|      7| 50| 3| 53|
|Cumulative|    421|    511|482.5|    338|368.5|    451|    325|    290|3187| 85|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|    421|    511|482.5|    338|368.5|    451|    325|    290|3187| 85|3272|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS|    421|    511|482.5|    338|368.5|    451|    325|    290|3187| 85|3272|
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Pos	Club	Points	Add	Sub	Total	Lge
1	Blackheath & Bromley H&AC	511	0	0	511	8
2	Enfield & Haringey AC	482.5	0	0	482.5	7
3	Shaftsbury Barnet H.	451	0	0	451	6
4	Birchfield Harriers	421	0	0	421	5
5	Sale Harriers (Manchester)	368.5	0	0	368.5	4
6	Leeds City AC	338	0	0	338	3
7	West Wales	325	0	0	325	2
8	Windsor, Slough, Eton, H'low	290	0	0	290	1

Used + add - sub = total      3187      0      0 3187  
 Unused points                      85                      85  
 (Used+unused)+add-sub=total    3272                      0      0 3272

Club	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
B&B	A 8	11	6	2	3	5	1	1	B 10	4	7	5	5	2	1	0
E&H	A 8	1	10	7	5	1	4	1	B 5	8	7	6	6	2	0	0
SBH	A 5	10	5	7	5	1	3	1	B 5	4	5	6	4	3	4	2
BIR	A 6	6	5	4	4	5	4	2	B 2	9	4	4	6	1	5	1
SAL	A 3	5	6	5	4	6	3	5	B 3	4	4	2	2	6	4	4
LDS	A 2	2	2	6	7	9	6	2	B 2	2	3	4	7	5	3	5
WWA	A 4	2	1	4	4	4	11	6	B 3	2	1	6	2	7	5	5
WSE	A 2	2	3	2	6	6	4	10	B 4	1	2	0	3	6	6	3

Men	Points	Women	Points
<b>1 Enfield &amp; Haringey AC</b>	<b>264</b>	<b>1 Blackheath &amp; Bromley H&amp;AC</b>	<b>273</b>
2 Shaftsbury Barnet H.	244	2 Enfield & Haringey AC	218.5
3 Blackheath & Bromley H&AC	238	3 Shaftsbury Barnet H.	207
4 Birchfield Harriers	221	4 Sale Harriers (Manchester)	206.5
5 Leeds City AC	183	5 Birchfield Harriers	200
6 Sale Harriers (Manchester)	162	6 West Wales	180
7 Windsor, Slough, Eton, H'low	153	7 Leeds City AC	155
8 West Wales	145	8 Windsor, Slough, Eton, H'low	137