

BAL 10 in 100 Cup Semi Final

100m	Emily Newton	12.85
200m	Becca Carozzi	26.62
400m	Rachael Lewington	58.79
800m	Ceri Mitchell	2:15.11
3000m	Nicci Blandford	10:40.85
100mH	Karla Drew	14.78
Pole Vault	Becky Tune	2.60m
Hammer	Anna Stevens (U20)	33.27m
Triple Jump	Joanne Bottell (U17)	9.48m
Javelin	Freya Jones (U17)	46.61m
Medley Relay -200m	Joanne Bottell (U17)	2:57.39
- 200m	Emily Newton	
- 400m	Karla Drew	
- 400m	Becca Carozzi	

100m	Callum Bressington	11.95
200m	Abe Newell	23.05
400m	Simon Ninnim	51.53
800m	Jon Slade	1:57.28
3000m	Tim Spencer	9:38.0
100mH	Phil Coker	18.58
Pole Vault	Derek Warn	2.40m
Hammer	Gary Newton	32.65m
Triple Jump	Chris Bull	12.87m
Javelin	Gary Newton	46.80m
Medley Relay -200m	Callum Bressington	2:26.95
- 200m	Abe Newell	
- 400m	Simon Ninnim	
- 400m	Aaron Bennett	

Match Result

WOMEN		Men	
Southampton AC	93	Crawley AC	87
Brighton & Hove	78	Brighton & Hove	66
Aldershot F & D	34	Southampton AC	63
Crawley AC	30	Kingston	63
Walton AC	21	Basingstoke & MH	53
Kingston & Poly	21	Aldershot F & D	41
Portsmouth	Did Not Appear	Walton AC	24
		Portsmouth	Did Not Appear