



## National One Match 3 - Winchester

				Perf	Record	Wind	UKA	AW	31 July 2010				Perf	Wind	UKA	AW	
				Wind=	+0.6				<b>Men's 100m A</b>				Wind=	+0.4			
1	6	Wyn Roberts	Swansea H	10.80			100	☑	1	77	Oliver King	Southampton AC	11.13			☑	
2	3	Richard Morrissey (u20)	Havering Mayesbrook AC	11.16				☑	2	55	James McLean	Southend AC	11.27			☑	
3	5	Jake King	Southend AC	11.36					3	33	Shaun Stewart	Havering Mayesbrook AC	11.32				
4	7	Sean Foord	Southampton AC	11.40					4	44	Victor Nwagbara	Kingston AC & Poly Harriers	11.35				
5	4	Jordan Smith- Bent	Kingston AC & Poly Harriers	11.42					5	11	Rhys Bennet	Bournemouth AC	11.84				
6	2	Sean Buckeridge	Exeter Harriers	11.49					6	66	Kueni Igbarigi	Swansea H	12.01				
7	8	Bradley Down (U20)	Yeovil Olympiads	11.96					7	88	Jake Cory (u17)	Yeovil Olympiads	12.05				
8	1	Adam Potter	Bournemouth AC	DQ					8	22	Stephen Bailey	Exeter Harriers	12.06				
				Wind=	-0.5m/s				<b>Men's 200m A</b>				Wind=	-0.5m/s			
1	6	Wyn Roberts	Swansea H	22.08			67	☑	1	55	Jake King	Southend AC	22.50			☑	
2	7	Oliver King	Southampton AC	22.28				☑	2	33	Isaac Ogunlade (u20)	Havering Mayesbrook AC	23.08				
3	4	Justin Green	Kingston AC & Poly Harriers	22.74				☑	3	77	Sean Foord	Southampton AC	23.12				
4	5	James McLean	Southend AC	23.16					4	22	Sean Buckeridge	Exeter Harriers	23.36				
5	1	Adam Potter	Bournemouth AC	23.37					5	44	Chris Hall	Kingston AC & Poly Harriers	23.63				
6	2	Sam Peters	Exeter Harriers	23.67					6	66	Owen Jones	Swansea H	23.69				
7	3	Jimi Tele (u17)	Havering Mayesbrook AC	24.33					7	11	Rhys Bennet	Bournemouth AC	24.25				
8	8	Bradley Down (U20)	Yeovil Olympiads	24.61					8	88	Chris Hewitson (u20)	Yeovil Olympiads	24.51				
				Wind=	-0.5m/s				<b>Men's 400m A</b>				Wind=	-0.5m/s			
1	3	Richard Morrissey (u20)	Havering Mayesbrook AC	48.01			119	☑	1	33	Shaun Stewart	Havering Mayesbrook AC	50.25			☑	
2	2	Sam Peters	Exeter Harriers	49.83				☑	2	22	Matt Parsley	Exeter Harriers	51.54				
3	6	Andrew Smith	Swansea H	50.11				☑	3	11	Karl Welch	Bournemouth AC	51.97				
4	8	Andrew Falkner	Yeovil Olympiads	50.23				☑	4	44	Adam Bellis	Kingston AC & Poly Harriers	52.16				
5	1	Darryn Campbell	Bournemouth AC	50.37				☑	5	77	David Bolton (u20)	Southampton AC	52.45				
6	4	Adam Omisore	Kingston AC & Poly Harriers	50.85				☑	6	88	Davey Platt	Yeovil Olympiads	53.82				
7	7	Aaron Bennett (U20)	Southampton AC	51.56					7	55	Graham Easty	Southend AC	55.97				
8	5	Lloyd Heard	Southend AC	53.15					8	66	Emyr Jones	Swansea H	64.25				
				Wind=	-0.5m/s				<b>Men's 800m A</b>				Wind=	-0.5m/s			
1	1	Ryan Saunders	Bournemouth AC	1.54.18					1	22	Owen Warpole	Exeter Harriers	1.54.75				
2	5	David Gibbon	Southend AC	1.54.33					2	77	Jon Slade	Southampton AC	1.54.77				
3	6	Jonathan Williams	Swansea H	1.54.64					3	66	Andrew Smith	Swansea H	1.58.53				
4	2	James Ansell	Exeter Harriers	1.54.94					4	55	Lloyd Heard	Southend AC	1.59.00				
5	8	Davy Platt	Yeovil Olympiads	1.55.69					5	88	Dominic Henry	Yeovil Olympiads	2.02.78				
6	3	Paul Adair (U20)	Havering Mayesbrook AC	1.57.83					6	11	Conor Mugan	Bournemouth AC	2.03.84				
7	7	Harry Fisher (U20)	Southampton AC	1.58.62					7	33	Joseph Waked (u20)	Havering Mayesbrook AC	2.04.46				
8	4	Andy Arbour (v35)	Kingston AC & Poly Harriers	2.19.85					8	44	Gordon Lester	Kingston AC & Poly Harriers	2.38.97				
				Wind=	-0.5m/s				<b>Men's 1500m A</b>				Wind=	-0.5m/s			
1	1	Conor Mugan	Bournemouth AC	4.05.54					1	55	David Gibbon	Southend AC	4.07.73				
2	5	Tom Frith	Southend AC	4.07.08					2	22	Owen Warpole	Exeter Harriers	4.10.22				
3	6	Marc Hobbs	Swansea H	4.07.93					3	11	Fergus O'Reilly	Bournemouth AC	4.10.69				
4	2	Jack Bancroft	Exeter Harriers	4.08.19					4	7	Gareth Klepacz	Southampton AC	4.11.61				
5	77	Matt Missen	Southampton AC	4.08.66					5	66	Sullivan Smith	Swansea H	4.12.26				
6	4	Craig Price	Kingston AC & Poly Harriers	4.09.26					6	44	George Corcoran(U20)	Kingston AC & Poly Harriers	4.16.88				
7	3	Matthew Bland	Havering Mayesbrook AC	4.14.62					7	33	Jamie Buckley-Stanton (u20)	Havering Mayesbrook AC	4.22.74				
8	8	Alex Wiltshire (U20)	Yeovil Olympiads	4.47.69					8	88	Lewis Guest (u17)	Yeovil Olympiads	5.34.91				
				Wind=	-0.5m/s				<b>Men's 3000m S/Chase A</b>				Wind=	-0.5m/s			
1	8	Charlie McLean (U20)	Yeovil Olympiads	9.22.37					1	33	Jason Lendon	Havering Mayesbrook AC	10.12.02				
2	6	Sullivan Smith	Swansea H	9.23.05					2	44	James Robertson	Kingston AC & Poly Harriers	10.27.47				
3	2	Ollie Berry	Exeter Harriers	9.45.53					3	22	Lee Salter	Exeter Harriers	10.31.00				
4	3	Robert Warner	Havering Mayesbrook AC	9.48.13					4	88	Alex Wiltshire (U20)	Yeovil Olympiads	10.51.27				
5	4	Tom Beedell	Kingston AC & Poly Harriers	10.07.20	X				5	66	Steve Richards	Swansea H	11.03.53				
6	1	Rob Hardyman	Bournemouth AC	10.16.81					6	55	Mark Bailey	Southend AC	11.54.67				
7	5	Howard Clarke	Southend AC	10.48.61					7							X	
8	7	Pete Davis	Southampton AC	11.15.81					8								
				Wind=	-0.5m/s				<b>Men's 5000m A</b>				Wind=	-0.5m/s			
1	5	Adam Hickey	Southend AC	14.55.29					1	55	Ben Hunter	Southend AC	15.47.27				
2	66	Peter Bridger	Swansea H	15.13.63					2	4	Jud Hough	Kingston AC & Poly Harriers	15.54.01				
3	11	Ian Habgood	Bournemouth AC	15.25.44					3	6	Marc Hobbs	Swansea H	16.06.33				
4	8	Jon James	Yeovil Olympiads	15.33.32					4	1	Rob McTaggart	Bournemouth AC	16.13.38				
5	44	Chris Bannon	Kingston AC & Poly Harriers	15.36.21					5	22	Pete Stockman	Exeter Harriers	17.26.22				
6	77	Alex Wall-Clarke	Southampton AC	16.02.79					6	88	Tristan Cooper	Yeovil Olympiads	17.51.27				
7	3	Chris Smith	Havering Mayesbrook AC	16.14.36					7	33	Jason Lendon	Havering Mayesbrook AC	18.22.24				
8	2	Mark Cowan	Exeter Harriers	16.53.34					8	7	Steve Phillips	Southampton AC	19.52.61				
				Wind=	-0.5m/s				<b>Men's 400m Hurdles A</b>				Wind=	-0.5m/s			
1	8	Andrew Falkner	Yeovil Olympiads	53.77			110	☑	1	88	Simon Davies (U20)	Yeovil Olympiads	55.97			55	☑
2	3	Isaac Ogunlade (u20)	Havering Mayesbrook AC	55.31			72	☑	2	77	Jamie Horder	Southampton AC	56.49				☑
3	2	Richard Scott	Exeter Harriers	55.53			66	☑	3	22	Lee Salter	Exeter Harriers	57.23				☑
4	7	Sean Adams (U17)	Southampton AC	56.02			54	☑	4	33	Adam McCarthy	Havering Mayesbrook AC	58.22				
5	5	Greg Goodrew	Southend AC	56.80				☑	5	55	Graham Easty	Southend AC	63.37				
6	4	Maris Kuklis	Kingston AC & Poly Harriers	62.33					6	66	Daniel Williams	Swansea H	66.62				
7	1	Nigel Hayman	Bournemouth AC	62.99					7	44	Bilen Ahmet	Kingston AC & Poly Harriers	66.89				
8	6	Steve Richards	Swansea H	71.89					8	11	Rob Hardyman	Bournemouth AC	69.90				
				Wind=	-0.5m/s				<b>Men's 400m Hurdles B</b>				Wind=	-0.5m/s			
1	8	Andrew Falkner	Yeovil Olympiads	53.77			110	☑	1	88	Simon Davies (U20)	Yeovil Olympiads	55.97			55	☑
2	3	Isaac Ogunlade (u20)	Havering Mayesbrook AC	55.31			72	☑	2	77	Jamie Horder	Southampton AC	56.49				☑
3	2	Richard Scott	Exeter Harriers	55.53			66	☑	3	22	Lee Salter	Exeter Harriers	57.23				☑
4	7	Sean Adams (U17)	Southampton AC	56.02			54	☑	4	33	Adam McCarthy	Havering Mayesbrook AC	58.22				
5	5	Greg Goodrew	Southend AC	56.80				☑	5	55	Graham Easty	Southend AC	63.37				
6	4	Maris Kuklis	Kingston AC & Poly Harriers	62.33					6	66	Daniel Williams	Swansea H	66.62				
7	1	Nigel Hayman	Bournemouth AC	62.99					7	44	Bilen Ahmet	Kingston AC & Poly Harriers	66.89				
8	6	Steve Richards	Swansea H	71.89					8	11	Rob Hardyman	Bournemouth AC	69.90				



## National One Match 3 - Winchester

				Perf	Record	Wind	UKA	AW	31 July 2010				Perf	Wind	UKA	AW
				Wind=	-0.2m/s				<b>Men's 110m Hurdles A</b>				Wind=	-0.1m/s		
1	6	Owen Jones	Swansea H	15.22			52	<input checked="" type="checkbox"/>	1	33	Leo Barker	Havering Mayesbrook AC	15.96			<input checked="" type="checkbox"/>
2	5	Simon Hemming	Southend AC	15.69				<input checked="" type="checkbox"/>	2	55	Greg Goodrew	Southend AC	16.44			
3	3	Anthony Williams	Havering Mayesbrook AC	15.98				<input checked="" type="checkbox"/>	3	22	James Coon	Exeter Harriers	16.76			
4	8	Andrew Holmes	Yeovil Olympiads	16.01					4	88	Chris Hewitson (u20)	Yeovil Olympiads	17.36			
5	2	Richard Scott	Exeter Harriers	16.20					5	44	Chris Hall	Kingston AC & Poly Harriers	17.68			
6	1	Nigel Hayman	Bournemouth AC	16.35					6	66	Richard Ledger	Swansea H	21.85			
7	4	Maris Kuklis	Kingston AC & Poly Harriers	18.53					7							
8	7	Michael Coker (v50)	Southampton AC	21.62					8							
									<b>Men's Hammer A</b>							
1	6	Ritchie Wells	Swansea H	52.94			109	<input checked="" type="checkbox"/>	1	22	Rob Woodger	Exeter Harriers	37.11			
2	5	Rob Earle	Southend AC	52.69			108	<input checked="" type="checkbox"/>	2	55	Pat Halcrow	Southend AC	29.95			
3	8	Adam Beauford	Yeovil Olympiads	50.90			99	<input checked="" type="checkbox"/>	3	88	Peter Exely (v55)	Yeovil Olympiads	28.33			
4	4	Gareth Cook	Kingston AC & Poly Harriers	48.34			86	<input checked="" type="checkbox"/>	4	44	Humphrey Waddington	Kingston AC & Poly Harriers	23.84			
5	2	Jon Milum	Exeter Harriers	47.50			82	<input checked="" type="checkbox"/>	5	3	Emmanuel Quarshie (u20)	Havering Mayesbrook AC	22.18			
6	1	Andy Turner	Bournemouth AC	41.49			52	<input checked="" type="checkbox"/>	6	66	Alex Jackson	Swansea H	19.41			
7	7	Maximilian Peisker	Southampton AC	40.39				<input checked="" type="checkbox"/>	7	77	Todd Bennett (V45)	Southampton AC	17.99			
8	33	Sam Harrison	Havering Mayesbrook AC	27.07					8	11	Darryn Campbell	Bournemouth AC	12.93			
									<b>Men's Hammer B</b>							
1	8	Liam Biddlecombe (U20)	Yeovil Olympiads	46.41			109	<input checked="" type="checkbox"/>	1	55	Pat Halcrow	Southend AC	41.94		78	<input checked="" type="checkbox"/>
2	5	Rob Earle	Southend AC	42.14			79	<input checked="" type="checkbox"/>	2	2	Dave Dawson	Exeter Harriers	38.52		54	<input checked="" type="checkbox"/>
3	1	Simon Fricker	Bournemouth AC	41.47			75	<input checked="" type="checkbox"/>	3	88	Simon Biddlecombe	Yeovil Olympiads	37.60			<input checked="" type="checkbox"/>
4	66	Peter Roberts	Swansea H	39.33			60	<input checked="" type="checkbox"/>	4	11	Andy Turner	Bournemouth AC	35.90			<input checked="" type="checkbox"/>
5	7	Gary Newton	Southampton AC	39.31			60	<input checked="" type="checkbox"/>	5	44	Andy Wheble	Kingston AC & Poly Harriers	34.23			
6	22	Matt Smith	Exeter Harriers	38.63			55	<input checked="" type="checkbox"/>	6	6	Ritchie Wells	Swansea H	31.28			
7	3	Leo Barker	Havering Mayesbrook AC	38.56			54	<input checked="" type="checkbox"/>	7	33	Sam Harrison	Havering Mayesbrook AC	26.25			
8	4	Nick Owen	Kingston AC & Poly Harriers	35.77				<input checked="" type="checkbox"/>	8	77	Maximilian Peisker	Southampton AC	26.11			
									<b>Men's Discus A</b>							
1	2	Matt Smith	Exeter Harriers	66.46			140	<input checked="" type="checkbox"/>	1	11	James Lelliot	Bournemouth AC	53.21		57	<input checked="" type="checkbox"/>
2	1	Aaron Harris	Bournemouth AC	58.49			90	<input checked="" type="checkbox"/>	2	33	Sam Harrison	Havering Mayesbrook AC	49.70			
3	3	Bradley Burr (u20)	Havering Mayesbrook AC	52.26			51	<input checked="" type="checkbox"/>	3	4	Mike Clarke	Kingston AC & Poly Harriers	46.73			
4	44	Chris Dack	Kingston AC & Poly Harriers	51.95				<input checked="" type="checkbox"/>	4	77	Maximilian Peisker	Southampton AC	45.23			
5	7	Peter Hoe	Southampton AC	48.98					5	8	Ben Rendell	Yeovil Olympiads	39.29			
6	6	Richard Ledger	Swansea H	45.44					6	66	Peter Roberts	Swansea H	38.08			
7	88	Neil Price	Yeovil Olympiads	44.71					7	22	Rob Woodger	Exeter Harriers	32.66			
8	5	Pat Halcrow	Southend AC	32.62					8	55	Jason Fry	Southend AC	32.41			
									<b>Men's Discus B</b>							
									<b>Men's Javelin A</b>							
1	44	Nick Owen	Kingston AC & Poly Harriers	14.45			86	<input checked="" type="checkbox"/>	1	55	Rob Earle	Southend AC	12.38			
2	1	Simon Fricker	Bournemouth AC	14.13			78	<input checked="" type="checkbox"/>	2	33	Leo Barker	Havering Mayesbrook AC	11.96			
3	5	Pat Halcrow	Southend AC	13.91			72	<input checked="" type="checkbox"/>	3	11	Andy Turner	Bournemouth AC	11.64			
4	2	Dave Dawson	Exeter Harriers	13.90			72	<input checked="" type="checkbox"/>	4	4	Gareth Cook	Kingston AC & Poly Harriers	11.19			
5	8	Liam Biddlecombe (U20)	Yeovil Olympiads	13.61			65	<input checked="" type="checkbox"/>	5	77	Maximilian Peisker	Southampton AC	11.08			
6	7	Gary Newton	Southampton AC	12.42					6	88	Adam Beauford	Yeovil Olympiads	10.51			
7	3	Emmanuel Quarshie (u20)	Havering Mayesbrook AC	12.31					7	66	Peter Roberts	Swansea H	10.39			
8	6	Ritchie Wells	Swansea H	11.28					8	22	Rob Woodger	Exeter Harriers	10.35			
									<b>Men's Javelin B</b>							
									<b>Men's Shot Putt A</b>							
1	4	David Cook	Kingston AC & Poly Harriers	6.97		-0.10	83	<input checked="" type="checkbox"/>	1	1	James Lelliot	Bournemouth AC	6.70	-1.10	49	<input checked="" type="checkbox"/>
2	11	Bradley Pickup	Bournemouth AC	6.87		-0.40	71	<input checked="" type="checkbox"/>	2	44	Chris Hall	Kingston AC & Poly Harriers	6.69	-1.40		<input checked="" type="checkbox"/>
3	33	Shaun Stewart	Havering Mayesbrook AC	6.80		-0.50	62	<input checked="" type="checkbox"/>	3	3	Joseph Ramie	Havering Mayesbrook AC	6.64	0.70		<input checked="" type="checkbox"/>
4	6	Wyn Roberts	Swansea H	6.62		1.50		<input checked="" type="checkbox"/>	4	66	Kueni Igarigi	Swansea H	6.22	-2.10		
5	5	Pat Halcrow	Southend AC	6.39		1.80			5	55	Jake King	Southend AC	6.04	0.50		
6	8	Andrew Holmes	Yeovil Olympiads	6.26		-0.80			6	22	Josh Tunstall	Exeter Harriers	5.86	0.80		
7	77	Chris Bull	Southampton AC	5.97		-1.30			7	88	Jake Cory (u17)	Yeovil Olympiads	5.73	0.50		
8	2	Ian Allen	Exeter Harriers	5.87		-0.50			8	7	Peter Hoe	Southampton AC	5.68	1.30		
									<b>Men's Shot Putt B</b>							
									<b>Men's Long Jump A</b>							
1	66	Owen Jones	Swansea H	14.07		0.30	76	<input checked="" type="checkbox"/>	1	6	Wyn Roberts	Swansea H	13.30	-1.70		<input checked="" type="checkbox"/>
2	11	Bradley Pickup	Bournemouth AC	13.40		-0.90		<input checked="" type="checkbox"/>	2	1	James Lelliot	Bournemouth AC	13.24	2.00		<input checked="" type="checkbox"/>
3	7	Matt Watson	Southampton AC	13.25		-1.40		<input checked="" type="checkbox"/>	3	77	Chris Bull	Southampton AC	12.97	-0.40		
4	3	Anthony Williams	Havering Mayesbrook AC	13.24		1.60		<input checked="" type="checkbox"/>	4	4	Ben White	Kingston AC & Poly Harriers	12.57	0.60		
5	44	Chris Hall	Kingston AC & Poly Harriers	12.82		0.0			5	22	Ian Allen	Exeter Harriers	11.92	0.30		
6	2	Josh Tunstall	Exeter Harriers	12.61		0.40			6	88	Chris Hewitson (u20)	Yeovil Olympiads	11.73	-0.70		
7	55	Simon Hemming	Southend AC	11.91		2.20			7	33	Jeremy Watson	Havering Mayesbrook AC	11.73	0.30		
8	8	Lewis Guest (u17)	Yeovil Olympiads	11.75		-0.20			8	5	Greg Goodrew	Southend AC	11.72	0.50		
									<b>Men's Long Jump B</b>							
									<b>Men's Triple Jump A</b>							
1	1	Matt Sloane	Bournemouth AC	2.00			90	<input checked="" type="checkbox"/>	1	55	Greg Goodrew	Southend AC	1.75			
####	7	Matt Watson	Southampton AC	1.90				<input checked="" type="checkbox"/>	2	11	Bradley Pickup	Bournemouth AC	1.75			
####	6	Ben Davies	Swansea H	1.90				<input checked="" type="checkbox"/>	##	88	James Quirk	Yeovil Olympiads	1.70			
4	2	Ashley Barker	Exeter Harriers	1.85					##	44	Bilen Ahmet	Kingston AC & Poly Harriers	1.70			
5	8	Ben Rendell	Yeovil Olympiads	1.85					5	66	Daniel Williams	Swansea H	1.70			
6	3	Jeremy Watson	Havering Mayesbrook AC	1.80					6	22	Ian Allen	Exeter Harriers	1.70			
7	5	Pat Halcrow	Southend AC	1.80					7	33	Bradley Burr (u20)	Havering Mayesbrook AC	1.60			
8	4	Humphrey Waddington	Kingston AC & Poly Harriers	1.75												
									<b>Men's Triple Jump B</b>							
									<b>Men's High Jump A</b>							
									<b>Men's High Jump B</b>							



National One Match 3 - Winchester

					31 July 2010										
	Perf	Record	Wind	UKA	AW		Perf	Wind	UKA	AW		Perf	Wind	UKA	AW
<b>Men's Pole Vault A</b>						<b>Men's Pole Vault B</b>									
1	55	Jason Fry	Southend AC	4.20	70	<input checked="" type="checkbox"/>	1	5	Kevin Hughes	Southend AC	4.00	50	<input checked="" type="checkbox"/>		
2	8	Neil Price	Yeovil Olympiads	4.00	50	<input checked="" type="checkbox"/>	2	66	Glyn Price (M40)	Swansea H	3.40				
3	44	Bilen Ahmet	Kingston AC & Poly Harriers	3.80	30	<input checked="" type="checkbox"/>	3	4	Gordon Lester	Kingston AC & Poly Harriers	2.60				
4	6	Emyr Jones	Swansea H	3.80	30	<input checked="" type="checkbox"/>	4	77	Maximilian Peisker	Southampton AC	2.60				
5	3	Leo Barker	Havering Mayesbrook AC	3.40			5	33	Bradley Burr (u20)	Havering Mayesbrook AC	2.20				
6	22	Lee Salter	Exeter Harriers	2.60											
7	7	Derek Warn	Southampton AC	2.60											

Men's 4x100m Relay

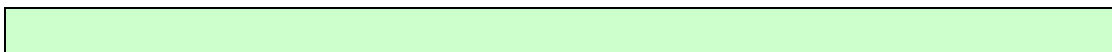
1	4	Kingston AC & Poly Harrier	Andre Nembhard	Victor Nwagbara	Justin Green	Chris hall	43.42	<input checked="" type="checkbox"/>
2	3	Havering Mayesbrook AC	Isaac Ogunlade (u20)	Richard Morrissey	Leo Barker	Shaun Stewart	43.84	<input checked="" type="checkbox"/>
3	7	Southampton AC	Sean adams (U17)	Sean Foord	Oliver King	Jamie Horder	43.97	<input checked="" type="checkbox"/>
4	5	Southend AC	Pat Halcrow	Greg Goodrew	Jake King	James McLean	44.18	
5	1	Bournemouth AC	Adam Potter	Bradley Pickup	Rhys Bennet	James Lelliot	44.89	
6	2	Exeter Harriers	Alex McGregor	Sean Buckeridge	Stephen Bailey	Ian Allen	44.93	
7	8	Yeovil Olympiads	Jake Cory (u17)	Andrew Holmes	Bradley Down (U20)	Andrew Falkner	46.44	
8	6	Swansea H	Kueni Igbarigi	Owen Jones	Andrew Smith	Wyn Roberts	DQ	

Men's 4x400m Relay

1	3	Havering Mayesbrook AC	Paul Adair (U20)	Isaac Ogunlade (u20)	Shaun Stewart	Sam Harrison	3.21.33	
2	2	Exeter Harriers	Richard Scott	Matt Parsley	James Ansell	Sam Peters	3.22.41	
3	1	Bournemouth AC	Darryn Campbell	Ryan Saunders	Adam Potter	Karl Welch	3.25.08	
4	4	Kingston AC & Poly Harrier	Adam Omisore	Adan Bellis	Justin Green	Victor Nwagbara	3.25.71	
5	8	Yeovil Olympiads	Simon Davies (U20)	Chris Hewitson (u20)	Charlie McLean (U20)	Andrew Falkner	3.32.4	
6	6	Swansea H	Dan Williams	Steve Richards	Andrew Smith	Owen Jones	4.00.50	
7	7	Southampton AC	Jon Slade	Aaron Bennett (U20)	Jamie Horder	David Bolton (u20)	DQ	
8	5	Southend AC	James McLean	David Gibbon	Tom Frith	Jake King	DQ	

MATCH RESULT			League Points	Match	STANDINGS			League Points	Match
1	Southend AC		8	320.0	1	Southend AC	20	923.0	
2	Havering Mayesbrook AC		7	287.0	2	Exeter Harriers	19	914.0	
3	Bournemouth AC		6	278.0	3	Kingston AC & Poly Harriers	18	902.0	
4	Swansea H		5	274.0	4	Havering Mayesbrook AC	15	835.0	
5	Exeter Harriers		4	270.0	5	Bournemouth AC	13	802.5	
6	Kingston AC & Poly Harriers		3	263.0	6	Swansea H	10	788.5	
7	Yeovil Olympiads		2	235.0	7	Yeovil Olympiads	10	782.0	
8	Southampton AC		1	206.0	8	Southampton AC	3	553.0	

MAN OF THE MATCH:



Men's 100m Non Scoring

				Wind = +2.6 m/s	
1	9	Andre Nembhard	Kingston	11.02	56
2	15	Justin Green	Kingston	11.04	52
3	14	Jordan Smith Bennett	Kingston	11.35	
4	10	Jason Bernard	Kingston	11.58	
5	17	Gordon Lester	Kingston	11.96	
6					
7					
8					
9					