

NJL Southern Promotion RESULTS
Hendon, Barnet Copthall, Sun 29 August 2010

M 100m A	Wind +3.5 m/s	M 100m B	Wind +4.2 m/s
1 Richard Morrissey	HVG 10.87	1 Kelvin Tairou	U17 BDB 11.01
2 Kem Chagoram	BDB 11.10	2 Nigel Munjoma	CBG 11.44
3 Andre Wright	M&M 11.11	3 Jack Edgar-Hill	HVG 11.63
4 Omari Markland M	CBG 11.19	4 Chris Hewitt	BTN 11.83
5 Matt Dorrington	BTN 11.60	5 Dan Green	SXN 11.83
6 Calum Bressington	STN 11.69	6 James Davies	M&M 11.98
7 Tom Powell	U17 SXN 11.75	7 Will Hodgetts	U17 STN 12.13
M 200m A	Wind +4.8 m/s	M 200m B	Wind +2.8 m/s
1 Rachid Kazoza	BDB 21.80	1 Sean Adams	U17 STN 23.25
2 Richard Morrissey	HVG 21.94	2 Nigel Munjoma	CBG 23.30
3 Omari Markland M	CBG 22.87	3 David Ajayi	BDB 23.75
4 Matt Dorrington	BTN 23.05	4 Chris Hewitt	BTN 23.96
5 Andre Wright	M&M 23.19	5 Dan Alexander	M&M 24.07
6 Calum Bressington	STN 23.38	6 Dan Green	SXN 24.58
7 Tom Powell	U17 SXN 23.82		
M 400m A		M 400m B	
1 Richard Morrissey	HVG 50.23	1 Aaron Bennett	STN 52.97
2 Andre Wright	M&M 53.18	2 Aji Lawal	BDB 54.08
3 David Bolton	STN 53.53	3 Matt Constable	SXN 54.70
4 Dan Green	SXN 53.55	4 Massi Dendani	U17 HVG 55.16
5 Robert McDonald	CBG 54.47	5 Mark Cryer	M&M 55.31
6 Steve Strange	U17 BDB 54.93	6 Kieran Silsby	BTN 60.64
7 Chris Hewitt	BTN 58.51		
M 800m A		M 800m B	
1 Sam Yates	BDB 2.01.71	1 Chris James	BDB 2.01.72
2 Aaron Bennett	STN 2.02.48	2 Andy Constable	U17 SXN 2.02.15
3 Adam Gilbert	U17 M&M 2.03.09	3 Robert McDonald	CBG 2.05.19
4 Josh Mutch	BTN 2.03.62	4 Will Gray	BTN 2.08.00
5 Chris Youell	U17 SXN 2.06.60	5 Jamie Buckley-Stanton	HVG 2.08.63
6 Massi Dendani	U17 HVG 2.19.50	6 Martin Campbell	U17 STN 2.10.53
7 Andrew Sheridan	CBG DISQ		
M 1500m A		M 1500m B	
1 Harun Abdi	BDB 4.17.6	1 Steve Strange	U17 BDB 4.30.9
2 Josh Mutch	BTN 4.33.6	2 Kieran Silsby	BTN 4.40.8
3 Alistair McDonald	CBG 4.36.3	3 Martin Campbell	U17 STN 4.41.4
4 Simon Campbell	U17 STN 4.36.3	4 Massi Dendani	U17 HVG 4.49.2
5 Callum Sutton	HVG 4.45.3	5 Tim Byford	SXN 4.50.5
6 Ross Fawcett	SXN 4.45.9	6 Tahuckwa Gambanga	CBG 5.28.6
M 3000m A		M 3000m B	
1 Grant Webb	BDB 9.19.05	1 Andrew Law	U17 BDB 9.44.01
2 Hoseah Gikungu	U17 HVG 9.35.82	2 Callum Sutton	HVG 10.01.14
3 Kieran Clark	M&M 9.42.22	3 Tim Byford	SXN 10.34.55
4 Kieran Silsby	BTN 9.47.06	4 Lewis Bertrand-Shelton	U17 BTN 10.46.40
5 Ross Fawcett	SXN 10.00.33		
M 110mH A	Wind +1.6 m/s	M 110mH B	Wind +2.9 m/s
1 Isaac Ogunlade	HVG 14.53	1 Jack Edgar-Hill	HVG 14.99
2 Matt Hewitt	BTN 15.11	2 Emmanuel Okpokiri	BDB 15.20
3 Bradley Reed	SXN 15.14	3 Gwillym Cooper	BTN 15.52
4 Sean Adams	U17 STN 15.35	4 Mark Cryer	M&M 17.68
5 Joe Pelploe	U17 BDB 15.37	5 Calum Rowe	U17 STN 19.16
6 Alex Wharfe	M&M 15.73	6 Tahuckwa Gambanga	CBG 19.59
7 Erefe Williams	U17 CBG 24.83		
M 400mH A		M 400mH B	
1 Sean Adams	U17 STN 55.83	1 Adam McCarthy	HVG 58.24
2 Isaac Ogunlade	HVG 58.18	2 Matt Hewitt	BTN 61.29

3 Gwilym Cooper	BTN 59.79	3 Calum Rowe	U17 STN 62.97
4 Mark Cryer	M&M 59.79	4 Tommy Bower	BDB 64.32
5 Bradley Reed	SXN 63.94	5 Alistair McDonald	CBG 64.49
6 Richard Goltstis	BDB 65.78	6 James Davies	M&M 68.16
7 Charlie Perry	U17 CBG 106.63		
M 2000m Sc A		M 2000m Sc B	
1 Harun Abdi	BDB 6.15.6	1 Tommy Bower	BDB 7.12.63
2 Will Gray	BTN 6.48.94	2 Tim Byford	SXN 7.52.90
3 Robert McDonald	CBG 6.50.46	3 Lewis Bertrand-Shelton	U17 BTN 8.06.15
4 Jamie Buckley-Stanton	HVG 6.55.55	4 Adam Wileman	U17 HVG 8.24.54
5 Ross Fawcett	SXN 7.42.81		
M Discus Throw A		M Discus Throw B	
1 Luke Braiden	BTN 42.93	1 Paddy Vermes	U17 BTN 36.94
2 Laurence Goodacre	HVG 37.58	2 Tom Howlett	U17 M&M 25.71
3 Matti Mortimor	SXN 36.71	3 Theo Moore	SXN 23.84
4 Craig Lacy	CBG 35.01	4 Andrew Kerr	U17 HVG 16.91
5 Alex Wharfe	M&M 26.62	5 David Bolton	STN 13.87
6 Matthew Osalodor	BDB 23.47	6 John Hart	U17 CBG 10.25
7 Rob Smith	STN 14.79		
M Hammer Throw A		M Hammer Throw B	
1 Alex Caine	M&M 44.39	1 Lewis Williams	HVG 40.35
2 Bradley Reece	HVG 43.00	2 Luke Braiden	BTN 28.79
3 Craig Lacy	CBG 41.29	3 Dean Oakes	M&M 22.19
4 Paddy Vermes	U17 BTN 31.54	4 Omari Markland M	CBG 14.78
5 Matti Mortimor	SXN 26.67	5 Rob Smith	STN 11.38
6 Tariq Martin	BDB 23.92		
7 David Bolton	STN 16.70		
M High Jump A		M High Jump B	
1 Matt Watson	STN 2.00	1 Tom Howlett	U17 M&M 1.75
2 Dan Alexander	M&M 1.80	2 James Godfrey	BDB 1.70
3 Aji Lawal	BDB 1.75	3 Jack Edgar-Hill	HVG 1.55
4 Bradley Burr	HVG 1.65		
5 Joe Pybus	BTN 1.60		
6 Charlie Perry	U17 CBG 1.55		
7 Tom Powell	U17 SXN 1.50		
M Javelin Throw A		M Javelin Throw B	
1 Matti Mortimor	SXN 65.42	1 Paul Dowding	SXN 53.53
2 Craig Lacy	CBG 58.53	2 Laurence Goodacre	HVG 35.09
3 Bradley Burr	HVG 55.13	3 Alex Wharfe	M&M 34.88
4 Dean Oakes	M&M 53.01	4 Alistair McDonald	CBG 33.78
5 Alex Wright	U17 BDB 43.37	5 Matt Watson	STN 33.20
6 Rob Smith	STN 37.60		
7 Joe Pybus	BTN 22.96		
M Long Jump A		M Long Jump B	
1 Joshua Brown	M&M 6.82+2.3	1 Jordan Redjep	U17 M&M 6.24+2.5
2 Kem Ofoegbu	BDB 6.47+1.9	2 James Godfrey	BDB 5.90+2.7
3 Ben Clark	U17 SXN 6.45+1.4	3 Matt Dorrington	BTN 5.64+3.9
4 Nigel Munjoma	CBG 6.35+1.8	4 Terry Hughes	HVG 5.44+2.2
5 Calum Bressington	STN 5.98+3.1	5 Ross Fawcett	SXN 4.95+0.6
6 Adam McCarthy	HVG 5.79+1.3	6 Will Hodgetts	U17 STN 4.82+3.1
7 Joe Pybus	BTN 5.71+3.2	7 Erefe Williams	U17 CBG 3.24+0.7
M Pole Vault A		M Pole Vault B	
1 Mitchell Etheridge	BDB 4.20	1 Ben Clark	U17 SXN 3.50
2 Liam Yarwood	U17 SXN 3.65	2=Will Gray	BTN 2.45
3 Luke Hodgetts	U17 STN 3.50	2=Bradley Burr	HVG 2.45
4 Alex Wharfe	M&M 3.35	4 Tom Howlett	U17 M&M 2.30
5 Andrew Kerr	U17 HVG 3.05	5 Tommy Bower	BDB 2.00
6 Joe Pybus	BTN 2.60		

M Shot Putt A			M Shot Putt B		
1 Tariq Martin	BDB	12.99	1 Emmanuel Quarshie	HVG	12.51
2 Craig Lacy	CBG	12.60	2 Matthew Osalodor	BDB	12.10
3 Laurence Goodacre	HVG	12.53	3 Alex Caine	M&M	11.70
4 Dean Oakes	M&M	12.18	4 Paddy Vermes	U17 BTN	9.40
5 Luke Braiden	BTN	11.88	5 Rob Smith	STN	7.33
6 Matt Watson	STN	10.58	6 Erefe Williams	U17 CBG	4.67
7 Theo Moore	SXN	6.59			
M Triple Jump A			M Triple Jump B		
1 Kem Ofoegbu	BDB	13.74+3.1	1 James Godfrey	BDB	12.23+4.1
2 Joshua Brown	M&M	13.73+3.7	2 Jordan Redjep	U17 M&M	11.57+2.5
3 Matt Watson	STN	12.11+2.7	3 Will Hodgetts	U17 STN	10.42+2.0
4 Adam Wileman	U17 HVG	11.70+5.4	4 Terry Hughes	HVG	9.76+3.0
5 Josh Mutch	BTN	9.31+5.2	5 Will Gray	BTN	9.27+3.1
6 John Hart	U17 CBG	8.24+3.3			
W 100m A			W 100m B		
	Wind	+0.7 m/s		Wind	+1.6 m/s
1 Rianne Ashitey-Dennis	U17 BDB	12.58	1 Georgia Atkins	SXN	12.76
2 Hannah Smithdale	U17 SXN	12.64	2 Melissa Owusu Ansah	U17 CBG	12.78
3 Ruth Onyekwe	U17 CBG	12.71	3 Kirsty Shepherd	BDB	13.27
4 Katie Urquhart	U17 BTN	13.16	4 Jody Kite	BTN	13.47
5 Deborah Knight	U17 HVG	13.30	5 Kerri Willis	U17 M&M	14.14
6 Megan Fry	U17 STN	13.48	6 Rachel Kerr	HVG	14.21
7 Charlotte Mackie	M&M	13.57	7 Becky Kidson	U17 STN	14.33
W 200m A			W 200m B		
	Wind	+1.4 m/s		Wind	+4.4 m/s
1 Lauren Bouchard	SXN	25.39	1 Hannah Smithdale	U17 SXN	26.45
2 Kerri-Ann Body	U17 BTN	26.25	2 Neha Dabhi	BDB	26.68
3 Sophie Ayre	U17 M&M	27.15	3 Chanel Hemmings	U17 CBG	27.34
4 Ruth Onyekwe	U17 CBG	27.34	4 Felicity Clarke	HVG	27.59
5 Yemi Akinshipo	U17 BDB	27.62	5 Cherene Ellis	M&M	28.23
6 Deborah Knight	U17 HVG	28.07	6 Katie Urquhart	BTN	28.87
7 Suzie Collins	U17 STN	28.18	7 Becky Kidson	U17 STN	30.27
W 400m A			W 400m B		
1 Leigh Lennon	BDB	57.93	1 Kerrell Whalley	BDB	60.31
2 Lauren Bouchard	SXN	59.34	2 Caroline Hill	SXN	62.50
3 Kerri-Ann Body	U17 BTN	61.36	3 Behi Taylor	U17 RDG	62.53
4 Julia Henderson	RDG	63.12	4 Megan Angus	U17 M&M	67.92
5 Nicola Keegan	U17 M&M	63.67	5 Shannon Sullivan	U17 HVG	77.79
6 Melissa Owusu Ansah	U17 CBG	66.59	6 Rachel Titheridge	U17 BTN	79.34
7 Melody Young	STN	67.23			
8 Rachel Kerr	HVG	77.72			
W 800m A			W 800m B		
1 Jessica Judd	U17 SXN	2.15.24	1 Eleanor Bounds	U17 BDB	2.25.72
2 Jenny Beckingham	STN	2.17.00	2 Lucy Barnes	U17 SXN	2.33.63
3 Gemma Kersey	BDB	2.27.35	3 Alyx Gregory	U17 RDG	2.43.05
4 Caroline Ford	CBG	2.34.07	4 Rachel Titheridge	U17 BTN	2.50.07
5 Lucy Nicholson	U17 M&M	2.36.64	5 Charlotte Daniel	CBG	2.51.82
6 Laura Lambourne	BTN	2.44.89	6 Issie Kidson	STN	3.03.76
7 Emma Taylor	RDG	2.45.49			
8 Shannon Sullivan	U17 HVG	2.55.54			
W 1500m A			W 1500m B		
1 Katie Tuttlebury	SXN	5.00.86	1 Daenna Bennett	U17 STN	5.20.01
2 Jenny Beckingham	STN	5.10.24	2 Eleanor Corcorun	U17 BDB	5.52.98
3 Ingrid Deane	HVG	5.17.44	3 Patsy McWeeney	U17 HVG	6.01.68
4 Emily Ballard	U17 BDB	5.47.87	4 Emma Burroughs	SXN	6.11.77
W 3000m A			W 3000m B		
1 Jessica Judd	U17 SXN	10.19.97	1 Charlotte Bishop	BDB	11.55.91
2 Gemma Kersey	BDB	10.23.73	2 Patsy McWeeney	U17 HVG	12.44.52
3 Ingrid Deane	HVG	10.50.44	3 Rachel Titheridge	U17 BTN	12.51.27
4 Stephanie Hearn	M&M	11.57.57			

5 Laura Lambourne BTN 12.25.93
6 Issie Kidson STN 13.18.97

W 100mH A Wind +4.4 m/s
1 Georgia Atkins SXN 14.40
2 Gabriella Ade Onojobi CBG 15.16
3 Jodie Shaw M&M 16.54
4 Felicity Clarke HVG 16.96
5 Chantal West U17 BTN 17.16
6 Megan Fry U17 STN 19.17

W 100mH B Wind +1.3 m/s
1 Nicola Peachey U17 HVG 17.18
2 Annie Waghorn U17 M&M 17.52
3 Evie Castle SXN 17.90
4 Hatshepsut James CBG 18.00

W 400mH A U17
1 Hayley McLean U17 SXN 63.06
2 Felicity Clarke HVG 67.96
3 Hatshepsut James CBG 69.65
4 Suzie Collins U17 STN 73.12
5 Charlotte Bishop BDB 84.07

W 400mH B U17
1 Georgia Green-Muid U17 SXN 70.39
2 Nicola Peachey HVG 73.07
3 Neha Dabhi BDB 75.66

W Discus Throw A U17
1 Chelsea Coker SXN 36.21
2 Grace Jenkins BDB 34.33
3 Emma Kirk-Odunubi BTN 33.95
4 Anna Stevens STN 29.35
5 Francesca Baylis U17 M&M 27.88
6 Charlotte Webb RDG 27.26
7 Katherine Knight HVG 26.36
8 Deborah Kabahinda U17 CBG 24.16

W Discus Throw B U17
1 Georgina Howe U17 SXN 31.68
2 Freya Jones U17 STN 27.69
3 Holly Thomas U17 HVG 18.68
4 Charlotte Daniel CBG 13.42
5 Kerri Willis U17 M&M 13.35
6 Anne-Lise Arnold U17 BTN 12.22
7 Sada Bailey BDB 10.07

W Hammer Throw A U17
1 Chelsea Coker SXN 43.66
2 Anesa Wanogho CBG 33.11
3 Anna Stevens STN 32.18
4 Grace Jenkins BDB 31.75
5 Katherine Knight HVG 21.44
6 Emma Kirk-Odunubi BTN 21.31
7 Francesca Baylis U17 M&M 20.64
8 Charlotte Webb RDG 15.35

W Hammer Throw B U17
1 Georgina Howe SXN 39.95
2 Chanel Hemmings U17 CBG 9.27
3 Charlotte Mackie M&M 6.09
4 Daenna Bennett U17 STN 5.83
5 Sada Bailey BDB 4.72
6 Laura Lambourne BTN 2.97

W High Jump A U17
1 Pippa Rogan U17 RDG 1.63
2 Stephanie Ugbo BDB 1.60
3 Georgia Atkins SXN 1.55
4 Francesca Baylis U17 M&M 1.50
5 Chantal West U17 BTN 1.50
6 Anesa Wanogho CBG 1.40
7 Ellie Watson HVG 1.40
8 Jenny Beckingham STN 1.30

W High Jump B U17
1 Hayley McLean U17 SXN 1.50
2 Sada Bailey BDB 1.45
3 Ruth Onyekwe U17 CBG 1.40
4 Charlotte Mackie M&M 1.35
5 Felicity Clarke HVG 1.30

W Javelin Throw A U17
1 Kike Oniwinde HVG 41.40
2 Freya Jones U17 STN 41.31
3 Deborah Kabahinda U17 CBG 31.23
4 Evie Castle SXN 29.39
5 Laura Pearce RDG 27.78
6 Jodie Shaw M&M 24.80
7 Emma Kirk-Odunubi BTN 19.72
8 Doja Atanda U17 BDB 12.16

W Javelin Throw B U17
1 Poppy Barker U17 STN 31.42
2 Anesa Wanogho CBG 24.78
3 Deborah Knight U17 HVG 23.59
4 Charlotte Webb RDG 23.15
5 Kerri Willis U17 M&M 10.69
6 Jody Kite BTN 10.04
7 Jess Crissell U17 SXN 8.15
8 Emily Ballard U17 BDB 7.04

W Long Jump A U17
1 Georgia Atkins SXN 5.36+0.9
2 Sophie Ayre U17 M&M 4.92+2.8
3 Vicky Vintner U17 STN 4.80+1.9
4 Nicola Peachey HVG 4.58+1.4
5 Chloe Marsh U17 RDG 4.54+2.3
6 Gabriella Ade Onojobi CBG 4.46+0.8
7 Anne-Lise Arnold U17 BTN 4.10+1.0

W Long Jump B U17
1 Ellie Besford SXN 4.58+0.7
2 Katie Urquhart U17 BTN 3.90+1.6
3 Ellie Watson HVG 3.87+1.0
4 Karen Onwuamaegbu U17 CBG 3.81+0.2
5 Doja Atanda U17 BDB 3.60+3.1
6 Pippa Rogan U17 RDG 3.40+2.9

8 Yemi Akinshipo U17 BDB 4.02+1.0

W Pole Vault A

1 Nancy Epsly U17 SXN 2.70

W Pole Vault B

No competitors

W Shot Putt A

1 Anesa Wanogho CBG 11.92
2 Danielle Oparg U17 RDG 11.16
3 Chelsea Coker SXN 10.87
4 Jodie Shaw M&M 10.45
5 Grace Jenkins BDB 9.27
6 Emma Kirk-Odunubi BTN 9.08
7 Kike Oniwinde HVG 9.05
8 Anna Stevens STN 8.67

W Shot Putt B

1 Evie Castle SXN 9.21
2 Charlotte Webb RDG 8.97
3 Annie Waghorn U17 M&M 8.34
4 Katherine Knight HVG 7.60
5 Chantal West U17 BTN 7.04
6 Karen Onwuamaegbu U17 CBG 6.60
7 Jenny Beckingham STN 6.29
8 Eleanor Corcorun U17 BDB 4.59

W Triple Jump A

1 Jess Crissell U17 SXN 10.31+3.7
2 Vicky Vintner U17 STN 9.81+3.9
3 Ellie Watson HVG 9.28+3.2
4 Deborah Kabahinda CBG 9.23+3.6
5 Kirsty Shepherd BDB 8.24+3.2

W Triple Jump B

1 Karen Onwuamaegbu U17 CBG 9.19+3.7
2 Megan Fry U17 STN 8.72+1.9
3 Shannon Sullivan U17 HVG 8.26+4.4
4 Emily Ballard U17 BDB 8.11+3.8

W 4x100m Relay

1	SXN 50.43	1 Hayley McLean	U17	2 Georgia Atkins	
		3 Georgia Green-Muid	U17	4 Hannah Smithdale	U17
2	CBG 50.62	1 Hatshepsut James		2 Gabriella Ade Onojobi	
		3 Melissa Owusu Ansah	U17	4 Ruth Onyekwe	U17
3	BDB 51.84	1 Sarah Kigozi		2 Doja Atanda	U17
		3 Rianne Ashitey-Dennis	U17	4 Kirsty Shepherd	
4	BTN 52.87	1 Katie Urquhart	U17	2 Jody Kite	
		3 Chantal West	U17	4 Anne-Lise Arnold	U17
5	M&M 53.90	1 Kerri Willis	U17	2 Sophie Ayre	U17
		3 Jodie Shaw		4 Cherene Ellis	
6	HVG 53.91	1 Felicity Clarke		2 Nicola Peachey	U17
		3 Rachel Kerr		4 Deborah Knight	U17
7	STN 55.07	1 Becky Kidson	U17	2 Megan Fry	U17
		3 Vicky Vintner	U17	4 Suzie Collins	U17

W 4x400m Relay

1	BDB 4.05.57	1 Kerrell Whalley		2 Yemi Akinshipo	U17
		3 Neha Dabhi		4 Leigh Lennon	
2	SXN 4.10.29	1 Katie Tuttlebury		2 Caroline Hill	
		3 Jessica Judd	U17	4 Lauren Bouchard	
3	CBG 4.25.25	1 Caroline Ford		2 Chanel Hemmings	U17
		3 Hatshepsut James		4 Gabriella Ade Onojobi	
4	M&M 4.25.65	1 Megan Angus	U17	2 Charlotte Mackie	
		3 Nicola Keegan	U17	4 Annie Waghorn	U17
5	STN 4.29.09	1 Melody Young		2 Becky Kidson	U17
		3 Suzie Collins	U17	4 Jenny Beckingham	
6	HVG 4.57.22	1 Ingrid Deane		2 Rachel Kerr	
		3 Shannon Sullivan	U17	4 Patsy McWeeney	U17

M 4x100m Relay

1	BDB 44.45	1 David Ajayi		2 Kem Chagoram	
		3 Kelvin Tairou	U17	4 Rachid Kazoza	
2	HVG 44.65	1 Terry Hughes		2 Isaac Ogunlade	
		3 Jack Edgar-Hill		4 Richard Morrissey	
3	BTN 45.88	1 Gwillym Cooper		2 Matt Hewitt	
		3 Matt Dorrington		4 Chris Hewitt	
4	M&M 46.03	1 James Davies		2 Alex Wharfe	
		3 Dan Alexander		4 Andre Wright	
5	SXN 47.71	1 Liam Yarwood	U17	2 Dan Green	

	3	Andy Constable	U17	4	Tom Powell	U17
6 STN 48.18	1	Will Hodgetts	U17	2	Rob Smith	
	3	Matt Watson		4	Calum Bressington	
7 CBG DISQ						

M 4x400m Relay

1 STN 3.28.71	1	Calum Bressington		2	David Bolton	
	3	Sean Adams	U17	4	Aaron Bennett	
2 BDB 3.29.67	1	Steve Strange	U17	2	Joe Gill	
	3	Sam Yates		4	Rachid Kazoza	
3 HVG 3.29.82	1	Adam McCarthy		2	Isaac Ogunlade	
	3	Massi Dendani	U17	4	Richard Morrissey	
4 SXN 3.38.13	1	Chris Youell	U17	2	Matt Constable	U17
	3	Andy Constable	U17	4	Dan Green	
5 BTN 3.47.46	1	Gwilym Cooper		2	Josh Mutch	
	3	Matt Dorrington		4	Joe Pybus	
6 M&M 3.49.56	1	Mark Cryer		2	Adam Gilbert	U17
	3	James Davies		4	Andre Wright	

Points

1	The Saxons	496
2	Basildon Beagles	492
3	Havering Mayesbrook AC	468.5
4	Medway & Maidstone AC	374
5	Brighton & Hove AC	372.5
6	Southampton AC	369
7	Cambridge Harriers	341
8	Reading AC	93

Athlete of the Match: Matt Mortimer The Saxons Javelin 65.42
 Anesa Wanogho Cambridge Harriers Shot 11.92

General Comment: No competitors W Pole Vault B,

Note(s)

BDB Includes + 25pts,
 BTN Includes + 35pts,
 CBG Includes + 25pts,
 HVG Includes + 35pts,
 M&M Includes + 35pts,
 RDG Includes + 15pts,
 STN Includes + 35pts,
 SXN Includes + 35pts,

Team		BDB	BTN	CBG	HVG	M&M	RDG	STN	SXN	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
M 100m	A	9	6	7	11	8	0	5	4	50	3	53
	B	9	5	7	6	3	0	2	4	36	1	37
Cumulative		18	11	14	17	11	0	7	8	86	4	90
M 200m	A	11	7	8	9	6	0	5	4	50	3	53
	B	6	5	7	0	4	0	9	3	34	3	37
Cumulative		35	23	29	26	21	0	21	15	170	10	180
M 400m	A	5	4	6	11	9	0	8	7	50	3	53
	B	7	3	0	5	4	0	9	6	34	3	37
Cumulative		47	30	35	42	34	0	38	28	254	16	270
M 800m	A	11	7	0	5	8	0	9	6	46	7	53
	B	9	5	6	4	0	0	3	7	34	3	37
Cumulative		67	42	41	51	42	0	50	41	334	26	360
M 1500m	A	11	9	8	6	0	0	7	5	46	7	53
	B	9	7	3	5	0	0	6	4	34	3	37
Cumulative		87	58	52	62	42	0	63	50	414	36	450
M 3000m	A	11	7	0	9	8	0	0	6	41	12	53
	B	9	5	0	7	0	0	0	6	27	10	37
Cumulative		107	70	52	78	50	0	63	62	482	58	540
M 110mH	A	6	9	4	11	5	0	7	8	50	3	53
	B	7	6	3	9	5	0	4	0	34	3	37
Cumulative		120	85	59	98	60	0	74	70	566	64	630
M 400mH	A	5	8	4	9	7	0	11	6	50	3	53
	B	5	7	4	9	3	0	6	0	34	3	37
Cumulative		130	100	67	116	70	0	91	76	650	70	720
M 2000Sc	A	11	9	8	7	0	0	0	6	41	12	53
	B	9	6	0	5	0	0	0	7	27	10	37
Cumulative		150	115	75	128	70	0	91	89	718	92	810
M DT	A	5	11	7	9	6	0	4	8	50	3	53
	B	0	9	3	5	7	0	4	6	34	3	37
Cumulative		155	135	85	142	83	0	99	103	802	98	900
M HT	A	5	7	8	9	11	0	4	6	50	3	53
	B	0	7	5	9	6	0	4	0	31	6	37
Cumulative		160	149	98	160	100	0	107	109	883	107	990

	Team No's											POINTS	
		BDB 1 11	BTN 2 22	CBG 3 33	HVG 4 44	M&M 5 55	RDG 6 66	STN 7 77	SXN 8 88	Used	Waste	Tot	
M HJ	A	8	6	5	7	9	0	11	4	50	3	53	
	B	7	0	0	6	9	0	0	0	22	15	37	
Cumulative		175	155	103	173	118	0	118	113	955	125	1080	
M JT	A	6	4	9	8	7	0	5	11	50	3	53	
	B	0	0	5	7	6	0	4	9	31	6	37	
Cumulative		181	159	117	188	131	0	127	133	1036	134	1170	
M LJ	A	9	4	7	5	11	0	6	8	50	3	53	
	B	7	6	2	5	9	0	3	4	36	1	37	
Cumulative		197	169	126	198	151	0	136	145	1122	138	1260	
M PV	A	11	5	0	6	7	0	8	9	46	7	53	
	B	4	6.5	0	6.5	5	0	0	9	31	6	37	
Cumulative		212	180.5	126	210.5	163	0	144	163	1199	151	1350	
M SP	A	11	6	9	8	7	0	5	4	50	3	53	
	B	7	5	3	9	6	0	4	0	34	3	37	
Cumulative		230	191.5	138	227.5	176	0	153	167	1283	157	1440	
M TJ	A	11	6	5	7	9	0	8	0	46	7	53	
	B	9	4	0	5	7	0	6	0	31	6	37	
Cumulative		250	201.5	143	239.5	192	0	167	167	1360	170	1530	
W 100m	A	11	7	8	6	4	0	5	9	50	3	53	
	B	6	5	7	3	4	0	2	9	36	1	37	
Cumulative		267	213.5	158	248.5	200	0	174	185	1446	174	1620	
W 200m	A	6	9	7	5	8	0	4	11	50	3	53	
	B	7	3	6	5	4	0	2	9	36	1	37	
Cumulative		280	225.5	171	258.5	212	0	180	205	1532	178	1710	
W 400m	A	11	8	5	3	6	7	4	9	53	0	53	
	B	9	3	0	4	5	6	0	7	34	3	37	
Cumulative		300	236.5	176	265.5	223	13	184	221	1619	181	1800	
W 800m	A	8	5	7	3	6	4	9	11	53	0	53	
	B	9	5	4	0	0	6	3	7	34	3	37	
Cumulative		317	246.5	187	268.5	229	23	196	239	1706	184	1890	
W 1500m	A	7	0	0	8	0	0	9	11	35	18	53	
	B	7	0	0	6	0	0	9	5	27	10	37	
Cumulative		331	246.5	187	282.5	229	23	214	255	1768	212	1980	
W 3000m	A	9	6	0	8	7	0	5	11	46	7	53	
	B	9	6	0	7	0	0	0	0	22	15	37	
Cumulative		349	258.5	187	297.5	236	23	219	266	1836	234	2070	

Team		BDB	BTN	CBG	HVG	M&M	RDG	STN	SXN	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
W 100mH	A	0	6	9	7	8	0	5	11	46	7	53
	B	0	0	5	9	7	0	0	6	27	10	37
Cumulative		349	264.5	201	313.5	251	23	224	283	1909	251	2160
W 400mH	A	6	0	8	9	0	0	7	11	41	12	53
	B	6	0	0	7	0	0	0	9	22	15	37
Cumulative		361	264.5	209	329.5	251	23	231	303	1972	278	2250
W 1500Sc	A	0	0	0	0	0	0	0	0	0	0	0
	B	0	0	0	0	0	0	0	0	0	0	0
Cumulative		361	264.5	209	329.5	251	23	231	303	1972	278	2250
W DT	A	9	8	3	4	6	5	7	11	53	0	53
	B	2	3	5	6	4	0	7	9	36	1	37
Cumulative		372	275.5	217	339.5	261	28	245	323	2061	279	2340
W HT	A	7	5	9	6	4	3	8	11	53	0	53
	B	4	3	7	0	6	0	5	9	34	3	37
Cumulative		383	283.5	233	345.5	271	31	258	343	2148	282	2430
W HJ	A	9	6	5	4	7	11	3	8	53	0	53
	B	7	0	6	4	5	0	0	9	31	6	37
Cumulative		399	289.5	244	353.5	283	42	261	360	2232	288	2520
W JT	A	3	4	8	11	5	6	9	7	53	0	53
	B	1	3	7	6	4	5	9	2	37	0	37
Cumulative		403	296.5	259	370.5	292	53	279	369	2322	288	2610
W LJ	A	3	4	5	7	9	6	8	11	53	0	53
	B	4	7	5	6	0	3	0	9	34	3	37
Cumulative		410	307.5	269	383.5	301	62	287	389	2409	291	2700
W PV	A	0	0	0	0	0	0	0	11	11	42	53
	B	0	0	0	0	0	0	0	0	0	37	37
Cumulative		410	307.5	269	383.5	301	62	287	400	2420	370	2790
W SP	A	6	5	11	4	7	9	3	8	53	0	53
	B	1	4	3	5	6	7	2	9	37	0	37
Cumulative		417	316.5	283	392.5	314	78	292	417	2510	370	2880
W TJ	A	6	0	7	8	0	0	9	11	41	12	53
	B	5	0	9	6	0	0	7	0	27	10	37
Cumulative		428	316.5	299	406.5	314	78	308	428	2578	392	2970
W 4x1		8	7	9	5	6	0	4	11	50	3	53
Cumulative		436	323.5	308	411.5	320	78	312	439	2628	395	3023
W 4x4		11	0	8	5	7	0	6	9	46	7	53
Cumulative		447	323.5	316	416.5	327	78	318	448	2674	402	3076

Team No's	BDB		BTN		CBG		HVG		M&M		RDG		STN		SXN		POINTS		
	1	11	2	22	3	33	4	44	5	55	6	66	7	77	8	88	Used	Waste	Tot
M 4x1		11		8		0		9		7		0		5		6	46	7	53
Cumulative		458		331.5		316		425.5		334		78		323		454	2720	409	3129
M 4x4		9		6		0		8		5		0		11		7	46	7	53
Cumulative		467		337.5		316		433.5		339		78		334		461	2766	416	3182
Add		25		35		25		35		35		15		35		35	0	0	0
subtract		0		0		0		0		0		0		0		0	0	0	0
Cumulative		492		372.5		341		468.5		374		93		369		496	2766	416	3182
TOTALS		492		372.5		341		468.5		374		93		369		496	2766	416	3182

Pos	Team	Points	Add	Sub	Total	Lge
1	The Saxons	461	35	0	496	8
2	Basildon Beagles	467	25	0	492	7
3	Havering Mayesbrook AC	433.5	35	0	468.5	6
4	Medway & Maidstone AC	339	35	0	374	5
5	Brighton & Hove AC	337.5	35	0	372.5	4
6	Southampton AC	334	35	0	369	3
7	Cambridge Harriers	316	25	0	341	2
8	Reading AC	78	15	0	93	1

Used + add - sub = total	2766	240	0	3006
Unused points	416			416
(Used+unused)+add-sub=total	3182	240	0	3422

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
SXN A	13	4	5	3	6	1	4	0	B 10	4	4	1	3	1	1	0
BDB A	12	6	3	2	6	4	0	2	B 9	8	3	2	3	0	1	2
HVG A	4	7	6	5	4	5	3	2	B 5	5	7	8	3	1	0	0
M&M A	2	4	5	9	6	3	2	0	B 2	3	5	4	6	2	0	0
BTN A	1	4	4	6	8	4	5	0	B 1	5	4	7	2	6	0	0
STN A	3	5	5	4	2	8	5	2	B 4	2	3	1	5	3	4	0
CBG A	1	5	8	6	1	5	2	1	B 1	5	3	5	2	5	1	0
RDG A	1	1	0	1	2	1	1	1	B 0	1	2	1	0	1	0	0

Men	Points	Women	Points
1 Basildon Beagles	270	1 The Saxons	281
2 Havering Mayesbrook AC	256.5	2 Basildon Beagles	197
3 Brighton & Hove AC	215.5	3 Havering Mayesbrook AC	177
4 Medway & Maidstone AC	204	4 Cambridge Harriers	173
5 Southampton AC	183	5 Southampton AC	151
6 The Saxons	180	6 Medway & Maidstone AC	135
7 Cambridge Harriers	143	7 Brighton & Hove AC	122
8 Reading AC	0	8 Reading AC	78