

NJL Southern Medway Div Round:2
Croydon Arena, Sun 24 May 2009

M 100m A

1 Stefan Mitchell	CBG	11.5
2 Andre Wright	M&M	11.5
3 Hadley Pressley	ASF	12.0
4 Chris Ford	TBG	12.1
5 Kwame Francis	U17 CRD	12.5
6 Jacob Burton	U17 IVP	12.9

M 100m B

1 James Alcock	M&M	11.5
2 Arthur Tanoh	CBG	11.6
3 Tom Chambers	U17 ASF	12.0
4 Joe Fellows	U17 TBG	13.1

M 200m A

1 Stefan Mitchell	CBG	22.9
2 Andre Wright	M&M	23.1
3 Nic Spence	CRD	23.8
4 Chris Ford	TBG	24.1
5 Hadley Pressley	ASF	24.2
6 Alex Tuck	U17 IVP	24.9
7 Phillip Butler	DTF	26.8

M 200m B

1 Tom Chambers	U17 ASF	23.4
2 Angus Butler	U17 TBG	24.0
3 Ben Reid	CBG	24.4
4 Alex Caine	U17 M&M	24.5
5 Ben Burton	U17 IVP	25.3

M 400m A

1 James Wildish	TBG	52.4
2 Sean Hannant-Smith	M&M	53.1
3 Elliott Welch	U17 CRD	53.2
4 Ashley Cochrane	U17 ASF	53.9
5 Alex Tuck	U17 IVP	54.3
6 Phillip Butler	DTF	58.6

M 400m B

1 Donald Carter	IVP	54.4
2 Mark Cryer	U17 M&M	54.9
3 Chris Blandford	ASF	56.8
4 James Smith	U17 TBG	58.7

M 800m A

1 Sam Murphy	CBG	2.00.6
2 James Reilly	U17 IVP	2.01.0
3 Andy Combs	TBG	2.01.2
4 Ashley Cochrane	U17 ASF	2.08.2
5 Josh Elderfield	M&M	2.08.9
6 Scott Fanner	U17 CRD	2.09.8

M 800m B

1 James Pigot	TBG	2.03.5
2 Robert Macdonald	CBG	2.07.6
3 Nathan Breeds	M&M	2.09.0
4 Jason Prickett	IVP	2.09.8
5 Chris Blandford	ASF	2.15.5

M 1500m A

1 Andy Combs	TBG	4.09.4
2 Jason Prickett	IVP	4.12.7
3 Robert Macdonald	CBG	4.28.6
4 Nathan Breeds	M&M	4.50.7
5 Marcus South	ASF	4.53.9

M 1500m B

1 James Cotterill	TBG	4.25.9
2 Alistair Noel	U17 IVP	5.03.1
3 Ryan Powell	ASF	5.03.9

M 3000m A

1 Kurt Wolfe	TBG	9.12.6
2 Andy Cope	IVP	9.17.4
3 Alisdair Macdonald	CBG	9.51.5
4 Josh Elderfield	M&M	9.58.3

M 3000m B

1 Seb Harding	TBG	9.16.8
2 James Murphy	CBG	9.52.6
3 Jacob Burton	IVP	10.30.9

M 110mH A

1 Alex Wharfe	M&M	16.4
2 Jack Parsons	TBG	16.7
3 Tobi Odusanya	U17 CBG	19.0
4 Phillip Butler	DTF	21.3

M 110mH B

1 Neil Woodfine	TBG	17.3
2 Charlie Perry	U17 CBG	20.7

M 400mH A

1 Jack Parsons	TBG	60.0
2 Charlie Perry	U17 CBG	63.1
3 Kariym Irving	CRD	63.6
4 Andy Robertson	U17 ASF	76.6

M 400mH B

1 Neil Woodfine	TBG	63.4
2 Ryan Powell	ASF	87.1

M 2000m Sc A

1 Seb Harding	TBG	7.13.7
2 Andy Robertson	U17 ASF	7.35.9

M 2000m Sc B

1 Warren Uden	U17 ASF	7.52.4
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M Discus Throw A
 1 Kariym Irving CRD 41.24
 2 Jack McNaught ASF 35.16
 3 Craig Lacy CBG 33.85
 4 Joe Todman TBG 32.13
 5 Stuart Hitchcock M&M 25.20
 6 Jack Fox DTF 18.72

M Hammer Throw A
 1 Alex Caine U17 M&M 39.23
 2 Craig Lacy CBG 38.10
 3 Jonny Hinton U17 TBG 35.22
 4 Jack McNaught ASF 26.40

M High Jump A
 1 Stuart Hitchcock M&M 1.85
 2 Kariym Irving CRD 1.80
 3 Daniel Adeline U17 TBG 1.75
 4 Aaron Barham U17 DTF 1.70
 5 Arthur Tanoh CBG 1.60

M Javelin Throw A
 1 Craig Lacy CBG 58.60
 2 Kariym Irving CRD 50.80
 3 Stuart Hitchcock M&M 41.41
 4 Jack McNaught ASF 38.22
 5 Aaron Barham U17 DTF 32.32
 6 Kurt Wolfe TBG 29.93

M Long Jump A
 1 Stuart Hitchcock M&M 6.72
 2 Michael Francetti U17 CBG 5.47
 3 Robert Hammond U17 DTF 5.42
 4 John Jackson U17 TBG 5.35
 5 Jeremy Fryer U17 ASF 4.35

M Pole Vault A
 1 Ben Stone U17 TBG 3.20
 2 Alex Wharfe M&M 2.90

M Shot Putt A
 1 Dean Oakes M&M 12.75
 2 Kariym Irving CRD 12.48
 3 Joe Todman TBG 12.45
 4 Craig Lacy CBG 12.08
 5 Jack McNaught ASF 11.69
 6 Ben Burton U17 IVP 7.57

M Triple Jump A
 1 Darren March M&M 14.46
 2 Jack Fox DTF 13.32
 3 Ben Burton U17 IVP 11.93
 4 John Jackson U17 TBG 11.22
 5 Jeremy Fryer U17 ASF 10.41
 6 Denis Hasanaj U17 CBG 9.36

W 100m A
 1 Twinelle Hopeson CRD 12.2
 2 Rachel Hanagan ASF 12.6
 3 Charlotte Mackie M&M 12.7
 4 Chanel Hemmings U17 CBG 13.0
 5 Emily Hosker U17 IVP 13.6
 6 Yuna Murayama U17 TBG 13.8

M Discus Throw B
 1 Jonny Hinton U17 TBG 28.49
 2 Darren March M&M 21.30
 3 Alisdair Macdonald CBG 18.08
 4 Blake Robinson U17 ASF 17.89

M Hammer Throw B
 1 Joe Todman TBG 24.48
 2 Denis Hasanaj U17 CBG 23.90
 3 Mark Cryer U17 M&M 9.29
 4 Marcus South ASF 8.29

M High Jump B
 1 Daniel Alexander U17 M&M 1.75
 2 Robert Hammond DTF 1.70
 3 Jack Parsons TBG 1.65

M Javelin Throw B
 1 Alisdair Macdonald CBG 41.76
 2 Alex Wharfe M&M 37.75
 3 Chris Blandford ASF 37.40
 4 Luke Abrahams U17 TBG 26.40

M Long Jump B
 1 James Alcock M&M 6.19
 2 Ben Stone U17 TBG 5.12
 3 Aaron Barham U17 DTF 4.99
 4 Ben Reid CBG 4.25
 5 William Dickinson U17 ASF 4.21

M Pole Vault B
 1 Chris Peers TBG 3.05

M Shot Putt B
 1 Alex Caine U17 M&M 12.14
 2 Denis Hasanaj U17 CBG 8.77
 3 Jonny Hinton U17 TBG 8.76
 4 Blake Robinson U17 ASF 8.36

M Triple Jump B
 1 Joshua Brown U17 M&M 13.29
 2 Ben Stone TBG 10.83
 3 William Dickinson ASF 9.61
 4 Tobi Odusanya U17 CBG 9.13

W 100m B
 1 Hatshepsut James CBG 13.0
 2 Megan Angus U17 M&M 13.8
 3 Kim Smith U17 ASF 14.0
 4 Nicky Dobra U17 TBG 14.1

W 200m A			W 200m B		
1	Twinelle Hopeson	CRD 25.2	1	Melissa Owusu-Ansah	U17 CBG 26.5
2	Charlotte Mackie	M&M 26.3	2	Yasmyn Joseph	M&M 27.4
3	Hatshepsut James	CBG 27.1	3	Jess Owen	TBG 27.9
4	Vikki Bradford	TBG 27.2	4	Lucy Holmes	U17 ASF 28.7
5	Kim Smith	U17 ASF 28.3			
6	Beth Burnett	U17 IVP 32.4			
W 400m A			W 400m B		
1	Rachel Hanagan	ASF 58.9	1	Hannah Tolhurst	TBG 62.9
2	Emma Barlow	U17 CRD 59.8	2	Georgina Twist	ASF 64.0
3	Vikki Bradford	TBG 60.1	3	Megan Angus	U17 M&M 64.6
4	Caroline Ford	U17 CBG 62.0	4	Beccie Powell	CBG 67.0
5	Yasmyn Joseph	M&M 63.1			
W 800m A			W 800m B		
1	Jess Owen	TBG 2.24.2	1	Caroline Hatley	U17 ASF 2.29.2
2	Beth Burnett	U17 IVP 2.36.9	2	Hope Simpson	U17 TBG 2.38.6
3	Kate McGibbon	U17 M&M 2.39.7	3	Rebecca Reilly	U17 IVP 2.52.8
4	Briony Walsh	ASF 2.50.2			
W 1500m A			W 1500m B		
1	Vicky Rukin	TBG 5.11.9	1	Lucy Blackstone	U17 TBG 5.36.9
2	Lucy Nicholson	U17 M&M 5.23.3			
3	Isabel Dickinson	ASF 6.29.6			
W 3000m A			W 3000m B		
1	Grace Nicholls	TBG 10.01.2	No competitors		
2	Emily Hosker	U17 IVP 11.32.8			
W 100mH A			W 100mH B		
1	Nike Odewunmi	CBG 18.1	1	Hatshepsut James	CBG 18.4
2	Lucy Saker	U17 TBG 22.2			
W 400mH A			W 400mH B		
1	Nadine Terry	M&M 67.9	1	Charlotte Lucas	CBG 81.1
2	Lucy Saker	U17 TBG 77.5			
3	Holly Ware	CBG 1.44.6			
W Discus Throw A			W Discus Throw B		
1	Lucy Underdown	M&M 44.62	1	Francesca Baylis	U17 M&M 24.03
2	Amber REGARDSOE	U17 ASF 25.55	2	Charlotte Burnett	IVP 18.91
3	Ana Lageretabua	IVP 19.62	3	Nike Odewunmi	U17 CBG 17.70
4	Monique Kelly	U17 CBG 18.46	4	Hannah Middleton	U17 ASF 16.96
5	Isobel Truman	U17 TBG 16.16	5	Emma Brown	TBG 12.86
W Hammer Throw A			W Hammer Throw B		
1	Holly Ware	CBG 31.75	1	Charlotte Lucas	CBG 17.55
2	Amber REGARDSOE	U17 ASF 21.08	2	Hannah Middleton	U17 ASF 10.47
3	Vikki Bradford	TBG 11.77	3	Vicky Rukin	TBG 4.47
W High Jump A			W High Jump B		
1	Nadine Terry	M&M 1.50	1	Charlotte Mackie	M&M 1.40
2	Lucy Saker	TBG 1.40	2	Kara Gibbs	ASF 1.35
3	Lucy Holmes	U17 ASF 1.40			
W Javelin Throw A			W Javelin Throw B		
1	Amy Underdown	M&M 31.18	1	Jodie Shaw	M&M 27.08
2	Sally Duggan	U17 CBG 29.51	2	Holly Ware	CBG 25.09
3	Isobel Truman	TBG 19.76	3	Isabel Dickinson	ASF 14.85
4	Charlotte Burnett	IVP 17.59	4	Beth Burnett	U17 IVP 10.15
5	Hannah Middleton	U17 ASF 17.29	5	Lauren Warner	U17 TBG 9.35

W Long Jump A				W Long Jump B			
1	Amy Underdown	M&M	4.94	1	Jodie Shaw	M&M	4.93
2	Caroline Hatley	U17	ASF 4.79	2	Yuna Murayama	U17	TBG 4.63
3	Hannah Tolhurst		TBG 4.73	3	Melissa Owusu-Ansah	U17	CBG 4.51
4	Nike Odewunmi	U17	CBG 4.53	4	Lucy Holmes	U17	ASF 4.29

W Pole Vault A				W Pole Vault B			
1	Kara Gibbs		ASF 2.81	No competitors			

W Shot Putt A				W Shot Putt B			
1	Lucy Underdown	M&M	12.81	1	Amy Underdown	M&M	9.51
2	Charlotte Lucas		CBG 8.74	2	Caroline Hatley	U17	ASF 7.57
3	Amber REGARDSOE	U17	ASF 8.64	3	Holly Ware		CBG 5.92
4	Hannah Tolhurst		TBG 6.63	4	Vikki Bradford		TBG 5.85
5	Rebecca Reilly		IVP 4.63				

W Triple Jump A				W Triple Jump B			
1	Rachel Hanagan		ASF 10.89	1	Nike Odewunmi	U17	CBG 9.82
2	Amy Underdown		M&M 10.69	2	Camilla Jarvis	U17	M&M 9.70
3	Charlotte Lucas		CBG 10.54	3	Nicky Dobra	U17	TBG 8.10
4	Yuna Murayama	U17	TBG 9.26				

W 4x100m Relay							
1	M&M 51.8	1	Cherene Ellis	2	Yasmyn Joseph		
		3	Jodie Shaw	4	Charlotte Mackie		
2	CBG 52.2	1	Monique Kelly	U17	2	Hatshepsut James	
		3	Melissa Owusu-Ansah	U17	4	Chanel Hemmings	U17
3	ASF 52.7	1	Samantha Beckett	2	Rachel Hanagan		
		3	Lucy Holmes	U17	4	Caroline Hatley	U17
4	TBG 55.9	1	Lauren Warner	U17	2	Yuna Murayama	U17
		3	Hannah Tolhurst	4	Nicky Dobra	U17	
5	IVP 61.4	1	Emily Hosker	U17	2	Beth Burnett	U17
		3	Charlotte Burnett	4	Rebecca Reilly	U17	

W 4x400m Relay							
1	TBG 4.17.2	1	Jess Owen	2	Hannah Tolhurst		
		3	Vikki Bradford	4	Sophie Regis		
2	M&M 4.33.5	1	Jodie Shaw	2	Megan Angus	U17	
		3	Kate McGibbon	U17	4	Charlotte Mackie	
3	ASF 4.56.2	1	Amber REGARDSOE	U17	2	Rachel Hanagan	
		3	Kim Smith	U17	4	Briony Walsh	

M 4x100m Relay							
1	M&M 43.9	1	Stuart Hitchcock	2	Andre Wright		
		3	Alex Wharfe	4	James Alcock		
2	CBG 45.5	1	Ben Reid	2	Charlie Perry	U17	
		3	Tobi Odusanya	U17	4	Stefan Mitchell	
3	CRD 46.5	1	Kwame Francis	U17	2	Scott Fanner	U17
		3	Nic Spence	4	Elliott Welch	U17	
4	ASF 46.6	1	Hadley Pressley	2	Tom Chambers	U17	
		3	Christian Brown	U17	4	Ashley Cochrane	U17
5	TBG 46.9	1	Joe Fellows	U17	2	Chris Ford	
		3	John Jackson	U17	4	Joe Todman	
6	IVP 52.1	1	Jacob Burton	U17	2	Keegan Goldsack-Marsh	U17
		3	Alex Tuck	U17	4	Alistair Noel	U17

M 4x400m Relay

1	M&M	3.35.6	1	Sean Hannant-Smith		2	James Alcock	
			3	Alex Caine	U17	4	Alex Wharfe	
2	TBG	3.36.4	1	James Wildish		2	Kurt Wolfe	
			3	Angus Butler	U17	4	James Smith	U17
3	IVP	3.47.8	1	Donald Carter		2	Alistair Noel	U17
			3	Jason Prickett		4	James Reilly	U17
4	ASF	3.48.4	1	Jeremy Fryer	U17	2	Marcus South	
			3	Ashley Cochrane	U17	4	Chris Blandford	

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge	Event	Lge
1 TBG 490	8	1 TBG 527	8	1 Tonbridge AC	1017 16
2 M&M 449	7	2 M&M 483	7	2 Medway & Maidstone AC	932 14
3 CBG 406.5	6	3 CBG 418	6	3 Cambridge Harriers	824.5 12
4 IVP 357.5	5	4 ASF 400	5	4 Ashford AC	750 9
5 ASF 350	4	5 IVP 184	4	5 Invicta's Paddock	541.5 9
6=DTF 93	2.5	6 CRD 147	3	6 Croydon Harriers	240 5.5
6=CRD 93	2.5	7 DTF 89	2	7 Dartford Harriers & AC	182 4.5
8 BXL 41	1	8 BXL 0	0	8 Bexley AC	41 1

Athletes of the Match:

Craig Lacy	Cambridge Harriers	Javelin	58.60m
Twinelle Hopeson	Croydon Harriers	100m	12.2

General Comment: No competitors W 3000m B, No competitors W Pole Vault B,

Note(s)

ASF Includes + 25pts,
 CBG Includes + 30pts,
 CRD Includes + 35pts,
 DTF Includes + 25pts,
 IVP Includes + 10pts,
 M&M Includes + 35pts,
 TBG Includes + 35pts,

Guest Results

1500m Men		100m Men	
1 Chris Lloyd	TBG 4.29.1	1 Christian Brown	ASF 12.7
2 Jack Keywood	TBG 4.38.6		
3 Warren Uden	ASF 4.49.5		
200m Men		800m Men	
1 Christian Brown	ASF 24.9	1 Angus Butler	TBG 2.00.3
Pole Vault men		High Jump men	
1 Luke Abrahams	TBG 2.60	1 Luke Abrahams	TBG 1.50
100m women		Javelin women	
1 Sam Beckett	ASF 13.4	1 Carol Stone	CBG 30.42
2 Cherine Ellis	M&M 13.9		
3 Monique Kelly	CBG 14.2		
200m women			
1 Sam Beckett	ASF 27.5		
2 Lauren Warner	TBG 29.5		

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|      Team| ASF | BXL | CBG | CRD | DTF | IVP | M&M | TBG |      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|   8|   0|  11|   6|   0|   5|   9|   7|  46|   7|  53|
|         B|   6|   0|   7|   0|   0|   0|   9|   5|  27|  10|  37|
|Cumulative| 14|   0|  18|   6|   0|   5|  18|  12|  73|  17|  90|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 200m   A|   6|   0|  11|   8|   4|   5|   9|   7|  50|   3|  53|
|         B|   9|   0|   6|   0|   0|   4|   5|   7|  31|   6|  37|
|Cumulative| 29|   0|  35|  14|   4|  14|  32|  26| 154|  26| 180|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400m   A|   7|   0|   0|   8|   5|   6|   9|  11|  46|   7|  53|
|         B|   6|   0|   0|   0|   0|   9|   7|   5|  27|  10|  37|
|Cumulative| 42|   0|  35|  22|   9|  29|  48|  42| 227|  43| 270|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 800m   A|   7|   0|  11|   5|   0|   9|   6|   8|  46|   7|  53|
|         B|   4|   0|   7|   0|   0|   5|   6|   9|  31|   6|  37|
|Cumulative| 53|   0|  53|  27|   9|  43|  60|  59| 304|  56| 360|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 1500m  A|   6|   0|   8|   0|   0|   9|   7|  11|  41|  12|  53|
|         B|   6|   0|   0|   0|   0|   7|   0|   9|  22|  15|  37|
|Cumulative| 65|   0|  61|  27|   9|  59|  67|  79| 367|  83| 450|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 3000m  A|   0|   0|   8|   0|   0|   9|   7|  11|  35|  18|  53|
|         B|   0|   0|   7|   0|   0|   6|   0|   9|  22|  15|  37|
|Cumulative| 65|   0|  76|  27|   9|  74|  74|  99| 424| 116| 540|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 110mH  A|   0|   0|   8|   0|   7|   0|  11|   9|  35|  18|  53|
|         B|   0|   0|   7|   0|   0|   0|   0|   9|  16|  21|  37|
|Cumulative| 65|   0|  91|  27|  16|  74|  85| 117| 475| 155| 630|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 400mH  A|   7|   0|   9|   8|   0|   0|   0|  11|  35|  18|  53|
|         B|   7|   0|   0|   0|   0|   0|   0|   9|  16|  21|  37|
|Cumulative| 79|   0| 100|  35|  16|  74|  85| 137| 526| 194| 720|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 2000Sc A|   9|   0|   0|   0|   0|   0|   0|  11|  20|  33|  53|
|         B|   9|   0|   0|   0|   0|   0|   0|   0|   9|  28|  37|
|Cumulative| 97|   0| 100|  35|  16|  74|  85| 148| 555| 255| 810|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M DT     A|   9|   0|   8|  11|   5|   0|   6|   7|  46|   7|  53|
|         B|   5|   0|   6|   0|   0|   0|   7|   9|  27|  10|  37|
|Cumulative| 111|   0| 114|  46|  21|  74|  98| 164| 628| 272| 900|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M HT     A|   7|   0|   9|   0|   0|   0|  11|   8|  35|  18|  53|
|         B|   5|   0|   7|   0|   0|   0|   6|   9|  27|  10|  37|
|Cumulative| 123|   0| 130|  46|  21|  74| 115| 181| 690| 300| 990|
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Team	ASF	BXL	CBG	CRD	DTF	IVP	M&M	TBG	POINTS			
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot	

M HJ	A	0	0	6	9	7	0	11	8	41	12	53
	B	0	0	0	0	7	0	9	6	22	15	37
Cumulative		123	0	136	55	35	74	135	195	753	327	1080

M JT	A	7	0	11	9	6	0	8	5	46	7	53
	B	6	0	9	0	0	0	7	5	27	10	37
Cumulative		136	0	156	64	41	74	150	205	826	344	1170

M LJ	A	6	0	9	0	8	0	11	7	41	12	53
	B	4	0	5	0	6	0	9	7	31	6	37
Cumulative		146	0	170	64	55	74	170	219	898	362	1260

M PV	A	0	0	0	0	0	0	9	11	20	33	53
	B	0	0	0	0	0	0	9	9	9	28	37
Cumulative		146	0	170	64	55	74	179	239	927	423	1350

M SP	A	6	0	7	9	0	5	11	8	46	7	53
	B	5	0	7	0	0	0	9	6	27	10	37
Cumulative		157	0	184	73	55	79	199	253	1000	440	1440

M TJ	A	6	0	5	0	9	8	11	7	46	7	53
	B	6	0	5	0	0	0	9	7	27	10	37
Cumulative		169	0	194	73	64	87	219	267	1073	457	1530

W 100m	A	9	0	7	11	0	6	8	5	46	7	53
	B	6	0	9	0	0	0	7	5	27	10	37
Cumulative		184	0	210	84	64	93	234	277	1146	474	1620

W 200m	A	6	0	8	11	0	5	9	7	46	7	53
	B	5	0	9	0	0	0	7	6	27	10	37
Cumulative		195	0	227	95	64	98	250	290	1219	491	1710

W 400m	A	11	0	7	9	0	0	6	8	41	12	53
	B	7	0	5	0	0	0	6	9	27	10	37
Cumulative		213	0	239	104	64	98	262	307	1287	513	1800

W 800m	A	7	0	0	0	0	9	8	11	35	18	53
	B	9	0	0	0	0	6	0	7	22	15	37
Cumulative		229	0	239	104	64	113	270	325	1344	546	1890

W 1500m	A	8	0	0	0	0	0	9	11	28	25	53
	B	0	0	0	0	0	0	0	9	9	28	37
Cumulative		237	0	239	104	64	113	279	345	1381	599	1980

W 3000m	A	0	0	0	0	0	9	0	11	20	33	53
	B	0	0	0	0	0	0	0	0	0	37	37
Cumulative		237	0	239	104	64	122	279	356	1401	669	2070

Team	ASF	BXL	CBG	CRD	DTF	IVP	M&M	TBG	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	0	11	0	0	0	0	9	20	33	53	
B	0	0	9	0	0	0	0	0	9	28	37	
Cumulative	237	0	259	104	64	122	279	365	1430	730	2160	

W 400mH A	0	0	8	0	0	0	11	9	28	25	53	
B	0	0	9	0	0	0	0	0	9	28	37	
Cumulative	237	0	276	104	64	122	290	374	1467	783	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	237	0	276	104	64	122	290	374	1467	783	2250	

W DT A	9	0	7	0	0	8	11	6	41	12	53	
B	5	0	6	0	0	7	9	4	31	6	37	
Cumulative	251	0	289	104	64	137	310	384	1539	801	2340	

W HT A	9	0	11	0	0	0	0	8	28	25	53	
B	7	0	9	0	0	0	0	6	22	15	37	
Cumulative	267	0	309	104	64	137	310	398	1589	841	2430	

W HJ A	8	0	0	0	0	0	11	9	28	25	53	
B	7	0	0	0	0	0	9	0	16	21	37	
Cumulative	282	0	309	104	64	137	330	407	1633	887	2520	

W JT A	6	0	9	0	0	7	11	8	41	12	53	
B	6	0	7	0	0	5	9	4	31	6	37	
Cumulative	294	0	325	104	64	149	350	419	1705	905	2610	

W LJ A	9	0	7	0	0	0	11	8	35	18	53	
B	5	0	6	0	0	0	9	7	27	10	37	
Cumulative	308	0	338	104	64	149	370	434	1767	933	2700	

W PV A	11	0	0	0	0	0	0	0	11	42	53	
B	0	0	0	0	0	0	0	0	0	37	37	
Cumulative	319	0	338	104	64	149	370	434	1778	1012	2790	

W SP A	8	0	9	0	0	6	11	7	41	12	53	
B	7	0	6	0	0	0	9	5	27	10	37	
Cumulative	334	0	353	104	64	155	390	446	1846	1034	2880	

W TJ A	11	0	8	0	0	0	9	7	35	18	53	
B	0	0	9	0	0	0	7	6	22	15	37	
Cumulative	345	0	370	104	64	155	406	459	1903	1067	2970	

W 4x1	8	0	9	0	0	6	11	7	41	12	53	
Cumulative	353	0	379	104	64	161	417	466	1944	1079	3023	

W 4x4	8	0	0	0	0	0	9	11	28	25	53	
Cumulative	361	0	379	104	64	161	426	477	1972	1104	3076	

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|      Team| ASF | BXL | CBG | CRD | DTF | IVP | M&M | TBG |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1      |    7|    0|    9|    8|    0|    5|   11|    6|  46|    7|  53|
|Cumulative| 368|    0| 388| 112|   64| 166| 437| 483|2018|1111|3129|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4      |    7|    0|    0|    0|    0|    8|   11|    9|  35|   18|  53|
|Cumulative| 375|    0| 388| 112|   64| 174| 448| 492|2053|1129|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      Add|   25|    0|   30|   35|   25|   10|   35|   35|    0|    0|    0|
|subtract|    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|    0|
|Cumulative| 400|    0| 418| 147|   89| 184| 483| 527|2053|1129|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS| 400|    0| 418| 147|   89| 184| 483| 527|2053|1129|3182|
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Pos	Team	Points	Add	Sub	Total
1	Tonbridge AC	492	35	0	527
2	Medway & Maidstone AC	448	35	0	483
3	Cambridge Harriers	388	30	0	418
4	Ashford AC	375	25	0	400
5	Invicta's Paddock	174	10	0	184
6	Croydon Harriers	112	35	0	147
7	Dartford Harriers & AC	64	25	0	89
8	Bexley AC	0	0	0	0

Used + add - sub = total 2053 195 0 2248
Unused points 1129 1129
(Used+unused)+add-sub=total 3182 195 0 3377

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
TBG A	10	5	8	9	2	2	0	0	B 10	5	5	5	2	0	0	0
M&M A	15	8	3	2	3	0	0	0	B 10	6	3	1	0	0	0	0
CBG A	6	7	7	5	1	1	0	0	B 7	7	5	3	0	0	0	0
ASF A	3	6	6	8	7	0	0	0	B 3	5	7	6	2	0	0	0
IVP A	0	5	3	1	4	5	0	0	B 1	2	2	2	1	0	0	0
CRD A	3	4	4	0	1	1	0	0	B 0	0	0	0	0	0	0	0
DTF A	0	1	1	2	1	2	1	0	B 0	1	1	0	0	0	0	0
BXL A	0	0	0	0	0	0	0	0	B 0	0	0	0	0	0	0	0

Men	Event	Women	Event
1 Tonbridge AC	282	1 Tonbridge AC	210
2 Medway & Maidstone AC	241	2 Medway & Maidstone AC	207
3 Cambridge Harriers	203	3 Ashford AC	192
4 Ashford AC	183	4 Cambridge Harriers	185
5 Invicta's Paddock	100	5 Invicta's Paddock	74
6 Croydon Harriers	81	6 Croydon Harriers	31
7 Dartford Harriers & AC	64	7 Dartford Harriers & AC	0
8 Bexley AC	0	8 Bexley AC	0