NJL Southern Premier Div Round:4 (Match 3)
Norman Park, Bromley, Mon 27 July 2009

M 100m A

1	Alex Ojo (Hca)		WSE 11.0
2	Antonio Infantino		SBH 11.0
3	Tremayne Gilling		B&B 11.0
4	Sean Safo Antwi		E&H 11.2
5	Ben Peacock		W&E 11.2
6	Delarey Veenwendaal	U17	NOR 11.4
7	Matt Sadoh	U17	HRW 11.6
8	Gian Luca Zicchi		TCM 11.6

M 100m B

1	Jordan Arthur	U17	E&H 11.0
2	Confidence Lawson		SBH 11.1
3	David Harvey	U17	WSE 11.2
4	Matthew Walcott		B&B 11.2
5	Nnamdi Umeh		W&E 11.2
6	Christopher Marshall		NOR 11.9
7	Ben Davies		TCM 12.0
8	Dominic Morris		HRW 12.1

M 200m A

1	Antonio Infantino		SBH 21.7
2	Alex Ojo (Hca)		WSE 22.2
3	Tremayne Gilling		B&B 22.3
4	Ben Peacock		W&E 22.3
5	Olu Oyewobi		E&H 22.4
6	Christian Roberts		TCM 22.5
7	Stefan Greenlage		HRW 22.8
8	Delarey Veenwendaal	U17	NOR 23.3

M 200m B

1	Sean Safo Antwi		E&H 22.7
2	Ronnie Pocklington	U17	B&B 22.9
3	Rikkie Letch	U17	WSE 22.9
4	Darrellon Holding		TCM 23.2
5	Reece Morgan		SBH 23.6
6	Maduka Umeh		W&E 23.7
7	Dominic Morns	U17	HRW 24.0
8	Christopher Marshall		NOR 24.9

M 400m A

1	Vincent Oyedenngbe		W&E 48.2
2	Andrew Kendall (Hca)		HRW 48.3
3	Matthew Webster		SBH 49.0
4	Stewart Challis		WSE 49.8
5	Lemar Charles		B&B 49.9
6	Errol Houston		E&H 50.4
7	Delarey Veenwendaal	U17	NOR 50.6
8	Christian Roberts		TCM 50.6

M 400m B

1	Jordan Aromasodu (Hca)		SBH 49.8
2	Alex Blair		B&B 50.3
3	Ashley Fry		WSE 51.0
4	Darren Corbin		E&H 51.7
5	Curtis Blake (Hca)		HRW 52.0
6	Chris Vickers		W&E 52.6
7	Tom Francis	U17	NOR 53.2

M 800m A

1	Charles Gunning		SBH 1.56.8
2	Elliott Woolmer	U17	WSE 1.58.6
3	James Jackson		NOR 1.59.9
4	Darrellon Holding		TCM 2.01.5
5	Janakan Rajkumar	U17	HRW 2.01.8
6	Jamie Smith 1907		E&H 2.02.3
7	James Clack	U17	B&B 2.05.1
8	Gavin Lewis		W&E 2.08.4

M 800m B

1	Tommy Bryant		SBH 2.01.1
2	Rob Christou		E&H 2.06.0
3	Andrew Holliman	U17	HRW 2.06.5
4	Tom Francis	U17	NOR 2.08.9
5	Robert Yates	U17	B&B 2.11.6
6	Rhys Glastonbury		WSE 2.26.0

M 1500m A

1	Ben Nagy		E&H 4.00.3
2	Elliott Woolmer		WSE 4.02.4
3	Richard Goodman	U17	SBH 4.11.8
4	Oliver Marshall		NOR 4.13.3
5	Jacob Wisbey		TCM 4.16.7
6	Andrew Holliman	U17	HRW 4.19.0
7	Oliver Taylor	U17	B&B 4.26.2
8	Liam Blaikie		W&E 4.35.8

M 1500m B

1	Billy Collins		SBH 4.12.2
2	Samuel Cheverton		NOR 4.15.5
3	Zac Curran	U17	WSE 4.15.8
4	Joe Sherry	U17	E&H 4.33.2
5	Darren Southcott		W&E 4.36.4
6	Robert Yates	U17	B&B 4.37.4
7	Nick Davis	U17	HRW 4.46.7

M 3000m A

1	Richard Goodman	U17	SBH 8.57.7
2	James Jackson		NOR 8.58.8
3	Phil Seseman	U17	B&B 9.00.0
4	Alex Milne		E&H 9.21.0
5	Richard Pawlak		TCM 9.35.8
6	James Bennington	U17	WSE 9.36.0
7	Dan Yaxley		W&E 9.40.5
8	Adam Gribben		HRW 10.04.8

M 3000m B

1	Jack Perry Williams	U17	SBH 9.28.8
2	Joe Sherry	U17	E&H 9.38.6
3	Cameron Smart		WSE 9.47.0
4	Liam Blaikie		W&E 9.48.7
5	Cameron Ward	U17	B&B 11.48.9

M 110mH A

1	Matthew Walcott		B&B 14.4
2	Jamie East		WSE 14.5
3	James McClean (Hca)		E&H 14.5
4	Blade Ashby (Hca)	U17	SBH 15.5
5	Christopher Marshall		NOR 18.6
6	John Pride		W&E 19.3
7	Moneur Williams		HRW 23.6

M 110mH B

1	Chris Baker		E&H 15.1
2	Josh Clarke		B&B 17.0
3	Zach Kaile	U17	SBH 19.3
4	Matthew Persaud		W&E 22.3
5	Oronde Saunders	U17	HRW 22.3

M 400mH A

1	Jordan Aromasodu (Hca)		SBH 54.4
2	Ben Hopkins	U17	B&B 54.7
3	Ashley Fry		WSE 56.4
4	Luke Daniel		E&H 58.3
5	Christopher Marshall		NOR 61.0
6	John Pride		W&E 62.0
7	Oronde Saunders	U17	HRW 62.2

M 400mH B

1	Ben Parkin	U17	B&B 57.0
2	Jamie East		WSE 57.3
3	Moneur Williams		HRW 60.8
4	Tommy Bryant		SBH 63.7
5	Tom Brind		E&H 68.6

M 2000m Sc A

1	James Senior		NOR 5.53.8
2	Tommy Bryant		SBH 6.12.6
3	Dean Scott		E&H 6.30.2
4	Dan Yaxley		W&E 6.58.7
5	Adam Gribben		HRW 7.22.7
6	Will Mercer	U17	B&B 7.29.8

M 2000m Sc B

1	Frank Bailey	U17	SBH 6.25.4
2	Ben Stratton	U17	NOR 6.27.4
3	Adil Hussien		E&H 6.31.4
4	Josh Clarke		B&B 8.13.7
5	Nick Davis	U17	HRW 8.26.5
6	Carl Rendora		W&E 9.49.2

M Discus Throw A

1	Amirrieza Zarei (Hca)		E&H 41.53
2	Martin Tinkler		TCM 39.71
3	Gregory Thompson	U17	SBH 36.00
4	Sam Turner		W&E 34.25
5	Jake Haylock		B&B 30.48
6	Zobiah Khaleqy	U17	HRW 29.82
7	Callum Brown	U17	NOR 29.61
8	Graham Cole		WSE 27.02

M Discus Throw B

1	Adam Smith		TCM 38.80
2	Kiarn Hines		E&H 29.47
3	Ross Norton		B&B 29.18
4	Rikkie Letch	U17	WSE 22.79
5	Alex Elliott	U17	HRW 16.97
6	Confidence Lawson		SBH 16.73

M Hammer Throw A

1	Peter Clarke		W&E 61.15
2	Jay Hill (Hca)		E&H 58.42
3	Andrew Elkins	U17	SBH 57.03
4	Jake Haylock		B&B 51.69
5	Callum Brown	U17	NOR 48.32
6	Mark White	U17	WSE 46.56
7	Sean Band		TCM 40.69
8	Zobiah Khaleqy	U17	HRW 34.21

M Hammer Throw B

1	Richard Al-Ameen		B&B 48.24
2	Danny Clayton	U17	NOR 41.59
3	Stan Gaskin		E&H 32.26
4	Gregory Thompson	U17	SBH 26.53
5	Alex Elliott	U17	HRW 21.64

M High Jump A

1	Chris Baker		E&H 2.05
2	Billy Falconer		W&E 1.90
3	Jamie East		WSE 1.80
4=	Fela Latilo		SBH 1.80
4=	Sean Band		TCM 1.80
6	Matt Sadoh	U17	HRW 1.75
7	Adam Howard	U17	NOR 1.70
8	Ross Norton		B&B 1.70

M High Jump B

1	Leron Norbert		E&H 1.95
2	Lewis Tibbut		W&E 1.80
3	Blade Ashby (Hca)	U17	SBH 1.80
4=	Adam Smith		TCM 1.75
4=	Graham Cole		WSE 1.75
6	James Powell	U17	B&B 1.65

M Javelin Throw A

1	Sam Turner		W&E 50.71
2	Sam Brown		B&B 49.92
3	Sean Band		TCM 47.86
4	Andrew Elkins	U17	SBH 37.66
5	Jay Hill (Hca)		E&H 35.94
6	Callum Brown	U17	NOR 34.88
7	Rikkie Letch	U17	WSE 31.29
8	Zobiah Khaleqy	U17	HRW 29.74

M Javelin Throw B

1	Jay Beddington		W&E 49.48
2	Paul Hayball		TCM 41.73
3	Ross Norton		B&B 39.57
4	Reece Morgan		SBH 36.54
5	Kiaran Hines		E&H 30.88
6	Danny Clayton	U17	NOR 27.75
7	Mark White		WSE 15.92

M Long Jump A

1	Nathan Fox		SBH	6.90
2	Stefan Greenidge		HRW	6.72
3	David Harvey	U17	WSE	6.71
4	Ben Peacock		W&E	6.70
5	Romaine Walcott		E&H	6.60
6	Adam Smith		TCM	6.12
7	Mark Longhurst	U17	B&B	6.05
8	Adam Howard		NOR	6.02

M Long Jump B

1	Clayton Johnson	U17	SBH	6.34
2	Michael Napper		E&H	6.03
3	Ben Davies		TCM	5.85
4	Danny Clayton	U17	NOR	5.79
5	Peter Karibo		W&E	5.41
6	Graham Cole		WSE	5.17
7	Kieran Daly	U17	B&B	5.08
8	Adam Gribben		HRW	4.11

M Pole Vault A

1	Michael Read		SBH	4.70
2	Ian Smart		HRW	4.25
3	Sam Brown		B&B	4.10
4	Jordan Henwood (Hca)		E&H	4.10
5	Adam Smith		TCM	3.80
6	Lewis Tibbet		W&E	3.35
7	David Walker	U17	WSE	2.75

M Pole Vault B

1	Douglas Curwen-Reed		SBH	4.25
2	Mark Longhurst	U17	B&B	4.10
3	Jay Hill (Hca)		E&H	3.50
4	Carl Rendora		W&E	3.05
5	Anthony Knowles	U17	HRW	2.90

M Shot Putt A

1	Amirrieza Zarei (Hca)		E&H	13.47
2	Paul Hayball		TCM	13.22
3	Ellis Zorro	U17	B&B	11.55
4	Jamie East		WSE	10.93
5	Sam Turner		W&E	10.35
6	Blade Ashby (Hca)	U17	SBH	9.80
7	Zobiah Khaleqy	U17	HRW	9.61
8	Ben Stratton	U17	NOR	7.64

M Shot Putt B

1	Stan Gaskin		E&H	12.06
2	Adam Smith		TCM	11.43
3	Graham Cole		WSE	10.65
4	Richard Al-Ameen		B&B	10.00
5	Alex Elliott	U17	HRW	9.01
6	Fela Latilo		SBH	8.60
7	Maduka Umeh		W&E	6.47
8	Samuel Cheverton		NOR	5.93

M Triple Jump A

1	Nathan Fox		SBH	13.94
2	Peter Karibo		W&E	12.77
3	Anthony Ekundayo	U17	E&H	12.63
4	Tom Jenkins	U17	B&B	12.37
5	Matt Sadoh	U17	HRW	11.56
6	Adam Howard	U17	NOR	11.35
7	David Walker		WSE	10.40

M Triple Jump B

1	Fela Latilo		SBH	13.20
2	Courtney Ubank	U17	B&B	11.97
3	Jamie Smith 0506		E&H	11.08
4	Carl Rendora		W&E	10.60
5	Dominic Morris	U17	HRW	9.85

W 100m A

1	Serita Solomon		B&B	12.3
2	Bianca Williams	U17	E&H	12.3
3	Georgia Lamothe	U17	WSE	12.4
4	Chisom Nwachukwu	U17	SBH	12.5
5	Kitty Eleyae		W&E	12.6
6	Sharna Emanuel		TCM	12.6
7	Ria Bailey	U17	HRW	13.2
8	Laura Green	U17	NOR	13.2

W 100m B

1	Angelika Brown		E&H	12.5
2	Chloe Mays	U17	WSE	12.9
3	Ellie Morris		TCM	12.9
4	Kirstie Robinson		B&B	13.0
5	Laurelle Akintade		W&E	13.3
6	Rachel Blackburn (Hca)		HRW	13.6
7	Stephanie Owens		SBH	15.6

W 200m A

1	Marilyn Nwawulor	U17	HRW	25.2
2	Chisom Nwachukwu	U17	SBH	25.5
3	Savannah Thompson (Hca		B&B	25.5
4	Georgia Lamothe	U17	WSE	25.7
5	Sharna Emanuel		TCM	26.3
6	Angelika Brown		E&H	27.0
7	Laura Green	U17	NOR	27.1
8	Laurelle Akintade		W&E	27.9

W 200m B

1	Jo White (Hca)		W&E	25.4
2	Leah Barrow	U17	WSE	25.6
3	Grace Sheppard		B&B	26.3
4	Ellie Morris		TCM	26.9
5	Ria Bailey	U17	HRW	30.2

W 400m A

1	Frederica Foster (Hca)	U17	B&B	56.5
2	Jo White (Hca)		W&E	57.8
3	Philippa Lowe		HRW	58.0
4	Gabrielle Coveney (Hca		SBH	58.5
5	Emily Barrett	U17	WSE	60.9

W 400m B

1	Isobel Ivy		B&B	59.5
2	Kathrine Foy		W&E	60.0
3	Abigail Lambden		SBH	61.8
4	Rachel Blackburn (Hca)		HRW	62.7
5	Caitlin Bell		NOR	63.8

6	Holly Cooper		NOR	61.6
7	Michelle Longman		TCM	64.8

W 800m A

1	Lucy Yates		SBH	2.12.5
2	Vicky Fouhy		WSE	2.13.3
3	Iona Lake	U17	NOR	2.20.6
4	Krystal Galley	U17	B&B	2.21.9
5	Schae Antione	U17	HRW	2.22.9
6	Kate Barber (Hca)	U17	E&H	2.25.8
7	Kate Stockings	U17	W&E	2.34.9

W 800m B

1	Martha Reynolds		WSE	2.18.0
2	Becky Pike		NOR	2.21.3
3	Amy De Matos		B&B	2.21.8
4	Florence Bryant		SBH	2.22.1
5	Leigh Lattimore		HRW	2.27.0
6	Chelsea Ives	U17	W&E	3.04.3

W 1500m A

1	Leigh Lattimore		HRW	4.42.5
2	Rachel Stedman		WSE	4.43.8
3	Iona Lake	U17	NOR	4.48.9
4	April Hogg	U17	E&H	4.49.6
5	Ciara Stewart	U17	SBH	5.02.0
6	Danielle Critchley	U17	B&B	5.10.9
7	Kathrine Foy		W&E	5.18.2

W 1500m B

1	Claire Pring		NOR	4.52.1
2	Ella Waldman (Hca)		E&H	4.57.7
3	Florence Bryant		SBH	5.07.1
4	Philippa Lowe		HRW	5.09.1
5	Ella Pepper	U17	WSE	5.13.8
6	Sophie Fuhr	U17	W&E	5.20.9
7	Rachel Robinson	U17	B&B	5.23.9

W 3000m A

1	Melissa Courtney (Hca)		SBH	10.01.5
2	Ella Waldman (Hca)		E&H	10.29.4
3	Maryse Haynes	U17	WSE	10.55.8
4	Kathrine Foy		W&E	11.56.6
5	Michelle Fewster	U17	B&B	12.19.6

W 3000m B

1	Hannah Brown		E&H	11.22.6
2	Naomi Barbour	U17	WSE	11.24.3
3	Yat Wing Smart	U17	SBH	11.28.8
4	Jessica Docking		W&E	12.11.3
5	Claire Parkin	U17	B&B	12.22.3

W 100mH A

1	Serita Solomon		B&B	14.1
2	Victoria Dixon		SBH	15.8
3	Dymond Smith		HRW	15.8
4	Laura Bass		TCM	16.3
5	Holly Pattie-Belleli	U17	W&E	16.4
6	Faye Williams		WSE	16.6
7	Jazmin Hicks (Hca)		E&H	17.6
8	Becky Pike		NOR	18.0

W 100mH B

1	Megan Southwart		B&B	15.8
2	Emily Moss		TCM	17.4
3	Rachel Dean	U17	W&E	17.5
4	Lizzie Thompson (Hca)		WSE	18.4
5	Laura Warman		NOR	19.0
6	Imogen Stranis-Oppler		SBH	19.9
7	Sarah Fish		E&H	25.0
8	Rachel Nayake	U17	HRW	DNF

W 400mH A

1	Gabrielle Coveney (Hca		SBH	62.2
2	Emily Moss		TCM	62.6
3	Megan Southwart		B&B	64.2
4	Becky Pike		NOR	65.6
5	Sophie Fuhr	U17	W&E	70.0
6	Faye Williams		WSE	72.5
7	Rachel Nayake	U17	HRW	76.2
8	Jazmin Hicks (Hca)		E&H	89.5

W 400mH B

1	Lizzie Thompson (Hca)		WSE	66.7
2	Laura Bass		TCM	68.2
3	Laura Warman		NOR	72.1
4	Josephine Okpo		SBH	75.6
5	Dymond Smith		HRW	77.3
6	Chelsea Ives	U17	W&E	79.4
7	Melody Kane	U17	B&B	84.1

W 1500m Sc A

1	Rebecca Smith		B&B	5.44.0
2	Kate Stockings	U17	W&E	5.52.3
3	Anna Sharrock		E&H	6.01.2

W 1500m Sc B

1	Jessica Dockings		W&E	6.16.0
2	Melody Kane	U17	B&B	6.36.6

W Discus Throw A

1	Helen Broadbridge (Hca		SBH	36.15
2	Laura James		WSE	35.41
3	Ellie Duffy-Penny	U17	B&B	28.83
4	Kelly Lawrence		TCM	28.29
5	Jenna Cannell	U17	NOR	23.70
6	Sam Moodie		W&E	22.25
7	Jazmin Hicks (Hca)		E&H	17.18
8	Rachel Davies		HRW	12.25

W Discus Throw B

1	Stephanie Owens		SBH	35.11
2	Joanna Botwright	U17	WSE	34.32
3	Claire Wickham		B&B	20.47
4	Claire Bond		W&E	15.80
5	Stephanie Hendy		TCM	15.04
6	Beth Grimsey	U17	E&H	14.17
7	Amy Wentford	U17	HRW	11.19

W Hammer Throw A

1	Sarah Smith		W&E	48.37
2	Helen Broadbridge (Hca		SBH	46.94

W Hammer Throw B

1	Stephanie Owens		SBH	46.62
2	Kelly Lawrence		TCM	37.86

3	Jenna Cannell	U17 NOR	42.24
4	Stephanie Hendy	TCM	40.29
5	Nasya Harvey	WSE	39.94
6	Claire Wickham	B&B	27.43
7	Chloe Flowers	HRW	15.12
8	Angelika Brown	E&H	7.57

3	Claire Bond	W&E	31.02
4	Laura James	WSE	27.07
5	Sabine Effianayi	U17 B&B	26.69
6	Jenny Higgins	NOR	15.48
7	Hannah Brown	E&H	7.09
8	Rachel Davies	HRW	6.69

W High Jump A

1	Marilyn Nwawulor	U17 HRW	1.70
2	Sam Moodie	W&E	1.60
3	Chloe Smith	U17 NOR	1.55
4	Beth Grimsey	U17 E&H	1.50
5	Letisha Richardson	U17 WSE	1.45
6=	Emma Houghton	TCM	1.40
6=	Grace Sheppard	B&B	1.40
8	Gabrielle Coveney (Hca	SBH	1.40

W High Jump B

1	Izzy Idahosa	E&H	1.45
2=	Holly Slater	U17 NOR	1.40
2=	Sarah Phelps	U17 WSE	1.40
4	Holly Pattie-Belleli	U17 W&E	1.40
5=	Sophie Hallam	TCM	1.35
5=	Kosi Okolo	SBH	1.35
7	Christina Moore	B&B	1.30

W Javelin Throw A

1	Sarah McGuire	B&B	35.24
2	Steph Burt	U17 NOR	32.53
3	Helen Farmer	U17 WSE	31.89
4	Sophie Hallam	TCM	29.51
5	Helen Broadbridge (Hca	SBH	28.17
6	Rachel Blackburn (Hca)	HRW	26.67
7	Sarah Smith	W&E	22.38
8	Dee Bakre	E&H	8.37

W Javelin Throw B

1	Jenna Cannell	U17 NOR	25.15
2	Abigail Lambden	SBH	22.30
3	Sam Moodie	W&E	22.09
4	Emily Moss	TCM	21.78
5	Kike Solanke	U17 E&H	3.25
6	Rachel Davies	HRW	2.95

W Long Jump A

1	Marilyn Nwawulor	U17 HRW	5.75
2	Amy Quelch	WSE	5.43
3	Dee Bakre	E&H	5.34
4	Kitty Eleyae	W&E	5.20
5	Isobel Ivy	B&B	5.05
6	Devon Spencer	TCM	4.20
7	Holly Slater	U17 NOR	4.16
8	Imogen Stranis-Oppler	SBH	4.14

W Long Jump B

1	Kike Solanke	U17 E&H	4.86
2	Lauren Stevens	U17 B&B	4.76
3	Rachel Dean	U17 W&E	4.76
4	Chloe Flowers	HRW	4.51
5	Pascale Waterson	U17 WSE	4.45
6	Jade Attoh	SBH	4.13
7	Chloe Smith	U17 NOR	3.90
8	Michelle Longman	TCM	3.64

W Pole Vault A

1	Christina Moore	B&B	3.45
2	Jazmin Hicks (Hca)	E&H	3.35
3	Alice Humble	HRW	2.90
4	Francesca Herbert	W&E	2.75
5	Sophie Hallam	TCM	2.15
6	Faye Williams	WSE	2.15

W Pole Vault B

1	Anna Huggins	U17 B&B	2.90
2	Sam Moodie	W&E	2.60
3	Beth Grimsey	U17 E&H	2.60
4	Amy Wentford	U17 HRW	2.00

W Shot Putt A

1	Sabine Effianayi	U17 B&B	12.13
2	Sophie McKinna (Hca)	U17 NOR	11.82
3	Sarah Smith	W&E	10.08
4	Stephanie Owens	SBH	9.66
5	Letisha Richardson	U17 WSE	8.17
6	Kelly Lawrence	TCM	7.83
7	Angelika Brown	E&H	7.56
8	Chloe Flowers	HRW	6.79

W Shot Putt B

1	Helen Broadbridge (Hca	SBH	9.00
2	Steph Burt	U17 NOR	8.42
3	Ellie Duffy-Penny	U17 B&B	8.13
4	Nasya Harvey	WSE	8.03
5	Claire Bond	W&E	7.87
6	Rachel Blackburn (Hca)	HRW	6.73
7	Stephanie Hendy	TCM	6.17
8	Sarah Fish	E&H	4.57

W Triple Jump A

1	Dee Bakre	E&H	11.41
2	Natalie Delahunty	W&E	11.12
3	Isobel Ivy	B&B	10.65
4	Chloe Flowers	HRW	9.84
5	Pascale Waterson	U17 WSE	9.75
6	Devon Spencer	TCM	9.06
7	Holly Slater	U17 NOR	9.00
8	Stephanie Owens	SBH	8.88

W Triple Jump B

1	Rachel Dean	U17 W&E	10.61
2	Kike Solanke	U17 E&H	10.59
3	Alice Humble	HRW	9.73
4	Sian Hurlock	U17 B&B	9.48
5	Vicky Fouhy	WSE	9.09
6	Sophie Hallam	TCM	8.81
7	Laura Warman	NOR	8.47
8	Imogen Stranis-Oppler	SBH	7.93

W 4x100m Relay

1	B&B	48.4	1 Megan Southwart		2 Serita Solomon	
			3 Kirstie Robinson		4 Grace Sheppard	
2	E&H	49.0	1 Kike Solanke	U17	2 Bianca Williams	U17
			3 Dee Bakre		4 Corrine Humphreys	
3	WSE	49.1	1 Leah Barrow	U17	2 Chloe Mays	U17
			3 Shalisha Patrick	U17	4 Georgia Lamothe	U17
4	HRW	49.8	1 Ria Bailey	U17	2 Marilyn Nwawulor	U17
			3 Dymond Smith		4 Yolanda Hutchinson	
5	SBH	50.9	1 Imogen Stranis-Oppler		2 Jade Attoh	
			3 Victoria Dixon		4 Chisom Nwachukwu	U17
6	W&E	51.0	1 Jo White (Hca)		2 Laurelle Akintade	
			3 Rachel Dean	U17	4 Kitty Eleyae	
7	TCM	54.0	1 Ellie Morris		2 Rebecca Huxtable	
			3 Emily Moss		4 Sharna Emanuel	
8	NOR	59.0	1 Laura Green	U17	2 Chloe Smith	U17
			3 Sophie McKinna (Hca)	U17	4 Holly Slater	U17

W 4x400m Relay

1	B&B	3.54.6	1 Amy De Matos		2 Krystal Galley	U17
			3 Frederica Foster (Hca)	U17	4 Savannah Thompson (Hca	
2	WSE	4.00.9	1 Emily Barrett	U17	2 Leah Barrow	U17
			3 Vicky Fouhy		4 Martha Reynolds	
3	TCM	4.05.4	1 Emily Moss		2 Laura Bass	
			3 Michelle Longman		4 Sharna Emanuel	
4	SBH	4.08.3	1 Imogen Stranis-Oppler		2 Chisom Nwachukwu	U17
			3 Melissa Courtney (Hca)		4 Abigail Lambden	
5	HRW	4.10.4	1 Rachel Blackburn (Hca)		2 Philippa Lowe	
			3 Leigh Lattimore		4 Dymond Smith	
6	W&E	4.15.6	1 Kathrine Foy		2 Holly Pattie-Belleli	U17
			3 Sophie Fuhr	U17	4 Chelsea Ives	U17
7	NOR	4.17.7	1 Becky Pike		2 Iona Lake	U17
			3 Holly Cooper		4 Laura Warman	
8	E&H	4.30.6	1 Anna Sharrock		2 Hannah Brown	
			3 Kate Barber (Hca)	U17	4 April Hogg	U17

M 4x100m Relay

1	E&H	42.5	1 Sean Safo Antwi		2 James McClean (Hca)	
			3 Reece Noonan	U17	4 Jordan Arthur	U17
2	B&B	43.2	1 Tremayne Gilling		2 Matthew Walcott	
			3 Ronnie Pocklington	U17	4 Jon Pettet	U17
3	SBH	43.8	1 Adam Mohammed		2 Confidence Lawson	
			3 Clayton Johnson	U17	4 Antonio Infantino	
4	WSE	43.8	1 Ashley Fry		2 Alex Ojo (Hca)	
			3 Jamie East		4 Stewart Challis	
5	HRW	44.5	1 Moneur Williams		2 Stefan Greenidge	
			3 Dominic Morris	U17	4 Matt Sadoh	U17
6	TCM	45.7	1 Gian Luca Zicchi		2 Ben Davies	
			3 Christian Roberts		4 Darrellon Holding	
7	W&E	46.1	1 Nnamdi Umeh		2 Maduka Umeh	
			3 Matthew Persaud		4 Peter Karibo	
8	NOR	54.3	1 Adam Howard	U17	2 Samuel Cheverton	
			3 Oliver Marshall		4 Tom Francis	U17

M 4x400m Relay

1 B&B 3.23.5	1	Alex Blair		2	Ben Parkin	U17
	3	Jon Pettet	U17	4	Lemar Charles	
2 SBH 3.25.9	1	Blade Ashby (Hca)	U17	2	Jordan Aromasodu (Hca)	
	3	Charles Gunning		4	Matthew Webster	
3 E&H 3.26.1	1	Olu Oyewobi		2	Guen Owusu	
	3	Darren Corbin		4	Errol Houston	
4 W&E 3.29.2	1	Ben Peacock		2	Chris Vickers	
	3	John Pride		4	Nnamdi Umeh	
5 WSE 3.29.9	1	Stewart Challis		2	Ashley Fry	
	3	Zac Curran	U17	4	James Bennington	U17
6 HRW 3.31.0	1	Oronde Saunders	U17	2	Janakan Rajkumar	U17
	3	Andrew Kendall (Hca)		4	Curtis Blake (Hca)	
7 NOR 3.40.9	1	Christopher Marshall		2	James Senior	
	3	Tom Francis	U17	4	Delarey Veenwendaal	U17
8 TCM 3.41.0	1	Gian Luca Zicchi		2	Ben Davies	
	3	Darrellon Holding		4	Christian Roberts	

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1 Shaftsbury Barnet H.	521	8
2 Blackheath & Bromley H&AC	519.5	7
3 Enfield & Haringey AC	481	6
4 Woodford Grn & Essex Lds	442	5
5 Windsor,Slough,Eton,H'low	430	4
6 Harrow AC	352	3
7 City of Norwich	324.5	2
8 Team Cambridge	301	1

General Comment: **AOM** Male HT P Clarke WGEL 61.15
AOM Female SP S Effianayi B&B 12.13

Note(s)
B&B Includes + 35pts,
NOR Includes + 35pts,
E&H Includes + 35pts,
HRW Includes + 35pts,
SBH Includes + 35pts,
TCM Includes + 35pts,
WSE Includes + 35pts,
W&E Includes + 35pts,