



Division 3 Match 1 - Barnet Copthall Stadium				Perf	Record	Wind	UKA	AW	5 June 2010				Perf	Wind	UKA	AW	
Men's 100m A				Wind=	-0.4 m/s				Men's 100m B				Wind=	+0.3 m/s			
1	2	Cyle Carty	Exeter Harriers	11.04			52	<input checked="" type="checkbox"/>	1	44	Victor Nwagbara	Kingston AC & Poly H	11.14				<input checked="" type="checkbox"/>
2	4	Justin Green	Kingston AC & Poly H	11.07				<input checked="" type="checkbox"/>	2	55	James McLean	Southend AC	11.14				<input checked="" type="checkbox"/>
3	6	Wyn Roberts	Swansea Harriers	11.23				<input checked="" type="checkbox"/>	3	88	Chris Bland	Yeovil Olympiads AC	11.29				<input checked="" type="checkbox"/>
4	3	Luke Stott	Havering Mayesbrook AC	11.26				<input checked="" type="checkbox"/>	4	22	Alex MacGregor	Exeter Harriers	11.59				
5	5	Jake King	Southend AC	11.29				<input checked="" type="checkbox"/>	5	33	Ammad Masood	Havering Mayesbrook AC	11.62				
6	8	Kenny Howard	Yeovil Olympiads AC	11.46					6	11	Olu Baptist	Bournemouth AC	11.65				
7	7	Abe Newell	Southampton AC	11.48					7	66	Kueni Igbargini	Swansea Harriers	11.67				
8	1	Adam Potter	Bournemouth AC	11.83					8	77	Ross Langford	Southampton AC	DNF				
Men's 200m A				Wind=	+0.5 m/s				Men's 200m B				Wind=	-1.0m/s			
1	7	Oliver King	Southampton AC	22.12			62	<input checked="" type="checkbox"/>	1	44	Victor Nwagbara	Kingston AC & Poly H	22.64				<input checked="" type="checkbox"/>
2	4	Justin Green	Kingston AC & Poly H	22.37				<input checked="" type="checkbox"/>	2	55	Jake King	Southend AC	22.78				<input checked="" type="checkbox"/>
3	3	Luke Stott	Havering Mayesbrook AC	22.37				<input checked="" type="checkbox"/>	3	11	James Lelliott	Bournemouth AC	23.00				<input checked="" type="checkbox"/>
4	6	Wyn Roberts	Swansea Harriers	22.73				<input checked="" type="checkbox"/>	4	77	Abe Newell	Southampton AC	23.25				
5	8	Kenny Howard	Yeovil Olympiads AC	23.30					5	33	Ammad Masood	Havering Mayesbrook AC	23.58				
6	2	Ozgur Irman	Exeter Harriers	23.56					6	22	Bryon Fitzgerald	Exeter Harriers	23.64				
7	1	Adam Potter	Bournemouth AC	23.70					7	88	Chris Bland	Yeovil Olympiads AC	23.67				
8	5	Charlie Dack	Southend AC	31.21					8	66	Steve Richards	Swansea Harriers	26.36				
Men's 400m A									Men's 400m B								
1	3	Richard Morrissey	Havering Mayesbrook AC	48.78			88	<input checked="" type="checkbox"/>	1	22	Matt Parsley	Exeter Harriers	50.27				<input checked="" type="checkbox"/>
2	6	Jonathon Williams	Swansea Harriers	49.25			70	<input checked="" type="checkbox"/>	2	88	Tim Sayers	Yeovil Olympiads AC	50.51				<input checked="" type="checkbox"/>
3	5	Markus Hunt	Southend AC	49.58			56	<input checked="" type="checkbox"/>	3	66	Andrew Smith	Swansea Harriers	50.58				<input checked="" type="checkbox"/>
4	2	Sam Peters	Exeter Harriers	49.88				<input checked="" type="checkbox"/>	4	77	Nathan Slade	Southampton AC	50.71				<input checked="" type="checkbox"/>
5	8	Andrew Faulkner	Yeovil Olympiads AC	50.47				<input checked="" type="checkbox"/>	5	11	Ryan Saunders	Bournemouth AC	51.17				
6	1	Darryn Campbell	Bournemouth AC	50.63				<input checked="" type="checkbox"/>	6	44	Adam Bellis	Kingston AC & Poly H	51.35				
7	7	James Sutton	Southampton AC	50.83				<input checked="" type="checkbox"/>	7	55	Dave Smale	Southend AC	51.98				
8	4	Adam Omisore	Kingston AC & Poly H	51.23					8	33	Isaac Ogunlade	Havering Mayesbrook AC	52.70				
Men's 800m A									Men's 800m B								
1	1	Ryan Saunders	Bournemouth AC	01:53.99				<input checked="" type="checkbox"/>	1	22	Owen Walpole	Exeter Harriers	01:54.17				<input checked="" type="checkbox"/>
2	6	Jonathan Williams	Swansea Harriers	01:54.20				<input checked="" type="checkbox"/>	2	77	Aaron Bennett	Southampton AC	01:54.47				<input checked="" type="checkbox"/>
3	8	Davey Platt	Yeovil Olympiads AC	01:54.87				<input checked="" type="checkbox"/>	3	66	Chris Davies	Swansea Harriers	01:54.94				<input checked="" type="checkbox"/>
4	2	James Ansell	Exeter Harriers	01:54.93				<input checked="" type="checkbox"/>	4	55	Pete Smale	Southend AC	01:58.17				<input checked="" type="checkbox"/>
5	7	Harry Fisher	Southampton AC	01:56.86				<input checked="" type="checkbox"/>	5	44	Criag Price	Kingston AC & Poly H	01:58.79				<input checked="" type="checkbox"/>
6	4	Jamie McCullagh	Kingston AC & Poly H	01:58.19				<input checked="" type="checkbox"/>	6	11	Joe Blackmore	Bournemouth AC	02:00.76				
7	5	Dave Smale	Southend AC	01:59.02				<input checked="" type="checkbox"/>	7	88	Chris Hewitson	Yeovil Olympiads AC	02:01.43				
8	3	Simon Richards	Havering Mayesbrook AC	02:02.09					8	33	Joseph Waked	Havering Mayesbrook AC	02:02.78				
Men's 1500m A									Men's 1500m B								
1	5	Tom Frith	Southend AC	03:59.29				<input checked="" type="checkbox"/>	1	22	Owen Walpole	Exeter Harriers	04:01.32				<input checked="" type="checkbox"/>
2	6	Peter Bridger	Swansea Harriers	03:59.80				<input checked="" type="checkbox"/>	2	66	Chris Davies	Swansea Harriers	04:07.63				<input checked="" type="checkbox"/>
3	2	Jack Bancroft	Exeter Harriers	04:00.50				<input checked="" type="checkbox"/>	3	44	George Corcoran	Kingston AC & Poly H	04:11.02				
4	1	Conor Mughan	Bournemouth AC	04:04.43				<input checked="" type="checkbox"/>	4	33	Jamie Buckley-Stanton	Havering Mayesbrook AC	04:13.60				
5	3	Matthew Bland	Havering Mayesbrook AC	04:05.15				<input checked="" type="checkbox"/>	5	77	Gareth Klepazc	Southampton AC	04:15.88				
6	4	Tom Beedell	Kingston AC & Poly H	04:10.36					6	55	Pete Smale	Southend AC	04:20.70				
7	7	Steve Phillips	Southampton AC	04:12.03					7	11	Joe Blackmore	Bournemouth AC	04:21.95				
8	88	Alex Wiltshire	Yeovil Olympiads AC	04:41.72					8	8	Simon Davies	Yeovil Olympiads AC	04:55.32				
Men's 3000m S/Chase A									Men's 3000m S/Chase B								
1	3	Robert Warner	Havering Mayesbrook AC	09:45.81				<input checked="" type="checkbox"/>	1	33	Jason Lendon	Havering Mayesbrook AC	10:05.35				
2	1	Adam Sloane	Bournemouth AC	10:01.07					2	44	Andy Robinson	Kingston AC & Poly H	10:20.77				
3	4	Tom Beedell	Kingston AC & Poly H	10:03.88					3	11	Ron Hardiman	Bournemouth AC	10:33.78				
4	5	Roy Scott	Southend AC	10:05.66					4	88	Pete Darton	Yeovil Olympiads AC	11:22.60				
5	2	Lee Salter	Exeter Harriers	10:38.33					5	55	Kyle Aldridge	Southend AC	12:24.54				
6	8	Alex Wiltshire	Yeovil Olympiads AC	11:04.18					6								
7	6	Steve Richards	Swansea Harriers	11:21.60					7								
8									8								
Men's 3000m A									Men's 3000m B								
1	5	Adam Hickey	Southend AC	08:39.05			781	<input checked="" type="checkbox"/>	1	66	Marc Hobbs	Swansea Harriers	08:54.05			751	<input checked="" type="checkbox"/>
2	6	Matt Dumigan	Swansea Harriers	08:39.56			780	<input checked="" type="checkbox"/>	2	11	Rob McTaggart	Bournemouth AC	08:55.35			749	<input checked="" type="checkbox"/>
3	4	Chris Bannon	Kingston AC & Poly H	08:48.43			763	<input checked="" type="checkbox"/>	3	22	Josh Trigwell	Exeter Harriers	09:08.22			723	<input checked="" type="checkbox"/>
4	1	Fergus O'Reilly	Bournemouth AC	08:51.62			756	<input checked="" type="checkbox"/>	4	55	Ben Hunter	Southend AC	09:11.75			716	<input checked="" type="checkbox"/>
5	8	Jon Hewitson	Yeovil Olympiads AC	08:53.45			753	<input checked="" type="checkbox"/>	5	44	Jud Hough	Kingston AC & Poly H	09:14.44			711	<input checked="" type="checkbox"/>
6	2	Ashley Humphries	Exeter Harriers	09:04.10			731	<input checked="" type="checkbox"/>	6	88	Eliot Haines	Yeovil Olympiads AC	09:19.21			701	<input checked="" type="checkbox"/>
7	7	Tim Spencer	Southampton AC	09:06.92			726	<input checked="" type="checkbox"/>	7	33	Chris Smith	Havering Mayesbrook AC	09:20.74			698	<input checked="" type="checkbox"/>
8	3	Richard Warner	Havering Mayesbrook AC	09:16.12			707	<input checked="" type="checkbox"/>	8	77	Gareth Klepazc	Southampton AC	10:17.91			584	<input checked="" type="checkbox"/>
Men's 400m Hurdles A									Men's 400m Hurdles B								
1	2	Richard Scott	Exeter Harriers	54.07			103	<input checked="" type="checkbox"/>	1	44	Matt Field	Kingston AC & Poly H	54.96			81	<input checked="" type="checkbox"/>
2	8	Andrew Faulkner	Yeovil Olympiads AC	54.34			96	<input checked="" type="checkbox"/>	2	22	Lee Salter	Exeter Harriers	55.39			70	<input checked="" type="checkbox"/>
3	4	Danny Eckersley	Kingston AC & Poly H	55.33			71	<input checked="" type="checkbox"/>	3	88	Simon Davies	Yeovil Olympiads AC	56.49				<input checked="" type="checkbox"/>
4	3	Isaac Ogunlade	Havering Mayesbrook AC	56.35				<input checked="" type="checkbox"/>	4	33	Adam McCarthy	Havering Mayesbrook AC	57.40				<input checked="" type="checkbox"/>
5	1	Paul Hindle	Bournemouth AC	58.44					5	55	Aaron Kaye	Southend AC	59.64				
6	5	Greg Goodrem	Southend AC	59.66					6	11	Nigel Haymen	Bournemouth AC	61.30				
7	7	Jamie Horder	Southampton AC	59.79					7	77	Phil Coker	Southampton AC	62.73				
8	6	Daniel Williams	Swansea Harriers	68.25					8	66	Alex Jackson	Swansea Harriers	119.48				



Division 3 Match 1 - Barnet Copthall Stadium				Perf	Record	Wind	UKA	AW	5 June 2010				Perf	Wind	UKA	AW	
Men's 110m Hurdles A				Wind=	+0.4 m/s				Men's 110m Hurdles B				Wind=	-0.3 m/s			
1	4	Matt Field	Kingston AC & Poly H	15.36				<input checked="" type="checkbox"/>	1	33	Mark Bishop	Havering Mayesbrook AC	16.59				
2	1	Nigel Haymen	Bournemouth AC	16.13					2	55	Greg Goodrem	Southend AC	16.67				
3	2	Richard Scott	Exeter Harriers	16.29					3	22	James Cook	Exeter Harriers	16.76				
4	3	Anthony Williams	Havering Mayesbrook AC	16.29					4	44	Chris Hall	Kingston AC & Poly H	17.09				
5	5	Simon Hemmings	Southend AC	16.30					5	88	Grant Gardiner	Yeovil Olympiads AC	17.18				
6	8	Chris Hewitson	Yeovil Olympiads AC	16.44					6	11	Paul Hindle	Bournemouth AC	17.56				
7	7	Phil Coker	Southampton AC	18.82					7								
8	6	Glyn Price	Swansea Harriers	22.01					8								
Men's Hammer A									Men's Hammer B								
1	5	Rob Earle	Southend AC	55.30			121	<input checked="" type="checkbox"/>	1	55	Malcolm Fenton	Southend AC	43.34			61	<input checked="" type="checkbox"/>
2	4	Gareth Cook	Kingston AC & Poly H	51.23			101	<input checked="" type="checkbox"/>	2	44	Andy Wheble	Kingston AC & Poly H	41.34			51	<input checked="" type="checkbox"/>
3	6	Ritchie Wells	Swansea Harriers	50.11			95	<input checked="" type="checkbox"/>	3	22	Dave Dawson	Exeter Harriers	37.27				
4	8	Adam Beauford	Yeovil Olympiads AC	49.29			91	<input checked="" type="checkbox"/>	4	33	Sam Harrison	Havering Mayesbrook AC	28.28				
5	2	John Milum	Exeter Harriers	48.00			85	<input checked="" type="checkbox"/>	5	66	Peter Roberts	Swansea Harriers	28.27				
6	3	Mark Reece	Havering Mayesbrook AC	45.58			72	<input checked="" type="checkbox"/>	6	88	Peter Exely	Yeovil Olympiads AC	28.11				
7	1	Andy Turner	Bournemouth AC	38.57					7	11	Adam Pottor	Bournemouth AC	8.74				
8									8								
Men's Discus A									Men's Discus B								
1	5	Rob Earle	Southend AC	42.41			81	<input checked="" type="checkbox"/>	1	2	Dave Dawson	Exeter Harriers	39.12			58	<input checked="" type="checkbox"/>
2	22	Matt Smith	Exeter Harriers	40.91			71	<input checked="" type="checkbox"/>	2	1	Andy Turner	Bournemouth AC	38.00			50	<input checked="" type="checkbox"/>
3	8	Mark Plowman	Yeovil Olympiads AC	39.94			64	<input checked="" type="checkbox"/>	3	4	Gareth Cook	Kingston AC & Poly H	37.17				<input checked="" type="checkbox"/>
4	7	Gary Newton	Southampton AC	39.68			62	<input checked="" type="checkbox"/>	4	55	Pat Halcrow	Southend AC	36.49				<input checked="" type="checkbox"/>
5	44	Andy Wheble	Kingston AC & Poly H	39.65			62	<input checked="" type="checkbox"/>	5	88	Ben Gibb	Yeovil Olympiads AC	35.85				<input checked="" type="checkbox"/>
6	11	Simon Fricker	Bournemouth AC	38.66			55	<input checked="" type="checkbox"/>	6	6	Ritchie Wells	Swansea Harriers	33.98				
7	66	Peter Roberts	Swansea Harriers	35.63				<input checked="" type="checkbox"/>	7	3	Emmanuel Quarshie	Havering Mayesbrook AC	17.85				
8	33	Bradley Reece	Havering Mayesbrook AC	29.98					8								
Men's Javelin A									Men's Javelin B								
1	2	Matt Smith	Exeter Harriers	63.18			119	<input checked="" type="checkbox"/>	1	22	Stdeve Turnoch	Exeter Harriers	56.39			77	<input checked="" type="checkbox"/>
2	4	Felix Hatton	Kingston AC & Poly H	59.88			99	<input checked="" type="checkbox"/>	2	11	James Lelliott	Bournemouth AC	52.13			50	<input checked="" type="checkbox"/>
3	1	Aaron Harris	Bournemouth AC	58.36			89	<input checked="" type="checkbox"/>	3	33	Sam Harrison	Havering Mayesbrook AC	48.61				
4	6	Jonathon Clarke	Swansea Harriers	57.55			84	<input checked="" type="checkbox"/>	4	44	Mike Clarke	Kingston AC & Poly H	42.79				
5	3	Bradley Burr	Havering Mayesbrook AC	55.01			68	<input checked="" type="checkbox"/>	5	88	Neil Price	Yeovil Olympiads AC	40.81				
6	8	Ben Gibb	Yeovil Olympiads AC	51.80				<input checked="" type="checkbox"/>	6	66	Peter Roberts	Swansea Harriers	38.58				
7	7	Gary Newton	Southampton AC	41.03					7	55	Jason Fry	Southend AC	33.03				
8	5	Aaron Kaye	Southend AC	40.09					8	77	Abe Newell	Southampton AC	27.62				
Men's Shot Putt A									Men's Shot Putt B								
1	1	Simon Fricker	Bournemouth AC	14.11			77	<input checked="" type="checkbox"/>	1	5	Rob Earle	Southend AC	12.32				
2	55	Pat Halcrow	Southend AC	13.55			63	<input checked="" type="checkbox"/>	2	11	Andy Turner	Bournemouth AC	11.98				
3	7	Gary Newton	Southampton AC	13.04			51	<input checked="" type="checkbox"/>	3	88	Mark Plowman	Yeovil Olympiads AC	11.42				
4	8	Ben Gibb	Yeovil Olympiads AC	12.42					4	44	Chris Dack	Kingston AC & Poly H	11.11				
5	3	Emmanuel Quarshie	Havering Mayesbrook AC	12.29					5	22	Jon Milum	Exeter Harriers	10.85				
6	4	Gareth Cook	Kingston AC & Poly H	11.93					6	33	-	Havering Mayesbrook AC	10.48				
7	2	Dave Dawson	Exeter Harriers	11.88					7	66	Peter Roberts	Swansea Harriers	10.35				
8	6	Ritchie Wells	Swansea Harriers	10.65					8								
Men's Long Jump A									Men's Long Jump B								
1	44	David Cook	Kingston AC & Poly H	7.22		+0.6	115	<input checked="" type="checkbox"/>	1	4	Chris Hall	Kingston AC & Poly H	6.81	-1.4		63	<input checked="" type="checkbox"/>
2	33	Anthony Williams	Havering Mayesbrook AC	6.64		+1.9		<input checked="" type="checkbox"/>	2	3	Joseph Ramie	Havering Mayesbrook AC	6.51	+0.2			<input checked="" type="checkbox"/>
3	1	James Lelliott	Bournemouth AC	6.63		+0.6		<input checked="" type="checkbox"/>	3	8	Ben Rendall	Yeovil Olympiads AC	6.06	-0.4			
4	6	Kueni Igarigini	Swansea Harriers	6.51		+1.4		<input checked="" type="checkbox"/>	4	66	Alex Jackson	Swansea Harriers	5.92	+1.5			
5	88	Nick Clements	Yeovil Olympiads AC	6.36		+1.1			5	22	Josh Tunstall	Exeter Harriers	5.87	+0.5			
6	5	Kevin Brown	Southend AC	6.08		-0.8			6	11	James Warsop	Bournemouth AC	5.85	+1.7			
7	2	Alex MacGregir	Exeter Harriers	6.05		+1.1			7	55	Jake King	Southend AC	5.75	+0.5			
8	77	Chris Bull	Southampton AC	5.91		+0.8			8	7	Justn Hunt (N/S)	Southampton AC	5.48	+0.2			
Men's Triple Jump A									Men's Triple Jump B								
1	5	Kevin Brown	Southend AC	13.86		-1.4	64	<input checked="" type="checkbox"/>	1	3	Joseph Ramie	Havering Mayesbrook AC	13.06	-0.2			<input checked="" type="checkbox"/>
2	33	Anthony Williams	Havering Mayesbrook AC	13.51		-0.2		<input checked="" type="checkbox"/>	2	22	James Cook	Exeter Harriers	12.02	-0.7			
3	44	Chris Hall	Kingston AC & Poly H	13.36		-1.1		<input checked="" type="checkbox"/>	3	4	Tariq Fadare	Kingston AC & Poly H	12.00	-0.5			
4	6	Wyn Roberts	Swansea Harriers	13.28		-0.8		<input checked="" type="checkbox"/>	4	1	James Warsop	Bournemouth AC	11.88	-0.6			
5	11	Matt Sloane	Bournemouth AC	13.07		-2.3		<input checked="" type="checkbox"/>	5	77	Justn Hunt (N/S)	Southampton AC	11.68	-0.9			
6	7	Chris Bull	Southampton AC	12.96		-0.6			6	88	Nick Clements	Yeovil Olympiads AC	11.39	-0.9			
7	8	Chris Hewitson	Yeovil Olympiads AC	12.39		-0.4			7	66	Robbie Wells	Swansea Harriers	11.21	-1.6			
8	2	Josh Tunstall	Exeter Harriers	12.38		-0.9			8	55	Greg Goodrem	Southend AC	11.00	-0.5			
Men's High Jump A									Men's High Jump B								
1	4	Tariq Fadare	Kingston AC & Poly H	1.95			65	<input checked="" type="checkbox"/>	1	11	Alex Cox	Bournemouth AC	1.90				<input checked="" type="checkbox"/>
2	1	Matt Sloane	Bournemouth AC	1.95			65	<input checked="" type="checkbox"/>	2	88	James Quirk	Yeovil Olympiads AC	1.80				
3	8	Ben Rendall	Yeovil Olympiads AC	1.95			65	<input checked="" type="checkbox"/>	3	66	Robbie Wells	Swansea Harriers	1.75				
4	6	Ben Davies	Swansea Harriers	1.90				<input checked="" type="checkbox"/>	4	5	Kevin Brown	Southend AC	1.75				
5	55	Pat Halcrow	Southend AC	1.85					5	22	Ian Allan	Exeter Harriers	1.70				
6	2	Ashley Baker	Exeter Harriers	1.80					6	33	Mark Bishop	Havering Mayesbrook AC	1.70				
7	3	Bardley Burr	Havering Mayesbrook AC	1.70					7	7	Aaron Dunne	Southampton AC	1.65				
8	77	Nathan Slade	Southampton AC	1.70					8	44	Chris Dack	Kingston AC & Poly H	1.65				



Division 3 Match 1 - Barnet Copthall Stadium					5 June 2010								
	Perf	Record	Wind	UKA	AW		Perf	Wind	UKA	AW			
Men's Pole Vault A					Men's Pole Vault B								
1	8	Ben Gibb	Yeovil Olympiads AC	4.60	110	<input checked="" type="checkbox"/>	1	55	Jason Fry	Southend AC	4.20	70	<input checked="" type="checkbox"/>
2	5	Aaron Kaye	Southend AC	4.60	110	<input checked="" type="checkbox"/>	2	88	Neil Price	Yeovil Olympiads AC	4.00	50	<input checked="" type="checkbox"/>
3	2	Alex MacGregir	Exeter Harriers	3.80	30	<input checked="" type="checkbox"/>	3=	22	Ben Conibear	Exeter Harriers	3.20		
4	4	Gordon Lester	Kingston AC & Poly H	3.80	30	<input checked="" type="checkbox"/>	3=	33	Stuart Tufton	Havering Mayesbrook AC	3.20		
5	6	Glyn Price	Swansea Harriers	3.80	30	<input checked="" type="checkbox"/>	5	44	Maurice Joyce	Kingston AC & Poly H	2.20		
6	3	Mark Bishop	Havering Mayesbrook AC	3.60			6=	66	Wyn Roberts	Swansea Harriers	1.10		
7	1	James Lelliott	Bournemouth AC	2.20			6=	11	Paul Hindle	Bournemouth AC	1.10		

Men's 4x100m Relay					Men's 4x400m Relay					
1	4	Kingston AC & Poly H	Justin Green	Victor Nwagbara	Adam Bellis	Chris Hall	42.91			<input checked="" type="checkbox"/>
2	5	Southend AC	Markus Hunt	Kevin Brown	Jake King	James McLean	43.57			<input checked="" type="checkbox"/>
3	3	Havering Mayesbrook AC	Ammad Masood	Richard Morrissey	Joseph Ramie	Luke Stott	43.93			<input checked="" type="checkbox"/>
4	1	Bournemouth AC	Olu Baptist	Darryn Campbell	James Warsop	Aaron Harris	44.11			
5	8	Yeovil Olympiads AC	Kenny Howard	Nick Clements	Chris Bland	Andrew Faulkner	44.23			
6	2	Exeter Harriers	Byron Fitzgerald	Ben Conibear	Ozgur Irman	Alex MacGregor	44.34			
7	6	Swansea Harriers	Kueni Igbargini	Andrew Smith	Ben Davies	Wyn Roberts	44.75			
8	7	Southampton AC	Chris Bull	Abe Newell	Phil Coker	Oliver King	45.74			

Men's 4x400m Relay					Men's 1500m N/S					
1	2	Exeter Harriers	Richard Scott	Matt Parsley	James Ansell	Sam Peters	03:20.57			<input checked="" type="checkbox"/>
2	5	Southend AC	John King	James McLean	Kevin Brown	Markus Hunt	03:23.10			<input checked="" type="checkbox"/>
3	8	Yeovil Olympiads AC	Davey Platt	Simon Davies	Tim Sayers	Andrew Faulkner	03:23.40			<input checked="" type="checkbox"/>
4	4	Kingston AC & Poly H	Jamie McCullagh	Danny Eckersley	Adam Bellis	Chris Hall	03:23.49			<input checked="" type="checkbox"/>
5	1	Bournemouth AC	Paul Hindle	Ryan Saunders	Joe Blackmore	Darryn Campbell	03:26.25			
6	3	Havering Mayesbrook AC	Simon Richards	Richard Morrissey	Isaac Ogunlade	Joseph Ramie	03:28.56			
7	7	Southampton AC	Steve Phillips	Abe Newell	Aaron Bennett	John Slade	03:29.23			
8	6	Swansea Harriers	Steve Richards	Peter Bridger	Jonathan Williams	Chris Rees	03:36.73			

MATCH RESULT			League Points	Match	STANDINGS			League Points	Match
1	Kingston AC & Poly H	8	344.0	1	Kingston AC & Poly H	8	344.0		
2	Exeter Harriers	7	320.0	2	Exeter Harriers	7	320.0		
3	Southend AC	6	315.0	3	Southend AC	6	315.0		
4	Bournemouth AC	5	282.5	4	Bournemouth AC	5	282.5		
5	Havering Mayesbrook AC	4	272.0	5	Havering Mayesbrook AC	4	272.0		
6	Yeovil Olympiads AC	3	265.0	6	Yeovil Olympiads AC	3	265.0		
7	Swansea Harriers	2	241.5	7	Swansea Harriers	2	241.5		
8	Southampton AC	1	141.0	8	Southampton AC	1	141.0		

MAN OF THE MATCH : Rob Earle, Southend AC, 55.30m

Men's 100m Non Scoring "A"					Men's 1500m N/S				
1	5	Charlie Dack	Southend	11.04	52	153	Heard	Southend	04:19.48
2	7	Oliver King	Southampton	11.14					
3	44	Victor Nwagbara	Kingston & Poly	11.32					
4	2	Bryon Fitzgerald	Exeter H	11.82					
5	55	Lloyd Heard	Southend	12.18					
6	4	Maris Kuklis	Kingston & Poly	12.62					
7									

Men's Triple Jump

NR Kola Adedoyin N&EB

15.11