

NJL Southern Promotion
Hendon, Barnet Copthall, Sun 30 August 2009

M 100m A	Wind -1.0 m/s	M 100m B	Wind -1.5 m/s
1 Andre Wright	M&M 11.3	1 Rashid Kigola	BSB 11.4
2 Harvey Byrne	BSB 11.3	2 Jacob Evans	TSN 11.4
3 Ross Langford	TSN 11.4	3 James Alcock	M&M 11.7
4 Michael Fraser	NOR 11.5	4 Cain Parry	U17 NOR 11.8
5 Chris Hewitt	BTN 11.9	5 Jack Valeri	U17 BTN 12.2
6 Chris Ford	TBG 12.0	6 Stuart Hollins	TBG 12.4
7 Dan Green	SXN 12.1	7 Patrick Hillyer	K&P 12.4
8 Will Trimble	K&P 12.2	8 Jonathan Moore	SXN 12.5
M 200m A	Wind -2.7 m/s	M 200m B	Wind -2.7 m/s
1 Rashid Kigola	BSB 22.9	1 Harvey Byrne	BSB 23.2
2 Ross Langford	TSN 23.2	2 Jacob Evans	TSN 23.4
3 Andre Wright	M&M 23.2	3 Stuart Hitchcock	M&M 23.8
4 Michael Fraser	NOR 23.4	4 Cain Parry	U17 NOR 24.1
5 Chris Ford	TBG 23.9	5 Jonathan Moore	SXN 24.8
6 Dan Green	SXN 24.4	6 Chris Jennings	K&P 24.8
7 Kyan Korateng	U17 K&P 25.1	7 Sam Button	U17 TBG 24.9
8 Joe Pybus	U17 BTN 25.5	8 Matt Dorrington	U17 BTN 24.9
M 400m A		M 400m B	
1 Paige Haines	BSB 49.6	1 Angus Butler	U17 TBG 52.1
2 Ben Parnell	TSN 50.7	2 Jorhelio Ramos	BSB 53.6
3 Michael Fraser	NOR 51.6	3 Chris Marshall	NOR 54.0
4 Dan Green	SXN 52.0	4 Chris Stubbins	SXN 54.6
5 James Wildish	TBG 53.0	5 Alex Caine	U17 M&M 55.3
6 Matt Dorrington	U17 BTN 53.6	6 Alick Clark	TSN 58.2
7 Sean Hannant-Smith	M&M 57.4		
8 Kyan Korateng	U17 K&P 67.5		
M 800m A		M 800m B	
1 Paige Haines	BSB 1.56.9	1 David Bolton	TSN 2.03.1
2 Harry Fisher	TSN 1.59.0	2 Sam Cheverton	NOR 2.04.4
3 James Jackson	NOR 2.00.0	3 Alex Hookway	TBG 2.05.5
4 Kurt Wolfe	TBG 2.00.4	4 Matt Dorrington	U17 BTN 2.07.5
5 Adam Gilbert	U17 M&M 2.04.2	5 Jim Norris	U17 SXN 2.08.2
6 John Bird	U17 SXN 2.05.9	6 Ajibola Lawal	BSB 2.09.5
7 Kieran Silsby	U17 BTN 2.10.5	7 Mark Cryer	U17 M&M 2.14.0
M 1500m A		M 1500m B	
1 Sam Bradley	TBG 4.13.3	1 Ben Stratton	U17 NOR 4.22.0
2 Kieron Clements	U17 SXN 4.14.9	2 Robbie Farnham-Rose	U17 TBG 4.22.0
3 James McCarthy	BTN 4.18.2	3 Jim Norris	U17 SXN 4.25.9
4 Harry Fisher	TSN 4.19.4	4 Kieran Silsby	U17 BTN 4.26.8
5 Adam Gilbert	U17 M&M 4.19.4	5 Tommy Bower	U17 BSB 4.28.2
6 Oliver Maskell	NOR 4.19.9	6 Nathan Breeds	M&M 4.40.8
7 George Corcoran	U17 K&P 4.22.3		
8 Grant Webb	BSB 4.26.4		
M 3000m A		M 3000m B	
1 Andy Combs	TBG 9.06.1	1 Sam Cheverton	NOR 9.19.7
2 Jordan Ali	U17 SXN 9.09.3	2 Luca Russo	U17 TBG 9.27.4
3 James Jackson	NOR 9.11.3	3 Jack Fitsall	U17 BSB 9.50.7
4 Grant Webb	BSB 9.23.3	4 Jack Garvin	U17 SXN 9.53.7
5 Josh Eldefield	M&M 10.01.4	5 Sean Hannant-Smith	M&M 13.16.3
6 Martin Campbell	U17 TSN 10.03.9		
7 Will Gray	BTN 10.16.8		
M 110mH A	Wind -2.5 m/s	M 110mH B	Wind -1.5 m/s
1 Michael Baker	M&M 14.8	1 Jonathan Moore	SXN 16.6
2 Joe Peploe	U17 BSB 15.9	2 Alex Wharfe	M&M 16.6
3 Bradley Reed	SXN 16.3	3 Neil Woodfine	TBG 17.3
4 Chris Hewitt	BTN 17.1	4 James Senior	NOR 17.8

5 Tom Parry K&P 17.7
 6 Jack Parsons TBG 17.9
 7 Matt Watson TSN 18.0
 8 Chris Marshall NOR 18.3

5 Ajibola Lawal BSB 18.6

M 400mH A

1 Michael Baker M&M 54.5
 2 James Senior NOR 57.2
 3 Tom Parry K&P 59.3
 4 Finlay Third U17 TBG 59.7
 5 Chris Stubbins SXN 60.2
 6 Alick Clark TSN 64.9
 7 Larry Dia U17 BSB 73.6

M 400mH B

1 Jack Parsons TBG 59.2
 2 Mark Cryer U17 M&M 59.3
 3 Bradley Reed SXN 59.3
 4 Jahmal Mills NOR 63.6
 5 Sam Tingman TSN 65.3
 6 Chris Swanborough U17 BSB 72.6

M 2000m Sc A

1 James Senior NOR 6.11.8
 2 Harun Dia U17 BSB 6.12.1
 3 Josh Bentham U17 TBG 6.33.8
 4 John Bird U17 SXN 6.50.6
 5 Keiran Clarke U17 M&M 7.25.5
 6 TSN 7.43.1

M 2000m Sc B

1 Ben Stratton U17 NOR 6.53.4
 2 Will Mitham U17 TBG 7.00.1
 3 Jordan Ali U17 SXN 7.12.9
 4 David Kail U17 BSB 7.14.3
 5 Joe Green M&M 7.32.6

M Discus Throw A

1 Matthew Baptiste BSB 48.41
 2 Luke Braiden BTN 44.78
 3 Joe Bloomfield SXN 42.97
 4 Danny Clayton U17 NOR 34.25
 5 Jonny Hinton U17 TBG 31.71
 6 Alex Wharfe M&M 31.69
 7 David Bolton TSN 25.48
 8 Adam Wicks K&P 19.88

M Discus Throw B

1 Tariq Martin U17 BSB 31.70
 2 Callum Brown U17 NOR 31.35
 3 Chris Bradshaw SXN 27.93
 4 Will Grist U17 TBG 27.79
 5 James McCarthy BTN 25.77
 6 Stuart Hitchcock M&M 25.76
 7 Asher Nelson U17 K&P 17.55
 8 TSN 17.21

M Hammer Throw A

1 Joe Bloomfield SXN 61.15
 2 Matthew Baptiste BSB 47.57
 3 Callum Brown U17 NOR 43.59
 4 Alex Caine U17 M&M 40.04
 5 Jonny Hinton U17 TBG 37.48
 6 Luke Braiden BTN 22.72
 7 Adam Wicks K&P 20.08
 8 Harry Fisher TSN 18.41

M Hammer Throw B

1 Tariq Martin U17 BSB 32.59
 2 Ed Skinner U17 NOR 24.51
 3 Kieran Silsby U17 BTN 16.92
 4 David Bolton TSN 15.71
 5 Elliott Baveystock K&P 14.86
 6 Alex Hookway TBG 14.47
 7 Rob Graham SXN 14.47
 8 Sean Hannant-Smith M&M 10.34

M High Jump A

1 Sam Bailey SXN 2.00
 2 Matt Watson TSN 1.95
 3 Daniel Adeline U17 TBG 1.80
 4 Chris Swanborough U17 BSB 1.70
 5=Tom Ratcliff K&P 1.60
 5=Joshua Brown U17 M&M 1.60
 7 Jahmal Mills NOR 1.55
 8 James McCarthy U17 BTN 1.50

M High Jump B

1 Jonathan Moore SXN 1.85
 2 Sam Tingman TSN 1.75
 3 Ben Stone U17 TBG 1.65
 4 Will Trimble K&P 1.60
 5=Ajibola Lawal BSB 1.60
 5=Andre Wright M&M 1.60

M Javelin Throw A

1 Ed Skinner NOR 45.41
 2 Alex Wright BSB 43.66
 3 Stuart Hitchcock M&M 43.22
 4 Ben Parnell TSN 37.30
 5 Joe Bloomfield SXN 37.20
 6 James Cotterill TBG 36.37
 7 Luke Braiden BTN 30.09
 8 Asher Nelson U17 K&P 27.05

M Javelin Throw B

1 Harry Newenham NOR 43.98
 2 Alex Wharfe M&M 38.11
 3 Chris Bradshaw SXN 36.52
 4 Matthew Baptiste BSB 35.00
 5 Alex Hookway TBG 31.69
 6 Sam Derham TSN 18.65

M Long Jump A

1 James Alcock M&M 6.39
 2 Jahmal Mills NOR 6.38
 3 Rhys McDonald SXN 6.19

M Long Jump B

1 Joshua Brown U17 M&M 6.19
 2 Chris Bradshaw SXN 5.85
 3 Sam Tingman TSN 5.59

4 Jack Valeri	U17	BTN	6.18	4 Joshua Ejinkonye	BSB	5.55
5 James Godfrey		BSB	5.91	5 Daniel Adeline	U17	TBG 5.19
6 Jacob Evans		TSN	5.73	6 Cain Parry	U17	NOR 5.11
7 Chris Ford		TBG	5.50	7 Tom Ratcliff		K&P 5.10
8 Patrick Hillyer		K&P	5.23	8 Will Gray	U17	BTN 4.31

M Pole Vault A				M Pole Vault B		
1 Richard Humby	U17	TSN	4.00	1 Tom Parry		K&P 2.30
2 Ed Skinner	U17	NOR	3.72	2 Mark Cryer	U17	M&M 2.15
3 Ben Stone	U17	TBG	3.35	3 Ben Parnell		TSN 2.15
4 Chris Bradshaw		SXN	3.20	4 Tommy Bower	U17	BSB 2.15
5 Gordon Lester		K&P	3.20	5 Daniel Adeline	U17	TBG 2.00
6 William Matthews	U17	BSB	3.05			
7 Alex Wharfe		M&M	3.05			
8 James McCarthy		BTN	2.15			

M Shot Putt A				M Shot Putt B		
1 Matthew Baptiste		BSB	15.25	1 Tariq Martin	U17	BSB 12.06
2 Joe Bloomfield		SXN	14.12	2 Ross Langford		TSN 9.83
3 Hussain Al-Kemachki	U17	K&P	11.51	3 Joe Pybus	U17	BTN 9.53
4 Jacob Evans		TSN	11.28	4 Will Grist	U17	TBG 9.51
5 Luke Braiden		BTN	10.62	5 Stuart Hitchcock		M&M 9.15
6 Alex Caine	U17	M&M	10.58	6 Adam Wicks		K&P 8.84
7 Danny Clayton		NOR	10.51	7 Harry Newenham		NOR 7.34
8 Jonny Hinton	U17	TBG	9.97	8 Jonathan Moore		SXN 7.00

M Triple Jump A				M Triple Jump B		
1 Rhys McDonald		SXN	14.10	1 Rob Graham		SXN 14.01
2 Joshua Ejinkonye		BSB	13.61	2 James Godfrey		BSB 12.47
3 Matt Watson		TSN	13.32	3 James Alcock		M&M 11.38
4 Jack Valeri		BTN	12.93	4 Will Trimble		K&P 10.89
5 Joshua Brown	U17	M&M	12.75	5 Jahmal Mills		NOR 10.67
6 Patrick Hillyer		K&P	12.27	6 Sam Derham		TSN 9.40
7 Harry Newenham		NOR	11.25	7 Will Mitham	U17	TBG 9.19
8 Ben Stone	U17	TBG	11.20			

W 100m A			Wind -1.6 m/s	W 100m B		Wind -1.8 m/s
1 Georgina Malster		SXN	13.0	1 Georgia Atkins	U17	SXN 13.3
2 Susie Collins	U17	TSN	13.3	2 Jody Kite		BTN 13.8
3 Francesca Bennett		BTN	13.5	3 Jodine Williams		BSB 13.8
4 Nicola Keegan	U17	M&M	13.5	4 Cherene Elis	U17	M&M 13.9
5 Maisie Farndon	U17	TBG	13.5	5 Chloe Smith	U17	NOR 14.0
6 Sophie Poyner		NOR	13.7	6 Ellen Cranstone		TSN 14.6
7 Sarah Kigozi		BSB	14.1	7 Lucy Blackstone	U17	TBG 15.0
8 Leanne Bettis	U17	K&P	15.1	8 Katja Schlerf	U17	K&P 15.1

W 200m A			Wind -2.4 m/s	W 200m B		Wind -4.0 m/s
1 Georgina Malster		SXN	26.1	1 Lauren Bouchard		SXN 26.1
2 Mary Iheke		K&P	26.2	2 Jenny Beckingham	U17	TSN 27.5
3 Victoria Ohuruogu	U17	BSB	26.7	3 Caitlin Bell		NOR 28.3
4 Susie Collins	U17	TSN	27.8	4 Maisie Farndon	U17	TBG 28.6
5 Nicola Keegan	U17	M&M	27.9	5 Megan Angus	U17	M&M 28.8
6 Victoria Bradford		TBG	28.2	6 Katja Schlerf	U17	K&P 30.9
7 Jenny Milligan		NOR	29.0			
8 Jody Kite		BTN	29.1			

W 400m A				W 400m B		
1 Mary Iheke		K&P	56.0	1 Ashley Williams		BSB 59.7
2 Leigh Lennon		BSB	57.7	2 Lavinia Nkomo	U17	TSN 61.1
3 Jenny Beckingham	U17	TSN	58.1	3 Jess Owen		TBG 62.4
4 Victoria Bradford		TBG	60.8	4 Caitlin Bell		NOR 63.2
5 Holly Cooper		NOR	61.0	5 Alex Leigh-Pearson	U17	SXN 63.8
6 Gemma Malster		SXN	61.9	6 Megan Angus	U17	M&M 64.6
7 Annie Waghorn	U17	M&M	62.6			
8 Nicola Silsby		BTN	74.8			

W 800m A				W 800m B			
1	Louise Webb	TSN	2.20.5	1	Denise Dignum	BSB	2.21.4
2	Kristie Laybourne	BSB	2.20.6	2	Gaby Miles	U17 K&P	2.28.5
3	Maddy Hardwick	K&P	2.29.8	3	Katie Tuttlebury	SXN	2.30.5
4	Julitte Broster	U17 NOR	2.30.4	4	Lucy Nicholson	U17 M&M	2.32.2
5	Grace Nicholls	TBG	2.31.4	5	Dunia Pavlovic	TBG	2.34.7
6	Cerys Sanders	U17 M&M	2.32.2	6	Mhairi-Clair Stewart	U17 TSN	2.38.5
7	Emma Burrows	U17 SXN	2.34.9	7	Grace Bird	U17 NOR	3.07.9
8	Nicola Silsby	BTN	2.46.9				
W 1500m A				W 1500m B			
1	Rachel Stringer	NOR	4.35.0	1	Julitte Broster	U17 NOR	5.11.5
2	Louise Webb	TSN	4.54.4	2	Mhairi-Clair Stewart	U17 TSN	5.23.4
3	Sophie Carroll	BSB	5.00.3	3	Lucy Nicholson	U17 M&M	5.25.5
4	Katie Tuttlebury	SXN	5.19.9	4	Charlotte Bishop	U17 BSB	5.35.5
5	Cerys Sanders	U17 M&M	5.23.3				
6	Grace Nicholls	TBG	5.23.7				
7	Nicola Silsby	BTN	5.52.3				
W 3000m A				W 3000m B			
1	Charlotte Christianson	SXN	10.24.2	1	Mary Galbraith	SXN	10.53.8
2	Claire Pring	NOR	10.41.2	2	Gaby Miles	U17 K&P	11.19.9
3	Maddy Hardwick	K&P	10.57.9	3	Vicky Rukin	TBG	11.36.4
4	Denise Dignum	BSB	11.14.2	4	Charlotte Bishop	U17 BSB	12.09.0
5	Kelsey Howard	U17 TBG	11.27.0	5	Grace Bird	U17 NOR	12.12.7
6	Liberty Pritchard	U17 TSN	12.21.4				
W 100mH A				W 100mH B			
		Wind -3.2 m/s				Wind -2.4 m/s	
1	Jessica Tappin	SXN	15.7	1	Philippa Wilson	U17 BTN	16.6
2	Francesca Bennett	BTN	16.1	2	Lauren Bouchard	SXN	16.6
3	Jodie Shaw	M&M	16.7	3	Laura Warman	NOR	18.5
4	Harriet Lester	K&P	18.6	4	Rochelle Jones	U17 BSB	18.6
5	Jenny Milligan	NOR	18.7	5	Ruth Woodfine	U17 TBG	20.6
6	Louise Webb	TSN	18.7	6	Lavinia Nkomo	U17 TSN	21.3
7	Jasmine Raymond	BSB	19.9				
8	Lucy Saker	U17 TBG	21.9				
W 400mH A				W 400mH B			
1	Lauren Bouchard	SXN	64.7	1	Jessica Tappin	SXN	67.6
2	Louise Webb	TSN	68.2	2	Laura Warman	NOR	75.0
3	Nikki Twine	U17 BSB	68.6	3	Charlotte Bishop	BSB	77.4
4	Phillipa Wilson	U17 BTN	69.9	4	Emily McIlwain	U17 K&P	77.7
5	Jenny Milligan	NOR	73.7	5	Lucy Saker	U17 TBG	82.2
6	Jess Owen	TBG	77.7	6	Nicky Humphreys	U17 TSN	84.2
7	Harriet Lester	K&P	87.1				
W Discus Throw A				W Discus Throw B			
1	Lucy Underdown	M&M	41.78	1	Georgina Howe	U17 SXN	31.29
2	Chelsea Coker	U17 SXN	37.45	2	Amelia Mougouber	K&P	26.75
3	Leanne Bettis	U17 K&P	31.30	3	Amber O'Brien	BTN	26.73
4	Emma Kirk-Odunubi	U17 BTN	29.87	4	Francesca Bayliss	U17 M&M	25.15
5	Megan Thomas	U17 NOR	28.88	5	Jenna Cannell	U17 NOR	23.70
6	Grace Jenkins	U17 BSB	28.87	6	Steph Rukin	TBG	16.22
7	Freya Jones	U17 TSN	23.43	7	Abigail Mills	U17 BSB	14.65
8	Jess Owen	TBG	18.89	8	Kathryn Webb	U17 TSN	13.15
W Hammer Throw A				W Hammer Throw B			
1	Jenna Cannell	U17 NOR	43.12	1	Georgina Howe	U17 SXN	38.88
2	Chelsea Coker	U17 SXN	41.10	2	Megan Thomas	U17 NOR	33.60
3	Grace Jenkins	U17 BSB	31.37	3	Natasha Scarlett	BSB	22.23
4	Anna Stevens	TSN	30.39	4	Emma Kirk-Odunubi	U17 BTN	22.18
5	Lucy Underdown	M&M	28.86	5	Francesca Bayliss	U17 M&M	20.20
6	Amber O'Brien	BTN	24.82	6	Kathryn Webb	U17 TSN	15.82
7	Steph Rukin	TBG	20.99	7	Victoria Bradford	TBG	13.30
8	Mary Iheke	K&P	16.92	8	Rahanah Gillette-Verno	U17 K&P	4.38

W High Jump A				W High Jump B			
1	Philippa Wilson	BTN	1.65	1=Holly Slater	U17 NOR	1.45	
2	Georgia Atkins	U17 SXN	1.55	1=Megan Cox	BTN	1.45	
3	Chloe Smith	U17 NOR	1.55	3 Annie Waghorn	U17 M&M	1.45	
4	Francesca Bayliss	U17 M&M	1.50	4 Emily McIlwain	U17 K&P	1.40	
5	Sade Bailey	BSB	1.50	5 Doja Atanda	U17 BSB	1.35	
6	Emily Symons	U17 TBG	1.50	6 Jenny Beckingham	U17 TSN	1.35	
7	Mary Iheke	K&P	1.40	7 Hannah Hoyle	U17 SXN	1.30	
8	Nicky Humphreys	U17 TSN	1.35	8 Nicky Dobra	U17 TBG	1.30	
W Javelin Throw A				W Javelin Throw B			
1	Freya Jones	U17 TSN	42.85	1 Amy Underdown	M&M	27.79	
2	Steph Burt	U17 NOR	36.22	2 Amelia Maugouber	K&P	25.74	
3	Jodie Shaw	M&M	33.24	3 Jenna Cannell	U17 NOR	24.49	
4	Sheri Whiting	BTN	32.74	4 Gemma Malster	SXN	19.66	
5	Rahanah Gillette-Verno	U17 K&P	28.56	5 Emma Kirk-Odunubi	U17 BTN	18.92	
6	Jessica Tappin	SXN	27.38	6 Alisha Parnell	U17 TSN	11.00	
7	Jasmine Raymond	U17 BSB	21.80				
8	Steph Rukin	TBG	15.91				
W Long Jump A				W Long Jump B			
1	Georgia Atkins	U17 SXN	5.52	1 Amy Underdown	M&M	4.88	
2	Jodie Shaw	M&M	5.19	2 Hannah Hoyle	U17 SXN	4.70	
3	Sasha Barnard	U17 NOR	4.82	3 Sophie Poyner	U17 NOR	4.53	
4	Gabbi Harris	U17 BTN	4.69	4 Lyanta Peters	BSB	4.20	
5	Rochelle Jones	BSB	4.67	5 Maisie Farndon	U17 TBG	4.16	
6	Harriet Lester	K&P	4.56	6 Stephanie Coker	TSN	3.99	
7	Ruth Woodfine	U17 TBG	4.38	7 Kateaja Schlerf	U17 K&P	3.38	
8	Nicky Humphreys	U17 TSN	4.29	8 Megan Cox	BTN	3.19	
W Pole Vault A				W Pole Vault B			
1	Ellie Besford	SXN	3.60	1 Hannah Besford	SXN	2.70	
2	Georgina Lake	NOR	2.45	2 Lucy Saker	U17 TBG	1.70	
3	Susie Collins	U17 TSN	2.30				
4	Steph Rukin	TBG	2.00				
W Shot Putt A				W Shot Putt B			
1	Lucy Underdown	M&M	12.74	1 Amy Underdown	M&M	9.50	
2	Sophie McKinna	U17 NOR	11.69	2 Steph Burt	U17 NOR	8.19	
3	Chelsea Coker	U17 SXN	11.20	3 Lyanta Peters	BSB	6.79	
4	Amber O'Brien	BTN	10.49	4 Elizabeth Ridley	U17 SXN	6.41	
5	Anna Stevens	TSN	9.44	5 Sheri Whiting	BTN	6.29	
6	Grace Jenkins	U17 BSB	8.73	6 Kathryn Webb	U17 TSN	6.04	
7	Rahanah Gillette-Verno	U17 K&P	7.11	7 Lucy Blackstone	U17 TBG	5.61	
8	Steph Rukin	TBG	6.24	8 Amelia Maugouber	K&P	4.79	
W Triple Jump A				W Triple Jump B			
1	Amy Underdown	M&M	10.49	1 Sophie Poyner	NOR	9.29	
2	Hannah Besford	SXN	10.19	2 Pheobe Last	U17 SXN	9.15	
3	Ruth Woodfine	U17 TBG	9.52	3 Stephanie Coker	TSN	8.66	
4	Sasha Barnard	U17 NOR	9.50	4 Emily McIlwain	U17 K&P	8.51	
5	Lavinia Nkomo	U17 TSN	9.38	5 Yuna Murayama	U17 TBG	8.12	
6	Leanne Bettis	U17 K&P	9.19	6 Rochelle Jones	BSB	7.30	
7	Gabbi Harris	U17 BTN	8.64				
8	Lyanta Peters	BSB	7.73				

W 4x100m Relay

1	SXN 51.1	1 Gemma Malster		2 Georgia Atkins	U17
		3 Alex Leigh-Pearson	U17	4 Georgina Malster	
2	M&M 52.3	1 Cherene Elis	U17	2 Nicola Keegan	U17
		3 Jodie Shaw		4 Annie Waghorn	U17
3	BTN 52.3	1 Jody Kite		2 Philippa Wilson	U17
		3 Sheri Whiting		4 Francesca Bennett	
4	NOR 54.0	1 Sophie McKinna	U17	2 Sophie Poyner	
		3 Chloe Smith	U17	4 Jenny Milligan	
5	TBG 55.9	1 Maisie Farndon	U17	2 Victoria Bradford	
		3 Yuna Murayama	U17	4 Nicky Dobra	U17
6	TSN 57.2	1 Susie Collins	U17	2 Ellen Cranstone	
		3 Stephanie Coker		4 Nicky Humphreys	U17
7	K&P 57.5	1 Harriet Lester		2 Emily McIlwain	U17
		3 Rahanah Gillette-Verno	U17	4 Leanne Bettis	U17
8	BSB DISQ				

W 4x400m Relay

1	SXN 4.04.2	1 Katie Tuttlebury		2 Gemma Malster	
		3 Lauren Bouchard		4 Gemma Malster	
2	NOR 4.07.8	1 Laura Warman		2 Caitlin Bell	
		3 Rachel Stringer		4 Holly Cooper	
3	TBG 4.18.1	1 Victoria Bradford		2 Jess Owen	
		3 Dunia Pavlovic		4 Maisie Farndon	U17
4	M&M 4.20.9	1 Francesca Bayliss	U17	2 Megan Angus	U17
		3 Annie Waghorn	U17	4 Nicola Keegan	U17
5	TSN 4.27.1	1 Mhairi-Clair Stewart	U17	2 Alisha Parnell	U17
		3 Lavinia Nkomo	U17	4 Jenny Beckingham	U17
6	K&P 4.35.9	1 Mary Iheke		2 Gaby Miles	U17
		3 Maddy Hardwick		4 Amelia Maugouber	
7	BSB DISQ				

M 4x100m Relay

1	BSB 43.8	1 Jorhelio Ramos		2 Chiagorom	
		3 Harvey Byrne		4 Rashid Kigola	
2	M&M 43.8	1 James Alcock		2 Andre Wright	
		3 Stuart Hitchcock		4 Michael Baker	
3	TSN 45.5	1 Ross Langford		2 Jacob Evans	
		3 Ben Parnell		4 Sam Tingman	
4	BTN 45.8	1 Chris Hewitt		2 Matt Dorrington	U17
		3 Jack Valeri	U17	4 Joe Pybus	U17
5	NOR 46.0	1 Cain Parry	U17	2 Michael Fraser	
		3 Jahmal Mills		4 Callum Brown	U17
6	SXN 46.4	1 Rhys McDonald		2 Chris Bradshaw	
		3 Dan Green		4 Bradley Reed	
7	TBG 46.4	1 Sam Button	U17	2 Finlay Third	U17
		3 Stuart Hollins		4 Will Grist	U17
8	K&P DNF				

M 4x400m Relay

1	TSN 3.29.3	1 Ross Langford		2 Harry Fisher	
		3 David Bolton		4 Ben Parnell	
2	NOR 3.36.1	1 James Senior		2 Michael Fraser	
		3 Oliver Maskell		4 Chris Marshall	
3	M&M 3.37.6	1 Mark Cryer	U17	2 Alex Caine	U17
		3 Alex Wharfe		4 Michael Baker	
4	SXN 3.40.1	1 Rhys McDonald		2 Dan Green	
		3 Bradley Reed		4 Rob Graham	
5	BSB DISQ				
6	TBG DISQ				

	Points
1 The Saxons	534
2 City of Norwich	491
3 Basildon Beagles	454.5
4 Medway & Maidstone AC	436
5 Team Southampton	414
6 Tonbridge AC	385
7 Kingston & Polytechnic	280.5
8 Brighton & Hove AC	272

Athlete of the Match: Matthew Baptiste Basildon Beagles Shot-15.25, Discus-48.41
Lucy Underdown Medway & Maidstone shot-12.74, Discus-41.78

Note(s)

BSB Includes + 35pts,
BTN Includes + 15pts,
NOR Includes + 35pts,
K&P Includes + 35pts,
M&M Includes + 35pts,
TSN Includes + 35pts,
SXX Includes + 35pts,
TBG Includes + 35pts,


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|      Team| BSB | BTN | NOR | K&P | M&M | TSN | SXN | 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|  7|  3|  4| 5.5| 5.5|  9| 11|  8| 53|  0| 53|
|          B| 3.5|  0|  0|  5| 3.5|  7|  9|  6| 34|  3| 37|
|Cumulative|172.5| 79| 159| 56.5| 137| 120| 153| 156|1033| 47|1080|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M JT      A|  9|  4| 11|  3|  8|  7|  6|  5| 53|  0| 53|
|          B|  5|  0|  9|  0|  7|  3|  6|  4| 34|  3| 37|
|Cumulative|186.5| 83| 179| 59.5| 152| 130| 165| 165|1120| 50|1170|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M LJ      A|  6|  7|  9|  3| 11|  5|  8|  4| 53|  0| 53|
|          B|  5|  1|  3|  2|  9|  6|  7|  4| 37|  0| 37|
|Cumulative|197.5| 91| 191| 64.5| 172| 141| 180| 173|1210| 50|1260|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M PV      A|  5|  3|  9|  6|  4| 11|  7|  8| 53|  0| 53|
|          B|  5|  0|  0|  9|  7|  6|  0|  4| 31|  6| 37|
|Cumulative|207.5| 94| 200| 79.5| 183| 158| 187| 185|1294| 56|1350|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M SP      A| 11|  6|  4|  8|  5|  7|  9|  3| 53|  0| 53|
|          B|  9|  6|  2|  3|  4|  7|  1|  5| 37|  0| 37|
|Cumulative|227.5| 106| 206| 90.5| 192| 172| 197| 193|1384| 56|1440|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M TJ      A|  9|  7|  4|  5|  6|  8| 11|  3| 53|  0| 53|
|          B|  7|  0|  4|  5|  6|  3|  9|  2| 36|  1| 37|
|Cumulative|243.5| 113| 214|100.5| 204| 183| 217| 198|1473| 57|1530|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 100m    A|  4|  8|  5|  3|  7|  9| 11|  6| 53|  0| 53|
|          B|  6|  7|  4|  1|  5|  3|  9|  2| 37|  0| 37|
|Cumulative|253.5| 128| 223|104.5| 216| 195| 237| 206|1563| 57|1620|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 200m    A|  8|  3|  4|  9|  6|  7| 11|  5| 53|  0| 53|
|          B|  0|  0|  6|  3|  4|  7|  9|  5| 34|  3| 37|
|Cumulative|261.5| 131| 233|116.5| 226| 209| 257| 216|1650| 60|1710|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 400m    A|  9|  3|  6| 11|  4|  8|  5|  7| 53|  0| 53|
|          B|  9|  0|  5|  0|  3|  7|  4|  6| 34|  3| 37|
|Cumulative|279.5| 134| 244|127.5| 233| 224| 266| 229|1737| 63|1800|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 800m    A|  9|  3|  7|  8|  5| 11|  4|  6| 53|  0| 53|
|          B|  9|  0|  2|  7|  5|  3|  6|  4| 36|  1| 37|
|Cumulative|297.5| 137| 253|142.5| 243| 238| 276| 239|1826| 64|1890|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 1500m   A|  8|  4| 11|  0|  6|  9|  7|  5| 50|  3| 53|
|          B|  5|  0|  9|  0|  6|  7|  0|  0| 27| 10| 37|
|Cumulative|310.5| 141| 273|142.5| 255| 254| 283| 244|1903| 77|1980|
|-----+-----+-----+-----+-----+-----+-----+-----+
|W 3000m   A|  7|  0|  9|  8|  0|  5| 11|  6| 46|  7| 53|
|          B|  5|  0|  4|  7|  0|  0|  9|  6| 31|  6| 37|
|Cumulative|322.5| 141| 286|157.5| 255| 259| 303| 256|1980| 90|2070|
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|      Team| BSB | BTN | NOR | K&P | M&M | TSN | SXN | 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|  4|  9|  6|  7|  8|  5| 11|  3| 53|  0| 53|
|          B|  5|  9|  6|  0|  0|  3|  7|  4| 34|  3| 37|
|Cumulative|331.5| 159| 298|164.5| 263| 267| 321| 263|2067| 93|2160|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 400mH  A|  8|  7|  6|  4|  0|  9| 11|  5| 50|  3| 53|
|          B|  6|  0|  7|  5|  0|  3|  9|  4| 34|  3| 37|
|Cumulative|345.5| 166| 311|173.5| 263| 279| 341| 272|2151| 99|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|345.5| 166| 311|173.5| 263| 279| 341| 272|2151| 99|2250|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W DT      A|  5|  7|  6|  8| 11|  4|  9|  3| 53|  0| 53|
|          B|  2|  6|  4|  7|  5|  1|  9|  3| 37|  0| 37|
|Cumulative|352.5| 179| 321|188.5| 279| 284| 359| 278|2241| 99|2340|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W HT      A|  8|  5| 11|  3|  6|  7|  9|  4| 53|  0| 53|
|          B|  6|  5|  7|  1|  4|  3|  9|  2| 37|  0| 37|
|Cumulative|366.5| 189| 339|192.5| 289| 294| 377| 284|2331| 99|2430|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W HJ      A|  6| 11|  8|  4|  7|  3|  9|  5| 53|  0| 53|
|          B|  4|  8|  8|  5|  6|  3|  2|  1| 37|  0| 37|
|Cumulative|376.5| 208| 355|201.5| 302| 300| 388| 290|2421| 99|2520|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W JT      A|  4|  7|  9|  6|  8| 11|  5|  3| 53|  0| 53|
|          B|  0|  4|  6|  7|  9|  3|  5|  0| 34|  3| 37|
|Cumulative|380.5| 219| 370|214.5| 319| 314| 398| 293|2508| 102|2610|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W LJ      A|  6|  7|  8|  5|  9|  3| 11|  4| 53|  0| 53|
|          B|  5|  1|  6|  2|  9|  3|  7|  4| 37|  0| 37|
|Cumulative|391.5| 227| 384|221.5| 337| 320| 416| 301|2598| 102|2700|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W PV      A|  0|  0|  9|  0|  0|  8| 11|  7| 35| 18| 53|
|          B|  0|  0|  0|  0|  0|  0|  9|  7| 16| 21| 37|
|Cumulative|391.5| 227| 393|221.5| 337| 328| 436| 315|2649| 141|2790|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W SP      A|  5|  7|  9|  4| 11|  6|  8|  3| 53|  0| 53|
|          B|  6|  4|  7|  1|  9|  3|  5|  2| 37|  0| 37|
|Cumulative|402.5| 238| 409|226.5| 357| 337| 449| 320|2739| 141|2880|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W TJ      A|  3|  4|  7|  5| 11|  6|  9|  8| 53|  0| 53|
|          B|  3|  0|  9|  5|  0|  6|  7|  4| 34|  3| 37|
|Cumulative|408.5| 242| 425|236.5| 368| 349| 465| 332|2826| 144|2970|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 4x1     |  0|  8|  7|  4|  9|  5| 11|  6| 50|  3| 53|
|Cumulative|408.5| 250| 432|240.5| 377| 354| 476| 338|2876| 147|3023|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|W 4x4     |  0|  0|  9|  5|  7|  6| 11|  8| 46|  7| 53|
|Cumulative|408.5| 250| 441|245.5| 384| 360| 487| 346|2922| 154|3076|
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|      Team| BSB | BTN | NOR | K&P | M&M | TSN | SXN | 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    |   11|   7|   6|   0|   9|   8|   5|   4| 50|  3| 53|
|Cumulative|419.5| 257| 447|245.5| 393| 368| 492| 350|2972| 157|3129|
|-----+-----+-----+-----+-----+-----+-----+-----+
|M 4x4    |   0|   0|   9|   0|   8|  11|   7|   0| 35| 18| 53|
|Cumulative|419.5| 257| 456|245.5| 401| 379| 499| 350|3007| 175|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+
|      Add|   35|  15|  35|  35|  35|  35|  35|  35|  0|  0|  0|
|subtract|   0|   0|   0|   0|   0|   0|   0|   0|  0|  0|  0|
|Cumulative|454.5| 272| 491|280.5| 436| 414| 534| 385|3007| 175|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+
|      TOTALS|454.5| 272| 491|280.5| 436| 414| 534| 385|3007| 175|3182|
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Pos	Team	Points	Add	Sub	Total	Lge
1	The Saxons	499	35	0	534	8
2	City of Norwich	456	35	0	491	7
3	Basildon Beagles	419.5	35	0	454.5	6
4	Medway & Maidstone AC	401	35	0	436	5
5	Team Southampton	379	35	0	414	4
6	Tonbridge AC	350	35	0	385	3
7	Kingston & Polytechnic	245.5	35	0	280.5	2
8	Brighton & Hove AC	257	15	0	272	1

Used + add - sub = total	3007	260	0	3267
Unused points	175			175
(Used+unused)+add-sub=total	3182	260	0	3442

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
SXN A	12	7	4	5	2	5	2	0	B 10	4	6	4	3	0	2	2
NOR A	4	9	6	6	5	2	4	1	B 7	6	5	5	4	1	2	0
BSB A	6	8	4	3	3	3	4	2	B 7	2	5	8	4	3	1	0
M&M A	7	3	5	4	9	3	3	0	B 4	4	5	3	7	3	1	1
TSN A	4	7	5	5	3	7	3	3	B 1	7	3	1	1	12	0	2
TBG A	2	0	5	4	8	7	4	6	B 2	4	5	3	8	3	5	1
K&P A	1	1	5	1	4	4	7	7	B 1	4	0	5	1	3	4	3
BTN A	1	2	3	9	2	3	5	6	B 2	1	3	3	4	0	0	3

Men	Points	Women	Points
1 Basildon Beagles	254.5	1 The Saxons	270
2=City of Norwich	229	2 City of Norwich	227
2=The Saxons	229	3 Medway & Maidstone AC	180
4 Medway & Maidstone AC	221	4 Team Southampton	177
5=Team Southampton	202	5 Basildon Beagles	165
5=Tonbridge AC	202	6 Tonbridge AC	148
7 Brighton & Hove AC	120	7 Kingston & Polytechnic	145
8 Kingston & Polytechnic	100.5	8 Brighton & Hove AC	137