

Team		Score	
1	Luton	191	L
2	Blackheath & Bromley	145	B
3	City of Norwich	160	D
4	Southampton	209	R

Men's A 100m		Wind=				
1	Craig Andrew	U20	Luton	11.2	4	aw
2	Abe Newell	SM	Southampton	11.2	3	aw
3	Dan McKeown	SM	Blackheath & Bromley	11.9	2	
					1	

Men's B 100m		Wind=				
1	Joshua Bada	SM	Luton	11.7	4	
2	David Bolton	SM	Southampton	11.9	3	
3	Jack Chambers	SM	Blackheath & Bromley	12.1	2	
4	Adam Herring	U17	City of Norwich	12.4	1	

Men's A 200m		Wind=				
1	Abe Newell	SM	Southampton	22.7	4	aw
2	Jordan Smallin	U20	Luton	23.4	3	aw
3	Adam Herring	U17	City of Norwich	25.0	2	
4	Dan McKeown	SM	Blackheath & Bromley	25.1	1	

Men's B 200m		Wind=				
1	David Bolton	SM	Southampton	22.3	4	aw
2	Lewis Taylor	U17	Luton	23.7	3	aw
3	Chris Marshall	SM	City of Norwich	24.6	2	
4	Jack Chambers	SM	Blackheath & Bromley	25.1	1	

Men's A 400m						
1	David Bolton	U20	Southampton	51.2	4	aw
2	James Taylor	SM	Luton	52.8	3	aw
3	Jack Strachan	U17	City of Norwich	54.5	2	aw
4	Tim Ayres	SM	Blackheath & Bromley	54.7	1	

Men's B 400m						
1	Jon Tilt	M45	Southampton	55.1	4	aw
2	Jamie Darling	SM	Blackheath & Bromley	55.4	3	
3	Mark Oldham	M45	City of Norwich	56.2	2	aw
4	Friday Obaje	SM	Luton	57.7	1	

Men's A 800m						
1	Liam McNabola	SM	Luton	1:58.1	4	aw
2	Russ Osborn	SM	Southampton	1:58.8	3	aw
3	Martainn Ramsay	U20	City of Norwich	1:59.4	2	aw
4	Jamie Darling	SM	Blackheath & Bromley	2:00.0	1	aw

Men's B 800m						
1	Stu Huntington	U23	City of Norwich	2:01.0	4	aw
2	Tom Reilly	U20	Luton	2:02.6	3	aw
3	Simon Cambell	SM	Southampton	2:04.0	2	aw
4	Chris Miles	U20	Blackheath & Bromley	2:09.1	1	

Men's A 1500m						
1	Russ Osborn	SM	Southampton	4:00.9	4	aw
2	Alex Gibbins	SM	Blackheath & Bromley	4:01.8	3	aw
3	Daniel Woodgate	SM	Luton	4:02.5	2	aw
4	Martainn Ramsay	U20	City of Norwich	4:06.3	1	aw

Men's B 1500m						
1	Nick Earl	SM	City of Norwich	4:06.7	4	aw
2	Andrew McMulkin	SM	Luton	4:07.2	3	aw
3	-	SM	Blackheath & Bromley	4:21.5	2	
4	Martin Cambell	SM	Southampton	4:22.2	1	

Men's A 5000m						
1	Stu Huntington	SM	City of Norwich	15:13.0	4	aw
2	Paul Farmer	SM	Luton	16:16.4	3	aw
3	Danny Brewer	U20	Blackheath & Bromley	16:27.9	2	aw
4	David Blackman	M40	Southampton	16:34.3	1	aw

Men's B 500m

1	Nick Earl	SM	City of Norwich	15:16.0	4
2	Oliver Saville	SM	Luton	16:42.6	3
3	Tom Muddiman	SM	Southampton	17:03.7	2
4	-	SM	Blackheath & Bromley	18:19.6	1

aw
aw**Men's A 110mH**

Wind=

1	Alan Cooper	SM	Luton	16.6	4
2	Alex Pope	SM	Blackheath & Bromley	17.1	3
3	Chris Marshall	U23	City of Norwich	18.6	2
4	Mike Coker	M50	Southampton	21.9	1

aw
aw**Men's B 110mH**

Wind=

1	Jordan Smallin	U20	Luton	16.4	4
2	Mark Oldham	SM	City of Norwich	20.1	3
3	Derek Warn	M40	Southampton	26.4	2
4					1

aw

Men's A 400mH

1	Chris Marshall	U23	City of Norwich	58.1	4
2	Alan Cooper	SM	Luton	58.1	3
3	Jon Tilt	M45	Southampton	74.0	2
4					1

aw
aw**Men's B 400mH**

1	Mark Oldham	SM	City of Norwich	68.9	4
2	Derek Warn	M40	Southampton	89.7	3
3					2
4					1

Men's A 2000m Steeplechase

1	Ashley Harell	U23	City of Norwich	6:02.8	4
2	Daniel Woodgate	SM	Luton	6:28.9	3
3	Tom Muddiman	SM	Southampton	7:02.8	2
4	Danny Brewer	SM	Blackheath & Bromley	7:30.7	1

aw

Men's B 2000m Steeplechase

1	Stu Huntington	SM	City of Norwich	6:41.1	4
2	Stuart Baird	SM	Luton	6:41.5	3
3	Richard Hall	SM	Blackheath & Bromley	7:43.4	2
4	Paul Warn	SM	Southampton	8:35.3	1

Men's A High Jump

1	Lewis Ely	SM	Blackheath & Bromley	1.95	4
2	Nick Hunt	U17	Southampton	1.90	3
3	Tom Phoenix	U17	City of Norwich	1.50	2
4					1

aw
aw**Men's B High Jump**

1	Jack Chambers	U20	Blackheath & Bromley	1.70	4
2	Mark West	SM	Southampton	1.50	3
3	Gordon Slater	SM	City of Norwich	1.20	2
4					1

aw

Men's A Pole Vault

1	Alex Pope	M40	Blackheath & Bromley	2.80	4
2	Derek Warn	M40	Southampton	2.70	3
3	Gordon Slater	M50	City of Norwich	2.00	2
4	Owen Keenan-Linsay	SM	Luton	1.00	1

Men's B Pole Vault

1	Murray Hillburne	U20	Blackheath & Bromley	2.70	4
2	Chris Marshall	SM	City of Norwich	1.00	3
3	Tom Mead	SM	Luton	1.00	2
4					1

Men's A Long Jump

1	Kristian Smith	SM	Luton	6.64	4
2	Nick Hunt	U17	Southampton	6.54	3
3	Jack Chambers	SM	Blackheath & Bromley	5.94	2
4	Tom Phoenix	U17	City of Norwich	5.35	1

Wind

aw
aw
aw

Men's B Long Jump					Wind	
1	Craig Andrew	SM	Luton	6.36	4	aw
2	Mark West	SM	Southampton	5.87	3	aw
3	Dan McKeown	SM	Blackheath & Bromley	5.68	2	
4	Chris Marshall	SM	City of Norwich	4.96	1	
Men's A Triple Jump					Wind	
1	Nick Hunt	U17	Southampton	13.50	4	aw
2	Craig Andrew	SM	Luton	13.38	3	aw
3	Tom Phoenix	U17	City of Norwich	11.76	2	aw
4	Lewis Ely	SM	Blackheath & Bromley	10.96	1	
Men's B Triple Jump					Wind	
1	Kristian Smith	SM	Luton	13.22	4	aw
2	Mark West	SM	Southampton	11.28	3	
3	Dan McKeown	SM	Blackheath & Bromley	10.44	2	
4	Jack Strachan	SM	City of Norwich	10.40	1	
Men's A Shot Putt						
1	Steve Timmins	SM	Blackheath & Bromley	13.36	4	aw
2	Stuart Thurgood	M40	Luton	13.09	3	aw
3	Phil Hume	SM	Southampton	9.68	2	
4	Declan Manning	U20	City of Norwich	8.60	1	
Men's B Shot Putt						
1	Alex Pope	SM	Blackheath & Bromley	12.65	4	aw
2	Dave Burrell	SM	Luton	11.39	3	aw
3	Mark West	SM	Southampton	8.21	2	
4	Ashley Harell	SM	City of Norwich	5.16	1	
Men's A Discus						
1	Alex Pope	SM	Blackheath & Bromley	40.70	4	aw
2	Dave Burrell	M40	Luton	35.82	3	aw
3	Declan Manning	U20	City of Norwich	24.94	2	
4	Phil Hume	SM	Southampton	21.67	1	
Men's B Discus						
1	Steve Timmins	SM	Blackheath & Bromley	33.66	4	aw
2	Stuart Thurgood	SM	Luton	33.27	3	aw
3	Harry Newenham	SM	City of Norwich	24.63	2	
4	Derek Warn	M40	Southampton	20.76	1	
Men's A Hammer						
1	Stuart Thurgood	SM	Luton	54.45	4	aw
2	Steve Timmins	SM	Blackheath & Bromley	47.69	3	aw
3	Phil Hume	SM	Southampton	31.17	2	aw
4	Gordon Slater	M50	City of Norwich	22.16	1	
Men's B Hammer						
1	Dave Burrell	M40	Luton	44.87	4	aw
2	Alex Pope	SM	Blackheath & Bromley	36.68	3	aw
3	Mark West	SM	Southampton	16.38	2	
4	Mark Oldham	SM	City of Norwich	10.27	1	
Men's A Javelin						
1	Harry Newenham	U20	City of Norwich	49.75	4	aw
2	Mike Van Den Dobbelseen	M40	Blackheath & Bromley	49.53	3	aw
3	Dave Burrell	M40	Luton	41.06	2	aw
4	Phil Hume	SM	Southampton	29.24	1	
Men's B Javelin						
1	Alex Pope	SM	Blackheath & Bromley	44.95	4	aw
2	Owen Keenan-Linsay	SM	Luton	39.21	3	aw
3	Mark West	SM	Southampton	28.69	2	
4	Ashley Harell	SM	City of Norwich	25.26	1	
Men's 4x100m						
1	Luton	SM		44.9	4	
2	Southampton	SM		45.1	3	
3	City of Norwich	SM			2	
4	Blackheath & Bromley	SM			1	
Men's 4x400m						
1	Southampton	SM		3:33.3	4	
2	Blackheath & Bromley	SM		3:45.2	3	
3					2	
4					1	

Women's A 100m		Wind=				
1	Emily Newton	SW	Southampton	12.4	4	aw
2	Grace Sheperd	U20	Blackheath & Bromley	12.5	3	aw
3	Tamyka Spence	U17	Luton	13.4	2	
4	Sophie Poyner	U20	City of Norwich	13.5	1	
Women's B 100m		Wind=				
1	Becca Carozzi	SW	Southampton	12.7	4	aw
2	Amara Lalemi-Jacobs	U17	Blackheath & Bromley	12.9	3	aw
3	Melanie Brown	W40	City of Norwich	13.7	2	aw
4	Karen Vincent	SW	Luton	15.4	1	
Women's A 200m		Wind=				
1	Becca Carozzi	SW	Southampton	25.6	4	aw
2	Tamyka Spence	U17	Luton	28.0	3	
3	Chelsea Comer	U17	Blackheath & Bromley	28.1	2	
4	Sophie Poyner	U20	City of Norwich	28.5	1	
Women's B 200m		Wind=				
1	Emily Newton	SW	Southampton	25.5	4	aw
2	Holly Cooper	U23	City of Norwich	28.1	3	
3	Erica Casonato	SW	Luton	28.2	2	
4	Clare Parkin	W35	Blackheath & Bromley	33.4	1	
Women's A 400m						
1	Emily Jenkinson	U17	Southampton	59.1	4	aw
2	Holly Cooper	U23	City of Norwich	61.3	3	aw
3	Chelsea Comer	W35	Blackheath & Bromley	62.9	2	aw
4	Alison Usher	SW	Luton	67.4	1	
Women's B 400m						
1	Catriona Witcombe	SW	Southampton	62.7	4	aw
2	Iona Lake	U20	City of Norwich	64.2	3	aw
3	Michelle Fewster	U20	Blackheath & Bromley	68.0	2	
4	Erica Casonato	SW	Luton	68.9	1	
Women's A 800m						
1	Holly Cooper	U23	City of Norwich	2:19.1	4	aw
2	Daena Bennett	U17	Southampton	2:23.3	3	aw
3	Maureen Miller	W45	Blackheath & Bromley	2:31.4	2	aw
4	Louise Peters	W35	Luton	2:32.6	1	
Women's B 800m						
1	Jane Clarke	W50	City of Norwich	2:25.1	4	aw
2	Sophie Hall	SW	Southampton	2:29.8	3	
3	Jane Bradshaw	SW	Blackheath & Bromley	2:35.8	2	
4	Claire McMahon	SW	Luton	2:43.8	1	
Women's A 1500m						
1	Iona Lake	U20	City of Norwich	4:43.8	4	aw
2	Nicci Blandford	W35	Southampton	5:05.9	3	aw
3	Claire McMahon	SW	Luton	5:14.4	2	
4	Jane Bradshaw	SW	Blackheath & Bromley	5:15.3	1	
Women's B 1500m						
1	Jane Clarke	W50	City of Norwich	5:13.7	4	aw
2	Bryony Osbourn	U17	Southampton	5:22.7	3	
3	Michelle Fewster	U20	Blackheath & Bromley	5:34.7	2	
4					1	
Women's A 3000m						
1	Nicci Blandford	W35	Southampton	10:37.2	4	aw
2	Louise Peters	W35	Luton	10:39.0	3	aw
3	Ellie Matthews	SW	City of Norwich	10:42.2	2	aw
4	Jennie Butler	W35	Blackheath & Bromley	11:21.3	1	aw
Women's B 3000m						
1	Claire McMahon	SW	Luton	10:56.9	4	aw
2	Nicky Alford	SW	City of Norwich	11:03.6	3	aw
3	Clare Parkin	U20	Blackheath & Bromley	11:25.3	2	aw
4	Elaine Goode	SW	Southampton	11:29.3	1	aw
Women's A 100mH		Wind=				
1	Sian Duffy	U17	Blackheath & Bromley	16.3	4	aw
2	Megan Fry	U20	Southampton	22.4	3	
3	Alison Usher	SW	Luton	22.4	2	
4					1	

Women's B 100mH		Wind=			
1	Clemmie McAteer	U20	Southampton	22.5	4
2					3
3					2
4					1

Women's A 400mH					
1	Catriona Witcombe	SW	Southampton	66.7	4
2	Chelsea Comer	U20	Blackheath & Bromley	70.9	3
3	Alison Usher	SW	Luton	78.5	2
4					1

Women's B 400mH					
1	Rachel Robinson	U20	Blackheath & Bromley	68.8	4
2	Megan Fry	U20	Southampton	77.4	3
3	Erica Casonato	SW	Luton	81.7	2
4					1

Women's A 1500m Steeplechase					
1	Clemmie McAteer	U20	Southampton	6:04.6	4
2	Mel Kane	U20	Blackheath & Bromley	6:09.0	3
3	Suzanna Wise	SW	Luton	8:37.3	2
4					1

Women's A High Jump					
1	Cherelle Hibbert	U17	Luton	1.50	4
2	Emily Jenkinson	U17	Southampton	1.40	3
3	Geogina Lake	U23	City of Norwich	1.25	2
4	Michelle Fewster	U20	Blackheath & Bromley	1.25	1

Women's B High Jump					
1	Karen Vincent	U20	Luton	1.50	4
2	Emily Newton	SW	Southampton	1.30	3
3	Sasha Birrell	U17	City of Norwich	1.20	2
4					1

Women's A Pole Vault					
1	Sasha Birrell	U17	City of Norwich	2.80	4
2	Catriona Witcombe	SW	Southampton	1.80	3
3	Alison Usher	SW	Luton	1.00	2
4					1

Women's B Pole Vault					
1	Geogina Lake	U23	City of Norwich	2.50	4
2	Suzanna Wise	SW	Luton	1.00	3
3					2
4					1

Women's A Long Jump						Wind
1	Shanara Hibbert	U20	Luton	5.51	4	
2	Anna Henden	SW	Southampton	4.66	3	
3	Amara Lalemi-Jacobs	U17	Blackheath & Bromley	4.56	2	
4	Sophie Poyner	U20	City of Norwich	4.44	1	

Women's B Long Jump						Wind
1	Karen Vincent	U20	Luton	4.65	4	
2	Rachel Robinson	U20	Blackheath & Bromley	4.01	3	
3	Geogina Lake	U23	City of Norwich	3.53	2	
4	Vicki Vinter	U20	Southampton	3.23	1	

Women's A Triple Jump						Wind
1	Karen Vincent	SW	Luton	9.93	4	
2	Anna Henden	SW	Southampton	9.36	3	
3	Sasha Birrell	U17	City of Norwich	8.39	2	
4	Mel Kane	SW	Blackheath & Bromley	8.17	1	

Women's B Triple Jump						Wind
1	Geogina Lake	U23	City of Norwich	8.22	4	
2	Vicki Vinter	U20	Southampton	7.51	3	
3	Tamyka Spence	U20	Luton	7.40	2	
4					1	

Women's A Shot Putt					
1	Anna Stevens	SW	Southampton	9.31	4
2	Emma Hughes	SW	Luton	8.74	3
3	Gemma Thrower	U17	City of Norwich	7.79	2
4	Maureen Miller	W45	Blackheath & Bromley	7.14	1

aw

aw

aw

aw

aw

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aw

Women's B Shot Putt

1	Emily Newton	SW	Southampton	8.48	4
2	Suzanna Wise	SW	Luton	7.79	3
3	Melanie Brown	W40	City of Norwich	7.87	2
4	Mel Kane	SW	Blackheath & Bromley	4.25	1

aw

Women's A Discus

1	Suzanna Wise	SW	Luton	29.79	4
2	Gemma Thrower	U17	City of Norwich	25.80	3
3	Emily Jenkinson	U17	Southampton	24.19	2
4	Amara Lalemi-Jacobs	SW	Blackheath & Bromley	15.73	1

aw

aw

aw

Women's B Discus

1	Anna Stevens	SW	Southampton	24.02	4
2	Melanie Brown	W40	City of Norwich	21.84	3
3	Emma Hughes	SW	Luton	13.92	2
4	Sian Duffy	U17	Blackheath & Bromley	11.30	1

Women's A Hammer

1	Suzanna Wise	SW	Luton	40.69	4
2	Anna Stevens	SW	Southampton	33.81	3
3	Geogina Lake	U20	City of Norwich	8.11	2
4					1

aw

aw

Women's B Hammer

1	Rebecca Keens	U20	Luton	28.83	4
2	Becca Carozzi	SW	Southampton	8.34	3
3	Iona Lake	U23	City of Norwich	5.72	2
4					1

aw

Women's A Javelin

1	Gemma Thrower	U17	City of Norwich	32.91	4
2	Emily Newton	SW	Southampton	21.16	3
3	Suzanna Wise	SW	Luton	18.68	2
4	Rachel Robinson	SW	Blackheath & Bromley	14.24	1

aw

Women's B Javelin

1	Anna Stevens	SW	Southampton	18.26	4
2	Cherelle Hibbert	U17	Luton	15.83	3
3	Melanie Brown	W40	City of Norwich	15.17	2
4	Mel Kane	SW	Blackheath & Bromley	11.28	1

Women's 4x100m

1	Southampton	SW		50.2	4
2	Blackheath & Bromley	SW		51.1	3
3	City of Norwich	SW		54.7	2
4	Luton	SW		55.1	1

aw

aw

Women's 4x400m

1	Southampton	SW		4:08.0	4
2	City of Norwich	SW		4:25.1	3
3	Blackheath & Bromley	SW		4:40.5	2
4	Luton	SW		4:50.0	1

aw