

		<b>Team</b>		<b>Score</b>		
	1	Southampton AC		107		S
	2	Winchester		40		Q
	3	Chichester		94		H
	4	Newquay and Par		107		Z
100		<b>Senior A 100m</b>	<b>Wind=</b>			
S	1	Lewis Towner-White	U20	Southampton AC	11.6	4
H	2	George Granger	U20	Chichester	11.9	3
Z	3	J. Addey	U17	Newquay and Par	12.1	2
Q	4	Rich Bailey	SM	Winchester	13.2	1
100		<b>Senior B 100m</b>	<b>Wind=</b>			
SS	1	Sam Derham	U20	Southampton AC	12.2	4
ZZ	2	G. Hildersley	SM	Newquay and Par	12.5	3
HH	3	Rory Myers	U20	Chichester	12.5	2
QQ	4	Franklyn Young	M45	Winchester	14.9	1
200		<b>Senior A 200m</b>	<b>Wind=</b>			
S	1	Calum Bressington	U20	Southampton AC	23.8	4
H	2	George Granger	U20	Chichester	24.7	3
Z	3	G. Hildersley	SM	Newquay and Par	26.2	2
Q	4	Rich Bailey	SM	Winchester	28.0	1
200		<b>Senior B 200m</b>	<b>Wind=</b>			
SS	1	Lewis Towner-White	U20	Southampton AC	23.9	4
ZZ	2	S. Sinden	SM	Newquay and Par	24.8	3
HH	3	Rory Myers	U20	Chichester	26.2	2
QQ	4	Marc Lyne	SM	Winchester	28.7	1
400		<b>Senior A 400m</b>				
S	1	David Bolton	U20	Southampton AC	51.5	4
H	2	George Granger	U20	Chichester	53.3	3
Z	3	I. Clayton	SM	Newquay and Par	53.7	2
Q	4	Nathan Risbey	SM	Winchester	57.4	1
400		<b>Senior B 400m</b>				
ZZ	1	J. West	SM	Newquay and Par	53.8	4
SS	2	Jon Tilt	M45	Southampton AC	54.0	3
HH	3	Rory Myers	SM	Chichester	57.0	2

QQ	4	Dave Vosser	M50	Winchester	58.1	1
800		<b>Senior A 800m</b>				
S	1	Simon Ninnim	U20	Southampton AC	1:58.5	4
Z	2	G. Massey	SM	Newquay and Par	2:03.7	3
Q	3	Sam Hepenstal	SM	Winchester	2:08.9	2
H	4	Andy Nicholson	M45	Chichester	2:11.6	1
800		<b>Senior B 800m</b>				
SS	1	Russ Osborne	SM	Southampton AC	2:03.0	4
ZZ	2	K. Chapman	U17	Newquay and Par	2:16.3	3
QQ	3	Marc Lyne	SM	Winchester	2:23.1	2
HH	4	Ed Porter	U20	Chichester	2:28.6	1
1500		<b>Senior A 1500m</b>				
S	1	Matt Missen	SM	Southampton AC	4:10.1	4
Q	2	Matt West	SM	Winchester	4:18.6	3
H	3	James Baker	SM	Chichester	4:23.7	2
Z	4	D. Nash	SM	Newquay and Par	4:27.4	1
1500		<b>Senior B 1500m</b>				
SS	1	David Blackman	M40	Southampton AC	4:28.9	4
QQ	2	Sam Hepenstal	SM	Winchester	4:29.3	3
HH	3	Andy Nicholson	M45	Chichester	4:38.3	2
ZZ	4	K. Chapman	U17	Newquay and Par	4:51.1	1
5000		<b>Senior A 5000m</b>				
H	1	James Baker	SM	Chichester	15:47.0	4
S	2	Matt Hibberd	SM	Southampton AC	16:17.6	3
Z	3	D. Nash	SM	Newquay and Par	16:42.9	2
QQ	4	Ian Berry	M35	Winchester	18:12.6	1
5000		<b>Senior B 5000m</b>				
ZZ	1	J. West	SM	Newquay and Par	18:08.4	4
HH	2	Andy Nicholson	M45	Chichester	18:19.2	3
SS	3	Peter Merritt	SM	Southampton AC	18:34.0	2
Q	4	Rich Bailey	SM	Winchester	19:18.6	1
110H		<b>Senior A 110mH</b>	<b>Wind=</b>			
H	1	Charlie Roe	U20	Chichester	18.4	4
S	2	Sam Derham	U20	Southampton AC	19.5	3
Z	3	J. Addey	U17	Newquay and Par	20.2	2

	4					1
110H		<b>Senior B 110mH</b>	<b>Wind=</b>			
SS	1	Jon Tilt	M45	Southampton AC	21.3	4
ZZ	2	M. Madden	SM	Newquay and Par	21.5	3
	3					2
	4					1
400H		<b>Senior A 400mH</b>				
Z	1	M. Harris	SM	Newquay and Par	56.0	4
H	2	George Granger	U20	Chichester	56.1	3
S	3	Jon Tilt	M45	Southampton AC	59.8	2
Q	4	Nathan Risbey	SM	Winchester	67.4	1
400H		<b>Senior B 400mH</b>				
SS	1	Calum Rowe	U17	Southampton AC	61.7	4
ZZ	2	J. West	SM	Newquay and Par	63.7	3
QQ	3	Dave Vosser	M50	Winchester	72.6	2
HH	4	Ed Porter	U20	Chichester	74.0	1
3000Sc		<b>Senior A 3000m Steeplechase</b>				
H	1	James Baker	SM	Chichester	10:21.0	4
Z	2	G. Massey	SM	Newquay and Par	11:10.8	3
Q	3	Luke Samuel	SM	Winchester	11:15.0	2
SS	4	Jon MacInnes	SM	Southampton AC	12:57.2	1
3000Sc		<b>Senior B 3000m Steeplechase</b>				
QQ	1	Nathan Risbey	SM	Winchester	11:41.6	4
HH	2	Ed Porter	U20	Chichester	12:27.4	3
ZZ	3	M. Taylor	SM	Newquay and Par	13:17.5	2
S	4	Gordon Westley	M40	Southampton AC	13:21.5	1
HJ		<b>Senior A High Jump</b>				
H	1	Charlie Roe	U20	Chichester	1.75	4
S	2	Zac Turner	U20	Southampton AC	1.70	3
ZZ	3	M. Harris	SM	Newquay and Par	1.65	2
QQ	4	Nathan Risbey	SM	Winchester	1.10	1
HJ		<b>Senior B High Jump</b>				
HH	1	Jamie Moore	U17	Chichester	1.55	4
Z	2	J. Addey	U17	Newquay and Par	1.55	3
SS	3	Sam Derham	U20	Southampton AC	1.50	2

	4					1
PV		<b>Senior A Pole Vault</b>				
S	1	Richard Humby	U20	Southampton AC	4.00	4
Z	2	I. Clayton	SM	Newquay and Par	3.60	3
H	3	Jamie Moore	U17	Chichester	3.60	2
	4					1
PV		<b>Senior B Pole Vault</b>				
SS	1	Luke Hodgets	U20	Southampton AC	3.40	4
ZZ	2	M. Harris	SM	Newquay and Par	2.60	3
HH	3	Andy Nicholson	M45	Chichester	1.60	2
	4					1
LJ		<b>Senior A Long Jump</b>				
Z	1	S. Sinden	SM	Newquay and Par	6.35	4
H	2	Charlie Roe	U20	Chichester	6.17	3
S	3	Calum Bressington	U20	Southampton AC	6.15	2
Q	4	Rich Bailey	SM	Winchester	4.69	1
LJ		<b>Senior B Long Jump</b>				
zz	1	I. Clayton	SM	Newquay and Par	5.88	4
ss	2	Sam Derham	U20	Southampton AC	5.19	3
qq	3	Sam Hepenstal	SM	Winchester	4.53	2
hh	4	Rory Myers	U20	Chichester	4.34	1
TJ		<b>Senior A Triple Jump</b>				
ZZ	1	I. Clayton	SM	Newquay and Par	12.04	4
S	2	Sam Derham	U20	Southampton AC	11.13	3
H	3	Jamie Moore	U17	Chichester	11.09	2
	4					1
TJ		<b>Senior B Triple Jump</b>				
Z	1	S. Sinden	SM	Newquay and Par	12.02	4
HH	2	Rob Bourne	SM	Chichester	9.93	3
SS	3	Jon MacInnes	M40	Southampton AC	7.43	2
	4					1
SP		<b>Senior A Shot Putt</b>				
HH	1	Rob Bourne	SM	Chichester	10.64	4
Z	2	M. Madden	M40	Newquay and Par	8.92	3
S	3	Derek Warn	M40	Southampton AC	7.46	2

Q	4	Dave Vosser	M50	Winchester	6.52	1
SP		<b>Senior B Shot Putt</b>				
H	1	Tim Brown	M35	Chichester	10.13	4
ZZ	2	T. Hill	M40	Newquay and Par	8.33	3
SS	3	Adam Cowburn	SM	Southampton AC	7.01	2
QQ	4	Sam Hepenstal	SM	Winchester	6.16	1
DT		<b>Senior A Discus</b>				
Z	1	M. Harris	M40	Newquay and Par	30.97	4
H	2	Tim Brown	M35	Chichester	28.83	3
S	3	Dan Avery	U17	Southampton AC	27.01	2
	4					1
DT		<b>Senior B Discus</b>				
ZZ	1	M. Harris	SM	Newquay and Par	27.58	4
SS	2	Derek Warn	M40	Southampton AC	23.75	3
HH	3	Rob Bourne	SM	Chichester	22.11	2
	4					1
HT		<b>Senior A Hammer</b>				
Z	1	M. Madden	M40	Newquay and Par	42.18	4
S	2	Dan Avery	U17	Southampton AC	36.80	3
H	3	Tim Brown	M35	Chichester	33.44	2
QQ	4	Nathan Risbey	SM	Winchester	17.16	1
HT		<b>Senior B Hammer</b>				
HH	1	Rob Bourne	SM	Chichester	23.83	4
ZZ	2	T. Hill	M40	Newquay and Par	18.36	3
Q	3	Dave Vosser	M50	Winchester	13.09	2
SS	4	Derek Warn	M40	Southampton AC	12.56	1
JT		<b>Senior A Javelin</b>				
Z	1	M. Madden	M40	Newquay and Par	37.38	4
HH	2	Rob Bourne	SM	Chichester	36.48	3
SS	3	Gordon Westley	M40	Southampton AC	26.20	2
Q	4	Charles Scowlier	SM	Winchester	25.04	1
JT		<b>Senior B Javelin</b>				
H	1	Tim Brown	M35	Chichester	34.81	4
ZZ	2	M. Harris	SM	Newquay and Par	31.54	3
S	3	Calum Bressington	U20	Southampton AC	10.35	2

	4					1
4x100	<b>Senior 4x100m</b>					
S	1	Southampton AC	SM	Southampton AC	46.2	4
H	2	Chichester	SM	Chichester	48.0	3
Z	3	Newquay and Par	SM	Newquay and Par	48.6	2
Q	4	Winchester	SM	Winchester	59.1	1
4x400	<b>Senior 4x400m</b>					
S	1	Southampton AC	SM	Southampton AC	3:36.4	4
Z	2	Newquay and Par	SM	Newquay and Par	3:57.0	3
Q	3	Winchester	SM	Winchester	4:02.6	2
H	4	Chichester	SM	Chichester	4:05.5	1