

Home

- Barnet Copthall Stadium

100m Men

	Perf	Record	Wind	UKA	AW
1 4 Mark Findlay	Newham & Essex Beagles	10.72	-2.8	116	☑
2 2 Hakeem Ogunyemi	Enfield & Haringey	10.95		70	☑
3 7 Deji Tobias	Windsor Slough Eton & Hounslow	11.03		54	☑
4 3 Ryan Oswald	City of Manchester	11.03		54	☑
5 1 Cloron Hylton	Birchfield	11.07		0	☑
6 8 Daniel Davis	Woodford Green w Essex Ladies	11.11		0	☑
7 5 Confidence Lawson	Shaftesbury Barnet Harriers	11.29		0	☑
8 6 Lawrence Bourd	Trafford AC	11.58		0	

200m Men

	Perf	Record	Wind	UKA	AW
1 8 Nick Leavey	Woodford Green w Essex Ladies	21.60	-1.8	115	☑
2 4 Rashid Karuozza	Newham & Essex Beagles	21.91		84	☑
3 3 Chris Craig	City of Manchester	22.26		0	☑
4 5 Antonio Infantino	Shaftesbury Barnet Harriers	22.39		0	☑
5 1 Jordon McGrath	Birchfield	22.60		0	☑
6 2 Errol Houston	Enfield & Haringey	22.63		0	☑
7 6 Lawrence Bourd	Trafford AC	22.86		0	☑
8 7 Andrew Matthews	Windsor Slough Eton & Hounslow	22.96		0	☑

400m Men

	Perf	Record	Wind	UKA	AW
1 7 Nigel Levine	Windsor Slough Eton & Hounslow	46.59		176	☑
2 1 Luke Lennon-Ford	Birchfield	48.40		104	☑
3 8 Paul Scanlon	Woodford Green w Essex Ladies	49.00		80	☑
4 5 Hamim Lubega	Shaftesbury Barnet Harriers	49.02		79	☑
5 3 Debo Ademuyeno	City of Manchester	49.04		78	☑
6 2 Darren Corbin	Enfield & Haringey	50.07		0	☑
7 6 Jack Fehily	Trafford AC	50.51		0	☑
8 4 Kevin Goodman	Newham & Essex Beagles	51.84		0	

800m Men

	Perf	Record	Wind	UKA	AW
1 5 Richard Goodman	Shaftesbury Barnet Harriers	01:53.47		0	☑
2 6 Tim Egerton	Trafford AC	01:53.67		0	☑
3 4 Sam Yates	Newham & Essex Beagles	01:55.18		0	☑
4 8 Omar Mansour	Woodford Green w Essex Ladies	01:55.44		0	☑
5 1 Adam Watt	Birchfield	01:55.75		0	☑
6 2 Shaka Palmer	Enfield & Haringey	01:55.99		0	☑
7 7 Nick Levine	Windsor Slough Eton & Hounslow	01:57.07		0	☑
8					

1500m Men

	Perf	Record	Wind	UKA	AW
1 6 Tim Egerton	Trafford AC	03:57.67		0	☑
2 8 Alex Cornwall	Woodford Green w Essex Ladies	04:00.42		0	☑
3 7 Lee Reynolds	Windsor Slough Eton & Hounslow	04:01.13		0	☑
4 4 Natahn Riding	Newham & Essex Beagles	04:02.93		0	☑
5 5 Daniel Russell	Shaftesbury Barnet Harriers	04:05.80		0	☑
6 2 Alex Jones	Enfield & Haringey	04:07.71		0	☑
7 1 Ben Sharman	Birchfield	04:10.29		0	
8 0		00:00.00	X		

Steeple Chase A

	Perf	Record	Wind	UKA	AW
1 5 Glen Watts	Shaftesbury Barnet Harriers	09:28.66		65	☑
2 8 Angus Holford	Woodford Green w Essex Ladies	10:03.68		0	
3 7 Khalid Al_Abaidy	Windsor Slough Eton & Hounslow	10:08.79		0	
4 1 Nick Hardy	Birchfield	10:15.53		0	
5 4 Nakole Iddirissu	Newham & Essex Beagles	10:24.68		0	
6 0		00:00.00	X		
7 0		00:00.00			
8 0		00:00.00			

Men's 3000m

	Perf	Record	Wind	UKA	AW
1 1 Jean Ndyasenga	Birchfield	08:24.18	0	0	
2 11 Biniam Yeind	Birchfield	08:24.35		0	
3 5 Kojo Kyereme	Shaftesbury Barnet Harriers	08:27.12		0	
4 7 Owain Jones	Windsor, Slough, Eton & H	08:34.90		0	
5 55 Stephen Murphy	Shaftesbury Barnet Harriers	08:35.30		0	
6 8 Dan Augustus	Woodford Green with EL	08:45.96		0	
7 4 Hazun Abdi	Newham & Essex Beagles	08:47.30		0	
8 2 Hannah Brown	Enfield & Haringey	08:50.51		0	
9 6 Joe Mercer	Trafford AC	08:52.94		0	
10 88 Bertie Powell	Woodford Green with EL	09:03.79		0	
11 77 Nathan Ditton	Windsor, Slough, Eton & H	09:23.47		0	
12 22 Efa Llewellyn	Enfield & Haringey	09:24.43		0	
13 44 Tommy Bower	Newham & Essex Beagles	09:42.94		0	

3000m Team Race A

	Perf	Record	Wind	UKA	AW
1 0	Birchfield	16:48.53			
2 0	Shaftesbury Barnet	17:02.42			
3 0	Woodford Green	17:49.75			
4 0	Windsor, Slough	17:58.37			
5 0	Enfield	18:14.94			
6 0	Newham	18:31.24			
7 0	Trafford	08:54.94	X	☑	
8 0		00:00.00	X		

Jo Smith Cup

Saturday 4 September 2010

100m Women

	Perf	Record	Wind	UKA	AW
1 55 Abi Oyeptitan	Shaftesbury Barnet Harriers	11.70	-0.2		0
2 77 Monique Williams	Windsor Slough Eton & Hounslow	11.92			0
3 88 Elaine O' Neill	Woodford Green w Essex Ladies	12.00			0
4 33 Lucy Evans	City of Manchester	12.50			0
5 11 Jade Surman	Birchfield	12.89			0
6 44 Temi Erinoso	Newham & Essex Beagles	13.00			0
7 66 Leanne Brown	Trafford AC	13.59			0
8 22 Amy McDonald	Enfield & Haringey	13.72			0

200m Women

	Perf	Record	Wind	UKA	AW
1 55 Abi Oyeptitan	Shaftesbury Barnet Harriers	23.49	-0.1		0
2 77 Helen Pryer	Windsor Slough Eton & Hounslow	23.70			0
3 11 Meghan Beasley	Birchfield	24.07			0
4 88 Rachel Giwa	Woodford Green w Essex Ladies	24.59			0
5 33 Lucy Evans	City of Manchester	24.60			0
6 44 Susannah Banjo	Newham & Essex Beagles	25.72			0
7 66 Leanne Brown	Trafford AC	28.60			0
8					

400m Women

	Perf	Record	Wind	UKA	AW
1 55 Michelle Carey	Shaftesbury Barnet Harriers	54.84			0
2 77 Lesley Owusu	Windsor Slough Eton & Hounslow	55.89			0
3 88 Claire Leckie	Woodford Green w Essex Ladies	60.92			0
4 22 Kristy Wilson	Enfield & Haringey	62.12			0
5 33 Lateefah Burton	City of Manchester	62.84			0
6 44 Neha Dabhi	Newham & Essex Beagles	62.88			0
7					
8					

800m Women

	Perf	Record	Wind	UKA	AW
1 44 Leigh Lennon	Newham & Essex Beagles	02:12.64			0
2 33 Rachel Deegan	City of Manchester	02:16.88			0
3 88 Katherine Foy	Woodford Green w Essex Ladies	02:21.18			0
4 77 Bex Myers	Windsor Slough Eton & Hounslow	02:23.30			0
5 55 Claire Simm	Shaftesbury Barnet Harriers	02:30.74			0
6					
7					
8					

1500m Women

	Perf	Record	Wind	UKA	AW
1 77 Vicky Fouhy	Windsor Slough Eton & Hounslow	04:36.05			0
2 55 Claire Miles	Shaftesbury Barnet Harriers	04:42.30			0
3 11 Genet Messao	Birchfield	04:45.95			0
4 33 Rachel Deegan	City of Manchester	04:49.28			0
5 88 Zoe Watson	Woodford Green w Essex Ladies	05:11.22			0
6 0		00:00.00	X		
7 0		00:00.00			
8 0		00:00.00			

Steeple Chase Women

	Perf	Record	Wind	UKA	AW
1 55 Victoria Walker	Shaftesbury Barnet Harriers	07:20.25			386 ☑
2 88 Diana Kennedy	Woodford Green w Essex Ladies	07:28.69			365 ☑
3 66 Liz Austen	Trafford AC	07:33.00			355 ☑
4 77 Susanna Ditton	Windsor Slough Eton & Hounslow	08:13.54			253 ☑
5 0		00:00.00	X		
6 0		00:00.00			
7 0		00:00.00			
8 0		00:00.00			

Women's 3000m

	Perf	Record	Wind	UKA	AW
1 11 Genet Messao	Birchfield	10:19.16			
2 1 Sophie Williams	Birchfield	10:22.97			
3 5 Jenny Lundgren	Shaftesbury Barnet Harriers	10:25.14			
4 33 Hannah Griffiths	City of Manchester	10:41.25			
5 88 Diana Kennedy	Woodford Green with EL	10:45.47			
6 77 Leigh James	Windsor, Sough, Eton & H	10:53.25			
7 55 Rebekah Gardiner	Shaftesbury Barnet Harriers	10:54.57			
8 7 Charlotte Firth	Windsor, Sough, Eton & H	11:11.07			
9 22 Michael Christoforou	Enfield & Haringey	11:20.64			
10 8 Becky Hewitt	Woodford Green with EL	11:31.23			
11 2 Lex Milne	Enfield & Haringey	11:43.96			

3000m Team Race B

	Perf	Record	Wind	UKA	AW
1 0	Birchfield	20:42.13			
2 0	Shaftesbury Barnet	21:19.71			
3 0	Windsor, Slough Eton & H	22:04.32			
4 0	Woodford Green & EL	22:17.10			
5 0	Enfield & Haringey	23:04.60			
6 0	City of Manchester	10:41.25	X		☑
7 0		00:00.00	X		
8 0		00:00.00			

Home

- Barnet Copthall Stadium

100m Women

	Perf	Record	Wind	UKA	AW
1 55 Abi Oyeptitan	Shaftesbury Barnet Harriers	11.70	-0.2		0
2 77 Monique Williams	Windsor Slough Eton & Hounslow	11.92			0
3 88 Elaine O' Neill	Woodford Green w Essex Ladies	12.00			0
4 33 Lucy Evans	City of Manchester	12.50			0
5 11 Jade Surman	Birchfield	12.89			0
6 44 Temi Erinoso	Newham & Essex Beagles	13.00			0
7 66 Leanne Brown	Trafford AC	13.59			0
8 22 Amy McDonald	Enfield & Haringey	13.72			0

200m Women

	Perf	Record	Wind	UKA	AW
1 55 Abi Oyeptitan	Shaftesbury Barnet Harriers	23.49	-0.1		0
2 77 Helen Pryer	Windsor Slough Eton & Hounslow	23.70			0
3 11 Meghan Beasley	Birchfield	24.07			0
4 88 Rachel Giwa	Woodford Green w Essex Ladies	24.59			0
5 33 Lucy Evans	City of Manchester	24.60			0
6 44 Susannah Banjo	Newham & Essex Beagles	25.72			0
7 66 Leanne Brown	Trafford AC	28.60			0
8					

400m Women

	Perf	Record	Wind	UKA	AW
1 55 Michelle Carey	Shaftesbury Barnet Harriers	54.84			0
2 77 Lesley Owusu	Windsor Slough Eton & Hounslow	55.89			0
3 88 Claire Leckie	Woodford Green w Essex Ladies	60.92			0
4 22 Kristy Wilson	Enfield & Haringey	62.12			0
5 33 Lateefah Burton	City of Manchester				

400m Hurdles A

1	5	Lloyd Gumbs	Shaftesbury Barnet Harriers	50.54	191	<input checked="" type="checkbox"/>
2	8	Francis Smith	Woodford Green w Essex Ladies	53.24	124	<input checked="" type="checkbox"/>
3	2	Jonny Lodowski	Enfield & Haringey	55.26	73	<input checked="" type="checkbox"/>
4	1	Brad Yeind	Birchfield	56.59	0	<input checked="" type="checkbox"/>
5	6	Daloo Okienien	Trafford AC	59.49	0	
6	3	Jonathan Ferryman	City of Manchester	61.70	0	
7	7	Khalid Al_Abaidy	Windsor Slough Eton & Hounslow	61.73	0	
8						

110m Hurdles A

Wind=-0.3

1	8	Daniel Davis	Woodford Green w Essex Ladies	13.97	178	<input checked="" type="checkbox"/>
2	3	Nick Gayle	City of Manchester	14.18	157	<input checked="" type="checkbox"/>
3	7	Ben Reynolds	Windsor Slough Eton & Hounslow	15.00	75	<input checked="" type="checkbox"/>
4	5	Maurice Ryan	Shaftesbury Barnet Harriers	16.36	0	
5	2	Stephen Barnard	Enfield & Haringey	16.70	0	
6	6	Daloo Okienien	Trafford AC	16.75	0	
7	4	Emmanuel Cupiuzi	Newham & Essex Beagles	17.24	0	
8	1	Peter Whitehouse	Birchfield	20.89	0	

Hammer A

1	4	Amir Williamson	Newham & Essex Beagles	65.82	174	<input checked="" type="checkbox"/>
2	1	Matthew Bell	Birchfield	60.61	148	<input checked="" type="checkbox"/>
3	7	Alex Warner	Windsor Slough Eton & Hounslow	58.22	136	<input checked="" type="checkbox"/>
4	6	Roger Bate	Trafford AC	56.20	126	<input checked="" type="checkbox"/>
5	5	Graham Holder	Shaftesbury Barnet Harriers	54.42	117	<input checked="" type="checkbox"/>
6	2	Jay Hill	Enfield & Haringey	53.37	111	<input checked="" type="checkbox"/>
7	3	Scot Thompson	City of Manchester	47.82	84	<input checked="" type="checkbox"/>
8	8	Fergus Harford	Woodford Green w Essex Ladies	35.86	0	

Discus A

1	8	Emeka Udechuku	Woodford Green w Essex Ladies	58.04	191	<input checked="" type="checkbox"/>
2	5	Chris Scott	Shaftesbury Barnet Harriers	55.60	174	<input checked="" type="checkbox"/>
3	3	Scot Thompson	City of Manchester	52.04	149	<input checked="" type="checkbox"/>
4	7	Steve Watson U20	Windsor Slough Eton & Hounslow	48.54	124	<input checked="" type="checkbox"/>
5	6	Roger Bate	Trafford AC	45.60	104	<input checked="" type="checkbox"/>
6	4	Matthew Baptiste	Newham & Essex Beagles	44.25	94	<input checked="" type="checkbox"/>
7	1	Matthew Bell	Birchfield	25.67	0	
8						

Javelin A

1	8	Simon Bennett	Woodford Green w Essex Ladies	63.55	122	<input checked="" type="checkbox"/>
2	1	Alex Van-De-Mre	Birchfield	60.22	101	<input checked="" type="checkbox"/>
3	2	Bonne Buwembo	Enfield & Haringey	59.98	99	<input checked="" type="checkbox"/>
4	5	Matthew Stoker	Shaftesbury Barnet Harriers	57.62	85	<input checked="" type="checkbox"/>
5	3	Scot Thompson	City of Manchester	55.45	71	<input checked="" type="checkbox"/>
6	6	Paulo Ostapowycz	Trafford AC	48.45	0	
7	7	Leigh Bosson	Windsor Slough Eton & Hounslow	38.21	0	
8	4	Amir Williamson	Newham & Essex Beagles	32.45	0	

Shot Putt Men

1	3	Rimas Martisaurus	City of Manchester	17.70	167	<input checked="" type="checkbox"/>
2	8	Carl Fletcher	Woodford Green w Essex Ladies	17.10	152	<input checked="" type="checkbox"/>
3	4	Matthew Baptiste	Newham & Essex Beagles	13.67	66	<input checked="" type="checkbox"/>
4	6	Roger Bate	Trafford AC	12.93	0	
5	7	Steve Watson U20	Windsor Slough Eton & Hounslow	12.54	0	
6	5	Neville Thompson	Shaftesbury Barnet Harriers	12.50	0	
7	2	Patrick Teape	Enfield & Haringey	10.45	0	
8	1	Peter Whitehouse	Birchfield	5.64	0	

Long Jump Men

1	5	Jude Beimers	Shaftesbury Barnet Harriers	7.23	116	<input checked="" type="checkbox"/>
2	7	David Harvey	Windsor Slough Eton & Hounslow	6.64	0	<input checked="" type="checkbox"/>
3	3	Jonathan Ferryman	City of Manchester	6.29	0	
4	2	Jay Hill	Enfield & Haringey	6.29	0	
5	4	Jahmal Germain	Newham & Essex Beagles	6.20	0	
6	8	Peter Kirabo	Woodford Green w Essex Ladies	6.03	0	
7	6	Luke Robertson	Trafford AC	5.37	0	
8	1	Peter Whitehouse	Birchfield	4.90	0	

Triple Jump Men

1	7	Johnny Sawyers	Windsor Slough Eton & Hounslow	14.30	88	<input checked="" type="checkbox"/>
2	1	Konrad Kataniski	Birchfield	14.06	75	<input checked="" type="checkbox"/>
3	8	Sayo Ojo	Woodford Green w Essex Ladies	13.93	68	<input checked="" type="checkbox"/>
4	4	Nkem Ofoegbu	Newham & Essex Beagles	13.44	0	<input checked="" type="checkbox"/>
5	3	Jonathan Ferryman	City of Manchester	12.89	0	
6	2	David James	Enfield & Haringey	12.60	0	
7	5	Dean Omen	Shaftesbury Barnet Harriers	12.30	0	
8	6	Luke Robertson	Trafford AC	11.24	0	

High Jump Men

1	1	Tom Parsons	Birchfield	2.25	215	<input checked="" type="checkbox"/>
2	4	Matthew Roberts	Newham & Essex Beagles	2.20	190	<input checked="" type="checkbox"/>
3	5	Darryl Stone	Shaftesbury Barnet Harriers	2.05	115	<input checked="" type="checkbox"/>
4	7	Ben Reynolds	Windsor Slough Eton & Hounslow	2.00	90	<input checked="" type="checkbox"/>
5=	2	David James	Enfield & Haringey	1.90	0	<input checked="" type="checkbox"/>
5=	8	Billy Falconer	Woodford Green w Essex Ladies	1.90	0	<input checked="" type="checkbox"/>

Pole Vault Men

1	1	Scott Simpson	Birchfield	4.90	140	<input checked="" type="checkbox"/>
2	5	Gregor MacLean	Shaftesbury Barnet Harriers	4.75	125	<input checked="" type="checkbox"/>
3	3	Jack Andrew	City of Manchester	4.60	110	<input checked="" type="checkbox"/>
4	2	Jordan Henwood	Enfield & Haringey	4.20	70	<input checked="" type="checkbox"/>
				4.20		<input checked="" type="checkbox"/>

400m Hurdles Women

1	11	Meghan Beasley	Birchfield	57.88	0	<input checked="" type="checkbox"/>
2	88	Tracey Duncan	Woodford Green w Essex Ladies	59.06	0	
3	66	Nisha Desai	Trafford AC	61.35	0	
4	33	Katia Lannon	City of Manchester	63.25	0	
5	22	Martine Bomb	Enfield & Haringey	63.50	0	
6	44	Ashleigh Williams	Newham & Essex Beagles	69.70	0	
7						
8						

110m Hurdles Women

Wind=-1.6

1	55	Gemma Bennett	Shaftesbury Barnet Harriers	13.66	209	<input checked="" type="checkbox"/>
2	33	Sara McGreavy	City of Manchester	13.78	197	<input checked="" type="checkbox"/>
3	11	Jade Surman	Birchfield	14.27	148	<input checked="" type="checkbox"/>
4	22	Martine Bomb	Enfield & Haringey	14.88	86	<input checked="" type="checkbox"/>
5	88	Tracey Duncan	Woodford Green w Essex Ladies	15.06	69	<input checked="" type="checkbox"/>
6	77	Harriet Shurley	Windsor Slough Eton & Hounslow	15.29	0	<input checked="" type="checkbox"/>
7	66	Leanne Brown	Trafford AC	18.95	0	
8						

Hammer Women

1	11	Zoe Derham	Birchfield	62.63	158	<input checked="" type="checkbox"/>
2	33	Laura Douglas	City of Manchester	62.59	157	<input checked="" type="checkbox"/>
3	66	Rachel Gair	Trafford AC	58.07	135	<input checked="" type="checkbox"/>
4	77	Joanne John	Windsor Slough Eton & Hounslow	55.80	124	<input checked="" type="checkbox"/>
5	88	Sarah Smith	Woodford Green w Essex Ladies	49.24	91	<input checked="" type="checkbox"/>
6	55	Amy Clemens	Shaftesbury Barnet Harriers	46.84	79	<input checked="" type="checkbox"/>
7	22	Mel Harrison	Enfield & Haringey	37.97	0	
8	44	Adele Stach Kavitz	Newham & Essex Beagles	26.12	0	

Discus Women

1	55	Jade Nicholls	Shaftesbury Barnet Harriers	58.38	193	<input checked="" type="checkbox"/>
2	11	Eden Francis	Birchfield	44.24	94	<input checked="" type="checkbox"/>
3	33	Alison Rodger	City of Manchester	40.80	70	<input checked="" type="checkbox"/>
4	88	Hollie Redman	Woodford Green w Essex Ladies	40.21	66	<input checked="" type="checkbox"/>
5	77	Joanne John	Windsor Slough Eton & Hounslow	39.21	59	<input checked="" type="checkbox"/>
6	22	Mel Harrison	Enfield & Haringey	39.13	58	<input checked="" type="checkbox"/>
7	66	Chloe Beckett	Trafford AC	36.74	0	<input checked="" type="checkbox"/>
8	44	Adele Stach Kavitz	Newham & Essex Beagles	16.61	0	

Javelin Women

1	33	Rosie Semenyts	City of Manchester	48.72	0	
2	88	Anne Silva	Woodford Green w Essex Ladies	43.59	0	
3	11	Sophie Thomas	Birchfield	42.70	0	
4	44	Sasha Corbin	Newham & Essex Beagles	40.21	0	
5	22	Felicia Rudolfo	Enfield & Haringey	39.89	0	
6	66	Chloe Beckett	Trafford AC	38.24	0	
7	77	Hannah Johnson	Windsor Slough Eton & Hounslow	36.81	0	
8						

Shot Putt Women

1	33	Rebecca Peake	City of Manchester	15.49	112	<input checked="" type="checkbox"/>
2	11	Eden Francis	Birchfield	14.87	96	<input checked="" type="checkbox"/>
3	88	Joanne Duncan	Woodford Green w Essex Ladies	14.68	92	<input checked="" type="checkbox"/>
4	55	Trecia Smith	Shaftesbury Barnet Harriers	12.69	0	
5	66	Chloe Beckett	Trafford AC	12.26	0	
6	22	Mel Harrison	Enfield & Haringey	11.43	0	
7	44	Sasha Corbin	Newham & Essex Beagles	11.22	0	
8	77	Joanne John	Windsor Slough Eton & Hounslow	8.76	0	

Long Jump Women

1	55	Trecia Smith	Shaftesbury Barnet Harriers	5.88	0	
2	88	Kittey Elaye	Woodford Green w Essex Ladies	5.73	0	
3	22	Dee Bakre	Enfield & Haringey	5.64	0	
4	11	Sonia Crawley	Birchfield	5.62	0	
5	44	Chioma Matthews	Newham & Essex Beagles	5.50	0	
6	66	Jenny Coleman	Trafford AC	5.26	0	
7	33	Katia Lannon	City of Manchester	5.02	0	
8	77	Lesley Owusu	Windsor Slough Eton & Hounslow	4.84	0	

Triple Jump Women

1	55	Trecia Smith	Shaftesbury Barnet Harriers	12.93	0	
2	11	Sineade Gutzmore	Birchfield	12.69	0	
3	44	Chioma Matthews	Newham & Essex Beagles	12.56	0	
4	22	Dee Bakre	Enfield & Haringey	11.68	0	
5	88	Rachel Dean	Woodford Green w Essex Ladies	10.95	0	
6	66	Jenny Coleman	Trafford AC	10.49	0	
7						
8						

High Jump Women

1	33	Stephanie Pywell	City of Manchester	1.80	0	
2	11	Zoey Phillips	Birchfield	1.70	0	
3	88	Ayamba Akim	Woodford Green w Essex Ladies	1.70	0	
4	77	Frances Smithson	Windsor Slough Eton & Hounslow	1.65	0	
5	44	Stephanie Igbo	Newham & Essex Beagles	1.65	0	
6	22	Hannah O'Sullivan	Enfield & Haringey	1.45	0	
7	55	Claire Simm	Shaftesbury Barnet Harriers	1.40	0	

Pole Vault Women

1	11	Henrietta Paxton	Birchfield	4.00	50	<input checked="" type="checkbox"/>
2	33	Emma Lyons	City of Manchester	4.00	50	<input checked="" type="checkbox"/>
3	88	Maria Seager	Woodford Green w Essex Ladies	3.75	0	<input checked="" type="checkbox"/>
4	77	Alice Humble	Windsor Slough Eton & Hounslow	2.90	0	
5	22	Katie Moey	Enfield & Haringey	2.70	0	
5	44	Melissa Strevens	Newham & Essex Beagles	2.70	0	

Mne's 4 x 100m Relay

1	3	City of Manchester	Nayef Abed	Debo Ademuyeno	Chris Craig	Ryan Oswald	42.09	<input checked="" type="checkbox"/>
2	1	Birchfield	Adam Thomas	Luke Lennon-Ford	Jermaine Downiw	Cloron Hylton	42.25	<input checked="" type="checkbox"/>
3	7	Windsor Slough Eton & Stewart Challis		Nigel Levine	Michael Poplambo	Andrew Matthews	42.66	<input checked="" type="checkbox"/>
4	8	Woodford Green w Ess David Olupitan		Austin Joseph	Omdoulu Abiodun	Sam Watts	42.70	<input checked="" type="checkbox"/>
5	5	Shaftesbury Barnet Har Antonio Infantino		Maurice Ryan	Justin Geohagen	Confidence Lawson	43.40	<input checked="" type="checkbox"/>
6	6	Trafford AC	Reece Ingley	Daloo Okienien	Lawrence Bourd	Jake Febily	43.68	<input checked="" type="checkbox"/>
7	4	Newham & Essex Beagl	Kelvin Goodwin	Nkem Ofoegbu	Rashid Karuozza	Jahmal Germain	44.93	
8								

Men's 4 x 400m Relay

1	1	Birchfield	Patrick Palmer	Jordon McGrath	Peter Whitehouse	Luke Lennon-Ford	03:14.48	<input checked="" type="checkbox"/>
2	7	Windsor Slough Eton & Nigel Levine		Stewart Challis	Michael Poplambo	Andrew Clements	03:17.73	<input checked="" type="checkbox"/>
3	8	Woodford Green w Ess Joseph Watts		Scanlon Leavey	Kevin Kane	Nick Leavey	03:17.80	<input checked="" type="checkbox"/>
4	2	Enfield & Haringey	Darren Corbin	Errol Houston	Shaka Palmer	Jonny Lodowski	03:19.26	<input checked="" type="checkbox"/>
5	6	Trafford AC	Reece Ingley	Daloo Okienien	Lawrence Bourd	Jake Febily	03:24.43	<input checked="" type="checkbox"/>
6	5	Shaftesbury Barnet Har Jude Beimers		Daniel Russell	Kojo Kyereme	Hamiim Lubega	03:28.45	
7	4	Newham & Essex Beagl	Sam Yates	Rashid Karuozza	Kelvin Goodwin	Jahmal Germain	03:28.87	
8								

Women's 4X400

1	Birchfield	03:55.39
2	Newham	04:04.10
3	Woodford	04:06.79
4	WSEH	04:11.93
5	SBH	04:14.02
6	Manchester	04:16.03

Women's 4 x100

1	SBH	48.62
2	Woodford	49.49
3	Windsor	49.72
4	Newham	49.9
5	City of Manchester	50.5
6	Enfield & H	51.72
7	Birchfield	52.74

MATCH RESULT

		Match
1	Shaftesbury Barnet Harriers	232.0
2	Woodford Green w Essex Lac	229.5
3	Birchfield	226.0
4	Windsor Slough Eton & Houn	185.0
5	City of Manchester	177.0
6	Newham & Essex Beagles	142.5
7	Enfield & Haringey	119.0
8	Trafford AC	103.0