

NJL Southern Premier Div Round:4 RESULTS
 Sportspark UEA Norwich, Sun 25 July 2010

M 100m A

1 James McLachlan	NOR	11.2
2 Jermaine Olosah	B&B	11.2
3 Errul Houston	E&H	11.2
4 David Olupitan	W&E	11.3
5 Nathan Greenaway	U17 SXN	11.3
6 Ryan Harding	HRW	11.5
7 Michael Ojo	U17 WSE	11.6
8 Antonio Infantino	SBH	DNF

M 100m B

1 Renard Frederick	SBH	11.0
2 Chijindu Ujah	U17 E&H	11.0
3 Stef Greenidge	HRW	11.1
4 Abs Joloaso	U17 B&B	11.2
5 Jon Brown	NOR	11.2
6 Savion Williams	W&E	11.5
7 Tom Evans	WSE	11.7
8 Adam Rawling	U17 SXN	12.0

M 200m A

1 Chijindu Ujah	U17 E&H	22.5
2 Renard Frederick	SBH	22.5
3 Omololu Abiodun	W&E	22.8
4 Jermaine Olosah	B&B	22.9
5 Jon Brown	NOR	23.0
6 Ravi Talla	WSE	23.2
7 Ryan Harding	HRW	23.5
8 Nathan Greenaway	U17 SXN	24.1

M 200m B

1 David Olupitan	W&E	22.7
2 James McLachlan	NOR	22.8
3 Tunde Adelekan	U17 HRW	22.9
4 Keiren Daly	B&B	23.2
5 Nii-Ashage Hammond	U17 E&H	23.3
6 Bami Falana	U17 SBH	23.7
7 Kieran Moss	WSE	23.7
8 Adam Rawling	U17 SXN	24.8

M 400m A

1 Stewart Challis	WSE	49.4
2 Jonathan Pettit	U17 B&B	50.4
3 Errul Houston	E&H	50.6
4 Austin Joseph	W&E	51.7
5 Mali Lewis	SBH	52.6
6 Chris Marshall	NOR	56.0
7 Tundeneil Holloway	U17 HRW	56.4
8 Harry McQueen	SXN	DNF

M 400m B

1 Tyler Bown	U17 W&E	52.4
2 Mustapha Gaye	E&H	53.3
3 Harry Smith	U17 B&B	53.7
4 Jordan Thomas	U17 WSE	54.0
5 Anton Pearson	NOR	55.9
6 Aj Boyce	U17 SBH	59.6
7 Ben Fawcett	SXN	63.6

M 800m A

1 Josh Moss	WSE	1.54.6
2 Mohamed Essouni	SBH	1.58.0
3 Alex Jones	E&H	1.58.7
4 Daniel Yaxley	W&E	1.59.7
5 Stephen Cavey	B&B	2.00.7
6 Damian Rogers	NOR	2.02.3
7 Jani Rajkumar	U17 HRW	2.04.8
8 Tim Byford	SXN	2.07.3

M 800m B

1 Connor Vine	WSE	1.58.7
2 Martain Ramsey	U17 NOR	2.01.1
3 Oliver Robinson	B&B	2.01.3
4 Jack Perry-Williams	SBH	2.01.8
5 Tom Fallon	E&H	2.04.5
6 Jordan Hoo-Quartey	U17 HRW	2.06.4
7 Sam Benge	U17 W&E	2.07.8

M 1500m A

1 Nick Lingley	WSE	4.02.0
2 Matthew McLaughlin	U17 SBH	4.02.2
3 Joe Sherry	U17 E&H	4.09.8
4 Stephen Cavey	B&B	4.14.6
5 Ben Stratton	NOR	4.17.3
6 Avi Brown	U17 HRW	4.38.3
7 Tim Byford	SXN	4.38.7
8 Peter Karibo	W&E	4.48.2

M 1500m B

1 Mohamed Essouni	SBH	4.06.6
2 Ricky Harvie	U17 WSE	4.16.3
3 Tom Hook	U17 NOR	4.20.0
4 Robert Yates	U17 B&B	4.31.3
5 Tom O'Dowd	U17 HRW	4.39.7
6 Ben Philips	W&E	4.51.0
7 Reece Surridge	E&H	4.52.1
8 Ben Fawcett	SXN	6.15.7

M 3000m A

1 Jordan Ali	NOR	9.05.6
2 Michael Callegari	U17 SBH	9.12.9
3 Petru Snaipar	WSE	9.25.7
4 Michael Christoforou	U17 E&H	9.27.4
5 Andrew Revell	U17 SXN	9.46.0
6 Georges Vacharopolos	U17 B&B	10.03.8
7 Jordan Hoo-Quartey	U17 HRW	10.55.7

M 3000m B

1 James Jackson	NOR	9.33.4
2 Alex Jones	E&H	9.44.0
3 Ryan Stephenson	SBH	9.45.2
4 Ross Fawcett	SXN	9.50.7

M 110mH A

1 James McLean	E&H	14.5
2 Matt Walcott	B&B	14.5
3 Bradley Reed	SXN	15.5

M 110mH B

1 Ben Hopkins	B&B	15.5
2 Anthony Ekundayo	E&H	15.5
3 Matthew McLaughlin	U17 SBH	17.5

4 Chris Marshall	NOR	16.6	4 Ed Skinner	NOR	17.8
5 John Pride	W&E	17.3	5 Ben Philips	W&E	19.1
6 Zach Haile	SBH	17.3			

M 400mH A			M 400mH B		
1 Ben Hopkins	B&B	56.0	1 Ben Philips	W&E	58.0
2 Matthew McLaughlin	U17 SBH	56.2	2 James Senior	NOR	58.2
3 John Pride	W&E	57.0	3 Ricky Harvie	U17 WSE	61.7
4 Chris Marshall	NOR	58.5	4 Bradley Reed	SXN	63.6
5 Luke Daniel	E&H	59.9	5 James Jackson	E&H	64.5
6 Petru Snaipar	WSE	61.9	6 Joshua Clark	B&B	67.1
7 Anthony Kitterman	SXN	65.2	7 Zach Haile	SBH	73.2

M 2000m Sc A			M 2000m Sc B		
1 James Senior	NOR	6.07.3	1 Cameron Smart	WSE	6.35.7
2 Frank Bailey	SBH	6.17.3	2 Luke Ames-Blackaby	U17 SBH	6.38.8
3 Khalid Al Abaidy	WSE	6.33.2	3 Sam Benge	U17 W&E	6.59.4
4 Daniel Yaxley	W&E	6.45.7	4 James Jackson	E&H	7.10.0
5 Michael Christoforou	U17 E&H	6.49.0	5 Andrew Revell	U17 SXN	7.18.4
6 Ross Fawcett	SXN	6.54.8	6 Robert Yates	U17 B&B	7.23.9
7 Georges Vacharopolos	B&B	7.18.3	7 Jack Harrison	U17 NOR	7.47.2

M Discus Throw A			M Discus Throw B		
1 Liam Biddlecombe	SBH	51.61	1 Ryan Barrett	WSE	43.77
2 Steve Watson	WSE	50.53	2 Gregory Thompson	U17 SBH	42.34
3 Anthony Oshodi	W&E	40.58	3 Danny Clayton	NOR	32.56
4 Matti Mortimore	SXN	39.47	4 Mark Longhurst	B&B	25.42
5 Michael Painter	U17 NOR	38.65	5 Theo Moore	SXN	24.10
6 Jay Hill	E&H	36.94	6 Peter Clarke	W&E	23.25
7 Luke Roach- Christie	U17 HRW	31.51	7 Anthony Ekundayo	E&H	21.22
8 Jake Haylock	B&B	31.12			

M Hammer Throw A			M Hammer Throw B		
1 Andrew Jordon	B&B	65.44	1 Jake Haylock	B&B	56.66
2 Andrew Elkins	SBH	62.60	2 Dempsey McGuigan	SBH	56.57
3 Jay Hill	E&H	59.57	3 Danny Clayton	NOR	46.02
4 Peter Clarke	W&E	58.51	4 Jordan Henwood	E&H	33.17
5 Callum Brown	U17 NOR	51.77	5 Theo Moore	SXN	24.09
6 Mark White	WSE	47.01	6 Luke Roach- Christie	U17 HRW	18.21
7 Matti Mortimore	SXN	28.72	7 Carl Rendorra	W&E	9.21
8 Kyle Turner	U17 HRW	19.63			

M High Jump A			M High Jump B		
1 Chris Baker	E&H	2.05	1 Adam Carpenter	SBH	1.80
2 Geger Maclean	SBH	1.95	2=Anthony Ekundayo	E&H	1.60
3 Adam Howard	NOR	1.75	2=Jonathan Pettit	U17 B&B	1.60
4 Peter Karibo	W&E	1.70	4 Anthony Kitterman	SXN	1.60
5=George Dupree	U17 HRW	1.70	5 Tom Hook	U17 NOR	1.60
5=Tom Powell	SXN	1.70			
7 Russell Waterson	U17 WSE	1.70			
8 Mark Longhurst	B&B	1.60			

M Javelin Throw A			M Javelin Throw B		
1 Matti Mortimore	SXN	66.98	1 Paul Dowding	SXN	49.33
2 Tom Richards	W&E	51.48	2 Ed Skinner	NOR	48.23
3 Harry Newenham	NOR	48.71	3 Andrew Elkins	SBH	42.00
4 Geger Maclean	SBH	47.82	4 Jake Haylock	B&B	24.43
5 Michael Davies	U17 E&H	45.87	5 Peter Clarke	W&E	23.17
6 Leigh Bosson	WSE	41.25	6 Khalid Al Abaidy	WSE	21.29
7 Jonathan Pettit	U17 B&B	30.17			
8 Anthony Knowles	U17 HRW	9.61			

M Long Jump A			M Long Jump B		
1 Kadeem Greenidge-Smith	HRW	7.31	1 Adam Howard	NOR	6.21
2 James McLachlan	NOR	7.27	2 Adam Carpenter	SBH	5.99
3 Ben Clark	U17 SXN	6.75	3 Matty Sadoh	HRW	5.91

4 Jonny Sawyers	WSE	6.52	4 Jordan Henwood	E&H	5.86
5 Taariq John-Clarke	SBH	6.26	5 James Allen	U17 B&B	5.81
6 Leo Lungrem	E&H	5.98	6 Simeon Stuart	W&E	5.67
7 Peter Karibo	W&E	5.88	7 Robert Graham	SXN	5.14
8 Mark Longhurst	B&B	5.86	8 Jordan Thomas	U17 WSE	4.29

M Pole Vault A			M Pole Vault B		
1 Gegor Maclean	SBH	4.70	1 Adam Carpenter	SBH	4.55
2 Mark Longhurst	B&B	4.40	2 Simon Duncan	E&H	3.35
3 Jordan Henwood	E&H	4.10	3 Chris Bradshaw	SXN	3.20
4 Ed Skinner	NOR	3.95			
5 Ben Clark	U17 SXN	3.65			
6 Anthony Knowles	U17 HRW	3.20			
7 Dan Ditton	U17 WSE	2.60			

M Shot Putt A			M Shot Putt B		
1 Liam Biddlecombe	SBH	16.46	1 Andrew Elkins	SBH	12.02
2 Anthony Oshodi	W&E	14.08	2 Michael Painter	U17 NOR	10.87
3 Luke Roach-Christie	U17 HRW	13.52	3 Andrew Jordon	B&B	10.75
4 Danny Clayton	NOR	13.01	4 Matty Sadoh	HRW	10.60
5 Ellis Zorro	B&B	11.49	5 Peter Clarke	W&E	9.92
6 Ryan Barrett	WSE	9.19	6 Paul Roberts	SXN	8.99
7 Paul Dowding	SXN	9.05	7 Khalid Al Abaidy	WSE	6.39
8 Godwin Gyeabour	U17 E&H	7.99			

M Triple Jump A			M Triple Jump B		
1 Joe Lawrence	B&B	14.47	1 Anthony Ekundayo	E&H	13.26
2 Ryan Howard	NOR	14.46	2 Bami Falana	U17 SBH	12.78
3 Leo Lungren	E&H	14.23	3 Kyle Turner	U17 HRW	12.14
4 James Okeyemi	U17 HRW	13.83	4 Adam Howard	NOR	12.00
5 Peter Karibo	W&E	13.52	5 Robert Graham	U17 SXN	11.77
6 Jonny Sawyers	WSE	13.07	6 James Allen	U17 B&B	10.54
7 Taariq John-Clarke	SBH	12.91			
8 Rhys Macdonald	SXN	12.32			

W 100m A			W 100m B		
1 Georgia Lamothe	WSE	12.0	1 Uzoma Nachawakh	U17 E&H	12.2
2 Bianca Williams	U17 E&H	12.0	2 Shalisha Patrick	U17 WSE	12.4
3 Clieo Stephenson	U17 NOR	12.5	3 Amara Lalemi-Jacobs	U17 B&B	12.7
4 Chisom Nwachukwu	U17 SBH	12.5	4 Victoria Mitchell	U17 NOR	12.8
5 Rachel Dickens	U17 B&B	12.6	5 Georgia Green-Muid	U17 SXN	13.3
6 Hannah Smithdale	U17 SXN	12.7	6 Alexis Abayomi	U17 SBH	13.5
7 Kitty Eleyae	W&E	12.8	7 Ronan McKenzie	U17 W&E	13.7
8 Eugenie Brown	U17 HRW	12.9	8 Rachael Nakaye	HRW	14.1

W 200m A			W 200m B		
1 Georgia Lamothe	WSE	25.1	1 Savannah Echel-Thomson	B&B	24.9
2 Frederica Foster	B&B	25.1	2 Sophie Papps	U17 WSE	25.4
3 Clieo Stephenson	U17 NOR	25.3	3 Charlotte Wingfield	U17 E&H	25.6
4 Uzoma Nachawakh	U17 E&H	25.5	4 Victoria Mitchell	U17 NOR	26.5
5 Gabrielle Rowsell	SBH	25.9	5 Caroline Hill	SXN	27.6
6 Hayley McLean	U17 SXN	25.9	6 Imogen Stranis-Oppler	SBH	28.9
7 Eugenie Brown	U17 HRW	26.8			
8 Kitty Eleyae	W&E	28.6			

W 400m A			W 400m B		
1 Savannah Echel-Thomson	B&B	56.3	1 Frederica Foster	B&B	56.6
2 Laura Burke	WSE	57.1	2 Katie Brown	U17 E&H	59.9
3 Kiera Mooney	U17 NOR	59.5	3 Caitlin Bell	NOR	62.3
4 Georgia Bell	U17 SBH	60.5	4 Emma Croft	U17 WSE	62.4
5 Caroline Hill	SXN	61.7	5 Georgina Ferrari	U17 W&E	62.8
6 Sophie Fuhr	U17 W&E	62.7	6 Victoria Walker	SBH	63.0
7 Amy Talbot	E&H	63.2	7 Katie Swift	U17 SXN	64.0

W 800m A			W 800m B		
1 Iona Lake	NOR	2.12.4	1 Sophie Connor	SBH	2.16.4
2 Melissa Courtney	SBH	2.13.5	2 Sophie Reynolds	U17 WSE	2.25.1
3 Krystal Galley	B&B	2.16.2	3 Laura O'Connor	U17 SXN	2.29.6
4 Bex Myers	WSE	2.21.8	4 Charlotte Matthews	U17 E&H	2.30.5
5 April Hogg	E&H	2.32.8	5 Rachel Robinson	U17 B&B	2.39.5
6 Claire Wolf	U17 HRW	2.41.0	6 Honor De Winton	U17 NOR	2.46.4
7 Lauren Freeman	U17 W&E	2.47.7			
8 Kim Johansen	U17 SXN	DNF			
W 1500m A			W 1500m B		
1 Melissa Courtney	SBH	4.43.2	1 Georgia Bell	U17 SBH	4.49.4
2 Charlotte Matthews	E&H	4.54.0	2 Katie Brown	U17 E&H	5.03.7
3 Katie Tuttlebury	SXN	4.56.9	3 Maryse Haynes	U17 WSE	5.17.1
4 Rachel Stedman	WSE	4.59.4	4 Katrina Cosby	B&B	6.11.5
5 Kiera Mooney	U17 NOR	5.08.2	5 Lucy Barnes	U17 SXN	6.11.5
6 Danielle Critchley	B&B	5.12.2			
7 Holly Bedeau	U17 W&E	5.27.3			
W 3000m A			W 3000m B		
1 Sophie Connor	SBH	10.12.2	1 Isobel Thompson	SBH	11.11.8
2 April Hogg	U17 E&H	10.36.6	2 Mel Kane	B&B	12.05.6
3 Alice Wills	U17 WSE	11.02.2	3 Sophie Reynolds	U17 WSE	12.21.5
4 Clare Parkin	B&B	11.32.4			
5 Grace Bird	NOR	11.52.9			
6 Armana Rai	HRW	12.26.3			
7 Jess Docking	W&E	13.14.3			
W 100mH A			W 100mH B		
1 Georgia Atkins	SXN	14.4	1 Letisha Richardson	WSE	17.2
2 Kirsty Warland	E&H	15.2	2 Evie Castle	SXN	18.4
3 Rachael Nakaye	HRW	17.1			
4 Imogen Stranis-Oppler	SBH	20.8			
5 Laura Burke	WSE	DISQ			
W 400mH A			W 400mH B		
1 Katrina Cosby	B&B	62.3	1 Georgia Green-Muid	U17 SXN	69.4
2 Hayley McLean	U17 SXN	62.7	2 Sarah Driver	U17 E&H	70.2
3 Emily Barrett	WSE	64.1	3 Chelsea Crouser	B&B	71.9
4 Freya Bell	NOR	70.9	4 Aimee Partridge	WSE	73.1
5 Sophie Fuhr	U17 W&E	73.7			
6 Anna Sharrock	E&H	78.0			
W 1500m Sc A			W 1500m Sc B		
1 Victoria Walker	SBH	5.08.8	1 Alyssa Spitzer	U17 WSE	6.02.5
2 Amy Talbot	E&H	5.17.9	2 Anna Sharrock	E&H	6.02.6
3 Iona Lake	NOR	5.19.4	3 Hazel Wilson	U17 NOR	6.33.7
4 Rosie Adams	U17 WSE	5.48.6	4 Claire Wolf	U17 HRW	6.36.6
5 Emma Burroughs	U17 SXN	6.20.7	5 Chelsea Crouser	B&B	6.49.4
6 Mel Kane	B&B	6.21.4	6 Jess Docking	W&E	6.58.8
7 Lauren Freeman	U17 W&E	6.22.7			
8 Armana Rai	HRW	6.30.4			
W Discus Throw A			W Discus Throw B		
1 Sam Milner	B&B	38.28	1 Ellie Norris	U17 WSE	32.08
2 Laura James	WSE	34.69	2 Iyabo Adekunle	U17 E&H	22.66
3 Georgina Howe	U17 SXN	31.56	3 Evie Castle	SXN	22.58
4 Amy Johnston	U17 E&H	30.81	4 Nneka Ofulue	SBH	22.55
5 Jenna Cannell	NOR	29.14	5 Georgina Cousins	U17 B&B	21.17
6 Kayomie Thompson	U17 SBH	24.57	6 Steph Burt	NOR	17.02
7 Natasha Ogbe	U17 HRW	18.96	7 Lauren Freeman	U17 W&E	9.32
8 Sophie Fuhr	U17 W&E	11.30			
W Hammer Throw A			W Hammer Throw B		
1 Amy Clemens	SBH	47.33	1 Sam Milner	B&B	28.93
2 Jenna Cannell	NOR	44.81	2 Evie Castle	SXN	24.04

3 Amy Johnston	U17 E&H 36.05	3 Iyabo Adekunle	U17 E&H 24.02
4 Georgina Howe	U17 SXN 34.94	4 Laura James	WSE 21.25
5 Ellie Norris	U17 WSE 29.18	5 Nneka Ofulue	SBH 19.03
6 Georgina Cousins	U17 B&B 29.09	6 Jenny Higgins	NOR 16.73
7 Amy Larkin	W&E 23.38	7 Ria Bailey	HRW 5.75
8 Natasha Ogbe	U17 HRW 16.53		

W High Jump A

1 Gabrielle Rowsell	SBH 1.69
2=Georgia Nwawulor	U17 HRW 1.60
2=Beth Grimsey	U17 E&H 1.60
4 Chloe Smith	NOR 1.50
5 Charlotte Shelly	U17 SXN 1.50
6 Demi Barrance	U17 WSE 1.45
7 Jade Lay	B&B 1.40

W High Jump B

1 Sharon Ogo-Uzodike	U17 HRW 1.45
2 Honor De Winton	U17 NOR 1.45
3 Patricia Mbata	U17 SBH 1.45
4 Elizabeth Ridley	SXN 1.40
5=Chelsea Crouser	B&B 1.35
5=Jo Willard	U17 E&H 1.35
7 Aimee Partridge	WSE 1.35

W Javelin Throw A

1 Laura McDonald	U17 NOR 44.80
2 Mekeda Lewis	U17 SBH 38.31
3 Evie Castle	SXN 31.66
4 Letisha Richardson	WSE 26.08
5 Sharon Kazinga	U17 E&H 22.91
6 Sam Milner	B&B 20.81
7 Claire Wolf	U17 HRW 18.26
8 Lauren Freeman	U17 W&E 10.41

W Javelin Throw B

1 Steph Burt	NOR 32.32
2 Nicole Cara	SBH 28.94
3 Hayley McLean	U17 SXN 28.80
4 Christina Moore	B&B 16.76
5 Alyssa Spitzer	U17 WSE 15.18
6 Amy Wentford	U17 HRW 14.73
7 Georgina Ferrari	U17 W&E 8.38

W Long Jump A

1 Georgia Atkins	SXN 5.48
2 Kitty Eleyae	W&E 5.31
3 Mary Dasipe	U17 E&H 5.31
4 Gabrielle Rowsell	SBH 5.18
5 Lauren Stevens	U17 B&B 5.16
6 Laura Green	NOR 4.75
7 Letisha Richardson	WSE 4.51
8 Georgia Nwawulor	U17 HRW 4.35

W Long Jump B

1 Charlotte Shelly	U17 SXN 5.04
2 Amara Lalemi-Jacobs	U17 B&B 4.85
3 Ronan McKenzie	U17 W&E 4.76
4 Charlotte Wingfield	U17 E&H 4.72
5 Honor De Winton	U17 NOR 4.64
6 Georgie Haynes	U17 WSE 4.36
7 Alexis Abayomi	U17 SBH 4.24
8 Armana Rai	HRW 3.21

W Pole Vault A

1 Ellie Besford	SXN 3.25
2 Beth Grimsey	U17 E&H 3.05
3 Christina Moore	B&B 2.90
4=Amy Wentford	U17 HRW 2.45
4=Georgina Lake	NOR 2.45

W Pole Vault B

1 Anna Huggins	U17 B&B 2.90
2 Jo Willaed	U17 E&H 2.15

W Shot Putt A

1 Sam Milner	B&B 10.60
2 Evie Castle	SXN 10.32
3 Amy Johnston	U17 E&H 9.54
4 Nneka Ofulue	SBH 8.96
5 Steph Burt	NOR 8.72
6 Ellie Norris	U17 WSE 8.22
7 Natasha Ogbe	U17 HRW 7.99
8 Kitty Eleyae	W&E 7.84

W Shot Putt B

1 Georgina Cousins	U17 B&B 9.29
2 Laura McDonald	U17 NOR 8.66
3 Iyabo Adekunle	U17 E&H 8.57
4 Amy Clemens	SBH 8.17
5 Georgina Howe	U17 SXN 7.39
6 Laura James	WSE 7.38
7 Sharon Ogo-Uzodike	U17 HRW 7.37

W Triple Jump A

1 Mary Dasipe	U17 E&H 11.78
2 Lauren Stevens	U17 B&B 11.05
3 Jessica Crisell	U17 SXN 10.44
4 Ronan McKenzie	U17 W&E 10.35
5 Letisha Richardson	WSE 10.34
6 Patricia Mbata	U17 SBH 10.15
7 Sophie Poyner	NOR 9.30
8 Amy Wentford	U17 HRW 8.98

W Triple Jump B

1 Sharon Kazinga	U17 E&H 9.39
2 Rachel Robinson	U17 B&B 9.33
3 Alexis Abayomi	U17 SBH 9.17
4 Ellie Besford	SXN 9.09
5 Kiera Mooney	U17 NOR 8.84
6 Aimee Partridge	WSE 7.40

W 4x100m Relay

1 E&H 48.3	1 Kirsty Warland		2 Ozoma Nachawku	
	3 Charlotte Wingfield	U17	4 Bianca Williams	U17
2 B&B 48.9	1 Georgina Middleton	U17	2 Rachel Dickens	U17
	3 Amara Lalemi-Jacobs	U17	4 Charlotte Colegate	U17
3 NOR 50.2	1 Victoria Mitchell	U17	2 Laura McDonald	U17
	3 Laura Green		4 Clieo Stephenson	U17
4 SBH 50.4	1 Alexis Abayomi	U17	2 Gabrielle Rowsell	
	3 Patricia Mbata	U17	4 Chisom Nwachukwu	U17
5 SXN 51.1	1 Swift		2 Atkins	
	3 Green-Muid		4 Smithdale	
6 HRW 55.1	1 Eugenie Brown	U17	2 Sharon Ogo-Uzodike	U17
	3 Rachael Nakaye		4 Georgia Nwawulor	U17
7 W&E 56.1	1 Ronan McKenzie	U17	2 Kitty Eleyae	
	3 Holly Bedeau	U17	4 Lauren Freeman	U17
8 WSE DNF				

W 4x400m Relay

1 B&B 3.50.4	1 Krystal Galley		2 Frederica Foster	
	3 Katrina Cosby		4 Savannah Echel-Thomson	
2 WSE 3.59.6	1 Bex Myers		2 Emma Croft	U17
	3 Laura Burke		4 Emily Barrett	
3 SBH 4.04.8	1 Melissa Courtney		2 Victoria Walker	
	3 Chisom Nwachukwu	U17	4 Georgia Bell	U17
4 SXN 4.06.2	1 Tuttlebury		2 Leigh-Pearson	
	3 Mclean		4 Hill	
5 NOR 4.15.7	1 Kiera Mooney	U17	2 Caitlin Bell	
	3 Iona Lake		4 Freya Bell	
6 E&H 4.15.9	1 Katie Brown	U17	2 Amy Talbot	
	3 April Hogg	U17	4 Anna Sharrock	
7 W&E 4.25.5	1 Georgina Ferrari	U17	2 Kitty Eleyae	
	3 Holly Bedeau	U17	4 Sophie Fuhr	U17

M 4x100m Relay

1 B&B 42.9	1 Jermaine Olosah		2 Abs Joloaso	U17
	3 Ainsley Cambell		4 Matt Walcott	
2 E&H 43.9	1 Tamoly Black		2 Errul Houston	
	3 Chinchino		4 James McLean	
3 HRW 43.9	1 Kadeem Greenidge-Smith		2 Matty Sadoh	
	3 Tunde Adelekan	U17	4 Ryan Harding	
4 W&E 44.1	1 Carl Rendorra		2 Savion Williams	
	3 Omololu Abiodum		4 David Olupitan	
5 SBH 44.3	1 Adam Carpenter		2 Bami Falana	U17
	3 Mali Lewis		4 Renard Frederick	
6 WSE 44.7	1 Stewart Challis		2 Jordan Thomas	U17
	3 Kieran Moss		4 Ravi Talla	
7 NOR 48.7	1 James McLachlan		2 Danny Clayton	
	3 Jamie Brown		4 Jon Brown	
8 SXN DNF				

M 4x400m Relay

1 WSE 3.25.0	1 Josh Moss		2 Jordan Thomas	U17
	3 Connor Vine		4 Stewart Challis	
2 B&B 3.29.0	1 Ben Hopkins		2 Harry Smith	U17
	3 Jonathan Pettit	U17	4 Ainsley Campbell	
3 SBH 3.30.7	1 Mali Lewis		2 Thomas Gillespie	
	3 Richard Charles		4 Mohamed Essouni	
4 E&H 3.31.2	1 Errul Houston		2 Tom Fallon	
	3 Luke Daniel		4 Nash	
5 W&E 3.34.0	1 Carl Rendorra		2 Tyler Bown	U17
	3 Austin Joseph		4 John Pride	
6 SXN 3.42.2	1 Michael Sturgeon	U17	2 Bradley Reed	
	3 Ben Clark	U17	4 Harry McQueen	

7 NOR 3.44.5	1 James Senior	2 Chris Marshall
	3 Anton Pearson	4 Ed Skinner
8 HRW 3.55.4	1 Avi Brown	U17 2 Jordan Hoo-Quartey U17
	3 Jani Rajkumar	U17 4 Neil Holloway

PRIOR STANDINGS			MATCH RESULT		LEAGUE STANDINGS		
	Event	Lge	Event	Lge		Event	Lge
1	SBH 1549.5	23	1 SBH 503	8	1	Shaftesbury Barnet H.	2052.5 31
2	WSE 1501.5	20	2 E&H 499.5	7	2	Blackheath & Bromley H&AC	1993 25
3	B&B 1496	19	3 B&B 497	6	3	Windsor, Slough, Eton, H'low	1923.5 24
4	E&H 1328	16	4 NOR 459.5	5	4	Enfield & Haringey AC	1827.5 23
5	W&E 1223.5	12	5 WSE 422	4	5	City of Norwich	1540.5 14
6	NOR 1081	9	6 SXN 382.5	3	6	Woodford Grn & Essex Lds	1525.5 14
7	SXN 883	5	7 W&E 302	2	7	The Saxons	1265.5 8
8	HRW 823.5	4	8 HRW 249.5	1	8	Harrow AC	1073 5

Athlete of the Match: Matti Mortimer Javelin 66.98
 Laura McDonald Javelin 44.80

Note(s)

B&B Includes + 35pts,
 NOR Includes + 35pts,
 E&H Includes + 35pts,
 HRW Includes + 35pts,
 SBH Includes + 35pts,
 SXN Includes + 25pts,
 WSE Includes + 35pts,
 W&E Includes + 35pts,

GUEST RESULTS

M 100m

1 Keiren Daly	B&B 11.4
2 Bami Falama	U17 SBH 11.4
3 Ravi Talla	WSE 11.5
4 Omololu Abiodun	W&E 11.5
5 A J Boyce	SBH 11.7
6 Carl Rendorra	W&E 11.9
7 Ollie Ewing	U17 NOR 12.9

M 100m

1 Ainsley Campbell	B&B 11.2
2 Anton Daly	U17 B&B 11.4
3 Tom Powell	U17 SXN 11.7
4 Ellis Zorro	B&B 11.9
5 Tamouy Black	U17 E&H 12.0
6 Leon Holmes	U17 SXN 12.0
7 James Allen	U17 B&B 12.2

W Long Jump

1 Ellie Besford	SXN 4.75NWI
2 Sophie Papps	U17 WSE 4.66NWI
3 Sophie Poyner	NOR 4.34NWI
4 Lauren Kennedy	SXN 3.94NWI

W Javelin Throw

1 Jenna Cannell	NOR 25.42
2 Hannah Castle	U17 SXN 14.09
3 Jenny Higgins	NOR DNSCR

M Long Jump

1 James Okeyemi	HRW 5.90NWI
2 Ryan Howard	U17 NOR 4.59NWI
3 Manny Oamen	SBH DNSCR

W 100m

1 Sophie Papps	U17 WSE 12.7
2 Nadia Mills	U17 WSE 13.3

M Shot Putt

1 Gregory Thompson	U17 SBH 10.32
2 Theo Moore	U17 SXN 7.34

M 200m

1 Savion Williams	W&E 23.9
2 Tamouy Black	U17 E&H 24.3

W Shot Putt

1 Hannah Castle	U17 SXN 5.27
2 Jenny Higgins	NOR 5.00

W 400m

1 Hazel Wilson	U17 NOR 68.5
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M 800m

1 Jack Harrison	U17 NOR 2.12.1
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M Pole Vault

1 Ben Abbott-Green	E&H 4.10
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M 400m

1 Adrian Grant	SXN 53.6
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										POINTS		
Team	B&B	NOR	E&H	HRW	SBH	SXN	WSE	W&E	Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88				
M 100m	A	9	11	8	5	0	6	4	7	50	3	53
	B	5	4	7	6	9	1	2	3	37	0	37
	Cumulative	14	15	15	11	9	7	6	10	87	3	90
M 200m	A	7	6	11	4	9	3	5	8	53	0	53
	B	5	7	4	6	3	1	2	9	37	0	37
	Cumulative	26	28	30	21	21	11	13	27	177	3	180
M 400m	A	9	5	8	4	6	0	11	7	50	3	53
	B	6	4	7	0	3	2	5	9	36	1	37
	Cumulative	41	37	45	25	30	13	29	43	263	7	270
M 800m	A	6	5	8	4	9	3	11	7	53	0	53
	B	6	7	4	3	5	0	9	2	36	1	37
	Cumulative	53	49	57	32	44	16	49	52	352	8	360
M 1500m	A	7	6	8	5	9	4	11	3	53	0	53
	B	5	6	2	4	9	1	7	3	37	0	37
	Cumulative	65	61	67	41	62	21	67	58	442	8	450
M 3000m	A	5	11	7	4	9	6	8	0	50	3	53
	B	0	9	7	0	6	5	0	0	27	10	37
	Cumulative	70	81	81	45	77	32	75	58	519	21	540
M 110mH	A	9	7	11	0	5	8	0	6	46	7	53
	B	9	5	7	0	6	0	0	4	31	6	37
	Cumulative	88	93	99	45	88	40	75	68	596	34	630
M 400mH	A	11	7	6	0	9	4	5	8	50	3	53
	B	3	7	4	0	2	5	6	9	36	1	37
	Cumulative	102	107	109	45	99	49	86	85	682	38	720
M 2000Sc	A	4	11	6	0	9	5	8	7	50	3	53
	B	3	2	5	0	7	4	9	6	36	1	37
	Cumulative	109	120	120	45	115	58	103	98	768	42	810
M DT	A	3	6	5	4	11	7	9	8	53	0	53
	B	5	6	2	0	7	4	9	3	36	1	37
	Cumulative	117	132	127	49	133	69	121	109	857	43	900
M HT	A	11	6	8	3	9	4	5	7	53	0	53
	B	9	6	5	3	7	4	0	2	36	1	37
	Cumulative	137	144	140	55	149	77	126	118	946	44	990

Team	B&B No's									POINTS		
		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
M HJ	A	3	8	11	5.5	9	5.5	4	7	53	0	53
	B	6.5	4	6.5	0	9	5	0	0	31	6	37
Cumulative		146.5	156	157.5	60.5	167	87.5	130	125	1030	50	1080
M JT	A	4	8	6	3	7	11	5	9	53	0	53
	B	5	7	0	0	6	9	3	4	34	3	37
Cumulative		155.5	171	163.5	63.5	180	107.5	138	138	1117	53	1170
M LJ	A	3	9	5	11	6	8	7	4	53	0	53
	B	4	9	5	6	7	2	1	3	37	0	37
Cumulative		162.5	189	173.5	80.5	193	117.5	146	145	1207	53	1260
M PV	A	9	7	8	5	11	6	4	0	50	3	53
	B	0	0	7	0	9	6	0	0	22	15	37
Cumulative		171.5	196	188.5	85.5	213	129.5	150	145	1279	71	1350
M SP	A	6	7	3	8	11	4	5	9	53	0	53
	B	6	7	0	5	9	3	2	4	36	1	37
Cumulative		183.5	210	191.5	98.5	233	136.5	157	158	1368	72	1440
M TJ	A	11	9	8	7	4	3	5	6	53	0	53
	B	3	5	9	6	7	4	0	0	34	3	37
Cumulative		197.5	224	208.5	111.5	244	143.5	162	164	1455	75	1530
W 100m	A	6	8	9	3	7	5	11	4	53	0	53
	B	6	5	9	1	3	4	7	2	37	0	37
Cumulative		209.5	237	226.5	115.5	254	152.5	180	170	1545	75	1620
W 200m	A	9	8	7	4	6	5	11	3	53	0	53
	B	9	5	6	0	3	4	7	0	34	3	37
Cumulative		227.5	250	239.5	119.5	263	161.5	198	173	1632	78	1710
W 400m	A	11	8	4	0	7	6	9	5	50	3	53
	B	9	6	7	0	3	2	5	4	36	1	37
Cumulative		247.5	264	250.5	119.5	273	169.5	212	182	1718	82	1800
W 800m	A	8	11	6	5	9	0	7	4	50	3	53
	B	4	3	5	0	9	6	7	0	34	3	37
Cumulative		259.5	278	261.5	124.5	291	175.5	226	186	1802	88	1890
W 1500m	A	5	6	9	0	11	8	7	4	50	3	53
	B	5	0	7	0	9	4	6	0	31	6	37
Cumulative		269.5	284	277.5	124.5	311	187.5	239	190	1883	97	1980
W 3000m	A	7	6	9	5	11	0	8	4	50	3	53
	B	7	0	0	0	9	0	6	0	22	15	37
Cumulative		283.5	290	286.5	129.5	331	187.5	253	194	1955	115	2070

Team No's	B&B 1 11	NOR 2 22	E&H 3 33	HRW 4 44	SBH 5 55	SXN 6 66	WSE 7 77	W&E 8 88	POINTS		
									Used	Waste	Tot
W 100mH A	0	0	9	8	7	11	0	0	35	18	53
B	0	0	0	0	0	7	9	0	16	21	37
Cumulative	283.5	290	295.5	137.5	338	205.5	262	194	2006	154	2160
W 400mH A	11	7	5	0	0	9	8	6	46	7	53
B	6	0	7	0	0	9	5	0	27	10	37
Cumulative	300.5	297	307.5	137.5	338	223.5	275	200	2079	171	2250
W 1500Sc A	5	8	9	3	11	6	7	4	53	0	53
B	4	6	7	5	0	0	9	3	34	3	37
Cumulative	309.5	311	323.5	145.5	349	229.5	291	207	2166	174	2340
W DT A	11	6	7	4	5	8	9	3	53	0	53
B	4	3	7	0	5	6	9	2	36	1	37
Cumulative	324.5	320	337.5	149.5	359	243.5	309	212	2255	175	2430
W HT A	5	9	8	3	11	7	6	4	53	0	53
B	9	3	6	2	4	7	5	0	36	1	37
Cumulative	338.5	332	351.5	154.5	374	257.5	320	216	2344	176	2520
W HJ A	4	7	8.5	8.5	11	6	5	0	50	3	53
B	3.5	7	3.5	9	6	5	2	0	36	1	37
Cumulative	346	346	363.5	172	391	268.5	327	216	2430	180	2610
W JT A	5	11	6	4	9	8	7	3	53	0	53
B	5	9	0	3	7	6	4	2	36	1	37
Cumulative	356	366	369.5	179	407	282.5	338	221	2519	181	2700
W LJ A	6	5	8	3	7	11	4	9	53	0	53
B	7	4	5	1	2	9	3	6	37	0	37
Cumulative	369	375	382.5	183	416	302.5	345	236	2609	181	2790
W PV A	8	6.5	9	6.5	0	11	0	0	41	12	53
B	9	0	7	0	0	0	0	0	16	21	37
Cumulative	386	381.5	398.5	189.5	416	313.5	345	236	2666	214	2880
W SP A	11	6	8	4	7	9	5	3	53	0	53
B	9	7	6	2	5	4	3	0	36	1	37
Cumulative	406	394.5	412.5	195.5	428	326.5	353	239	2755	215	2970
W TJ A	9	4	11	3	5	8	6	7	53	0	53
B	7	4	9	0	6	5	3	0	34	3	37
Cumulative	422	402.5	432.5	198.5	439	339.5	362	246	2842	218	3060
W 4x1	9	8	11	5	7	6	0	4	50	3	53
Cumulative	431	410.5	443.5	203.5	446	345.5	362	250	2892	221	3113
W 4x4	11	6	5	0	8	7	9	4	50	3	53
Cumulative	442	416.5	448.5	203.5	454	352.5	371	254	2942	224	3166

Team No's	B&B	NOR	E&H	HRW	SBH	SXN	WSE	W&E	POINTS		
	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
M 4x1	11	4	9	8	6	0	5	7	50	3	53
Cumulative	453	420.5	457.5	211.5	460	352.5	376	261	2992	227	3219
M 4x4	9	4	7	3	8	5	11	6	53	0	53
Cumulative	462	424.5	464.5	214.5	468	357.5	387	267	3045	227	3272
Add	35	35	35	35	35	25	35	35	0	0	0
subtract	0	0	0	0	0	0	0	0	0	0	0
Cumulative	497	459.5	499.5	249.5	503	382.5	422	302	3045	227	3272
TOTALS	497	459.5	499.5	249.5	503	382.5	422	302	3045	227	3272

Pos	Team	Points	Add	Sub	Total
1	Shaftesbury Barnet H.	468	35	0	503
2	Enfield & Haringey AC	464.5	35	0	499.5
3	Blackheath & Bromley H&AC	462	35	0	497
4	City of Norwich	424.5	35	0	459.5
5	Windsor, Slough, Eton, H'low	387	35	0	422
6	The Saxons	357.5	25	0	382.5
7	Woodford Grn & Essex Lds	267	35	0	302
8	Harrow AC	214.5	35	0	249.5

Used + add - sub = total	3045	270	0	3315
Unused points	227			227
(Used+unused)+add-sub=total	3272	270	0	3542

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
SBH A	8	10	2	7	4	3	1	0	B 8	6	5	3	1	5	2	0
E&H A	5	8	10	4	5	4	1	1	B 3	12	3	5	4	0	2	0
B&B A	9	8	2	3	4	5	3	3	B 7	4	5	7	5	3	0	0
NOR A	5	3	7	7	9	3	3	0	B 3	7	5	4	5	3	1	0
WSE A	6	4	4	5	2	9	4	0	B 6	4	3	4	1	4	4	1
SXN A	4	2	6	3	8	4	4	3	B 3	2	4	5	8	1	3	3
W&E A	0	3	3	8	4	1	9	5	B 3	0	2	0	4	5	5	0
HRW A	1	1	3	2	1	6	9	8	B 1	0	4	2	1	3	2	2

Men	Event	Women	Event
1 Shaftesbury Barnet H.	258	1 Blackheath & Bromley H&AC	244.5
2 City of Norwich	232	2 Enfield & Haringey AC	240
3 Enfield & Haringey AC	224.5	3 Shaftesbury Barnet H.	210
4 Blackheath & Bromley H&AC	217.5	4=The Saxons	209
5 Windsor, Slough, Eton, H'low	178	4=Windsor, Slough, Eton, H'low	209
6 Woodford Grn & Essex Lds	177	6 City of Norwich	192.5
7 The Saxons	148.5	7 Harrow AC	92
8 Harrow AC	122.5	8 Woodford Grn & Essex Lds	90