

Team		Score
1	Dacorum & Tring	330
2	Woodford Green with Essex Ladies	259
3	Watford Harriers	271
4	Loughton	211
5	Vale of Aylesbury	114
6	Mornington Chasers	51

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Men's A 100m		Wind=		
1	Dom Ashwell	U17	Dacorum & Tring	10.65 6
2	Max Lowery	SM	Watford Harriers	10.93 5
3	Justin Duru	SM	Woodford Green with Essex Ladies	11.01 4
4	John McCabe	SM	Loughton	11.98 3
5	Sam Akpabio	U20	Vale of Aylesbury	12.08 2
6	David Hidasi	SM	Mornington Chasers	13.66 1

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Men's B 100m		Wind=		
1	Stefan Redmond	SM	Woodford Green with Essex Ladies	11.41 6
2	Jordan Emanuel	U17	Watford Harriers	11.87 5
3	Peter De Souza	SM	Loughton	12.21 4
4	Marlon Camacho	U20	Vale of Aylesbury	12.32 3
5	Matt Woodhouse	SM	Dacorum & Tring	12.82 2
6				1

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Men's A 200m		Wind=		
1	Olumide Ogunseitan	U23	Woodford Green with Essex Ladies	22.06 6
2	Dom Ashwell	U17	Dacorum & Tring	22.18 5
3	Sam Akpabio	U20	Vale of Aylesbury	24.59 4
4	Max Lowery	SM	Watford Harriers	24.87 3
5	John McCabe	SM	Loughton	25.62 2
6	David Hidasi	SM	Mornington Chasers	27.88 1

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Men's B 200m		Wind=		
1	Justin Duru	SM	Woodford Green with Essex Ladies	22.30 6
2	Jon Rendell	U23	Dacorum & Tring	23.28 5
3	Jordan Emanuel	U17	Watford Harriers	26.91 4
4	Cliff Warren	M50	Loughton	27.21 3
5				2
6				1

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Men's A 400m				
1	Max Lowery	SM	Watford Harriers	50.25 6
2	Jon Rendell	U23	Dacorum & Tring	50.40 5
3	Paul Scanlon	SM	Woodford Green with Essex Ladies	50.88 4
4	John McCabe	SM	Loughton	57.47 3
5	James Davis	U20	Vale of Aylesbury	1:02.65 2
6	Phil Tysoe	SM	Mornington Chasers	1:04.28 1

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Men's B 400m				
1	Owen Dearman	U17	Watford Harriers	56.46 6
2	Cliff Warren	M50	Loughton	1:02.48 5
3	Matt Woodhouse	SM	Dacorum & Tring	1:03.43 4
4	David Penton	SM	Mornington Chasers	1:07.04 3
5				2
6				1

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Men's A 800m				
1	Canann Soloman	U17	Woodford Green with Essex Ladies	1:55.56 6
2	Johann Sansean	U17	Watford Harriers	2:12.73 5
3	Matthew Renphrey	U17	Dacorum & Tring	2:13.03 4
4	William Ralston	U17	Vale of Aylesbury	2:14.74 3
5	Phil Tysoe	SM	Mornington Chasers	2:21.68 2
6				1

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Men's B 800m				
1	James Davis	U23	Vale of Aylesbury	2:16.30 6
2	-	0	Mornington Chasers	2:17.81 5
3	Dean Johal	U17	Watford Harriers	2:21.02 4
4	Luke Redford	U20	Dacorum & Tring	2:32.53 3
5				2
6				1

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Men's A 1500m

1	Peter Caton	SM	Woodford Green with Essex Lac	4:32.06	6
2	Jonny Miesner	SM	Mornington Chasers	4:37.21	5
3	James Davis	U23	Vale of Aylesbury	4:48.79	4
4	Davide Beany	SM	Watford Harriers	4:57.48	3
5					2
6					1

Men's B 1500m

1	Darren Southcott	SM	Woodford Green with Essex Lac	4:42.20	6
2	Jeff Bannister	SM	Mornington Chasers	4:46.83	5
3	William Ralston	U17	Vale of Aylesbury	4:51.75	4
4	Johann Sansean	U17	Watford Harriers	5:24.46	3
5					2
6					1

Men's A 5000m

1	Donatas Tumaitis	SM	Woodford Green with Essex Lac	16:17.12	6
2	Charlie May	SM	Vale of Aylesbury	16:45.13	5
3	Jonny Miesner	SM	Mornington Chasers	16:50.01	4
4	Davide Beany	SM	Watford Harriers	17:40.86	3
5	John Hopper	M45	Dacorum & Tring	20:57.63	2
6					1

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Men's B 5000m

1	Darren Southcott	SM	Woodford Green with Essex Lac	16:23.27	6
2	James Davis	U23	Vale of Aylesbury	17:47.20	5
3	Karl Baddeley	SM	Mornington Chasers	18:16.87	4
4					3
5					2
6					1

aw

Men's A 110mH

Wind=

1	James Weller	U23	Dacorum & Tring	20.64	6
2	Jim Harrison	M50	Loughton	21.51	5
3	Ryan Smith	M40	Watford Harriers	24.03	4
4					3
5					2
6					1

Men's B 110mH

Wind=

1	Trevor Ratcliffe	M50	Dacorum & Tring	32.13	6
2					5
3					4
4					3
5					2
6					1

Men's A 400mH

1	James Davis	U23	Vale of Aylesbury	1:09.70	6
2	Jim Harrison	M50	Loughton	1:11.82	5
3	Ryan Smith	M40	Watford Harriers	1:13.37	4
4	Shaun Wall	SM	Dacorum & Tring	1:37.54	3
5					2
6					1

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Men's B 400mH

1					6
2					5
3					4
4					3
5					2
6					1

Men's A 2000m Steeplechase

1	James Davis	U23	Vale of Aylesbury	7:22.49	6
2	Shaun Wall	SM	Dacorum & Tring	11:50.22	5
3					4
4					3
5					2
6					1

Men's B 2000m Steeplechase

1					6
2					5
3					4
4					3
5					2
6					1

Men's A High Jump

1	Robert Wolski	SM	Woodford Green with Essex Lac	2.00	6
2	James Weller	U20	Dacorum & Tring	1.65	5
3	Ryan Smith	M40	Watford Harriers	1.60	4
4	Cliff Warren	M50	Loughton	1.00	3
5					2
6					1

aw

Men's B High Jump

1	Shayne Dewar	U17	Woodford Green with Essex Lac	1.75	6
2	John Hopper	M45	Dacorum & Tring	1.60	5
3	Owen Dearman	U17	Watford Harriers	1.60	4
4	Peter De Souza	SM	Loughton	1.00	3
5					2
6					1

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Men's A Pole Vault

1	James Weller	U20	Dacorum & Tring	3.80	6
2	Ryan Smith	M40	Watford Harriers	2.80	5

aw

3	Jim Harrison	M50	Loughton	2.80	4
4	Sam Malekout	0	Woodford Green with Essex Lac	2.20	3
5					2
6					1

Men's B Pole Vault

1	Owen Dearman	U17	Watford Harriers	2.60	6
2	Luke Redford	U20	Dacorum & Tring	2.60	5
3					4
4					3
5					2
6					1

Men's A Long Jump

1	Daniel Hopper	U17	Dacorum & Tring	6.12	6
2	Sam Malekout	SM	Woodford Green with Essex Lac	5.87	5
3	Cliff Warren	M50	Loughton	4.91	4
4	Ryan Smith	M40	Watford Harriers	4.87	3
5					2
6					1

aw
#N/A

Wind

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Men's B Long Jump					Wind	
1	Jackson Cowans	U17	Dacorum & Tring	5.71	6	aw
2	Olu Ogunade	U17	Woodford Green with Essex Lac	5.54	5	aw
3	Dean Johal	SM	Watford Harriers	4.72	4	
4	Peter De Souza	SM	Loughton	4.19	3	
5					2	
6					1	

Men's A Triple Jump					Wind	
1	Jackson Cowans	U17	Dacorum & Tring	12.56	6	aw
2	Jordan Emanuel	U17	Watford Harriers	11.73	5	aw
3	Cliff Warren	M50	Loughton	10.48	4	aw
4	Alan James	SM	Woodford Green with Essex Lac	10.24	3	
5					2	
6					1	

Men's B Triple Jump					Wind	
1	Richard Emptage	M50	Dacorum & Tring	10.38	6	aw
2	Ryan Smith	M40	Watford Harriers	8.38	5	
3	Hugh Williams	SM	Woodford Green with Essex Lac	7.77	4	
4					3	
5					2	
6					1	

Men's A Shot Putt						
1	Hugh Williams	SM	Woodford Green with Essex Lac	11.75	6	aw
2	Shaun Wall	SM	Dacorum & Tring	11.47	5	aw
3	Ryan Smith	M40	Watford Harriers	8.03	4	
4	Jim Harrison	M50	Loughton	7.58	3	
5					2	
6					1	

Men's B Shot Putt						
1	Chris Line	U23	Dacorum & Tring	10.12	6	aw
2	Sam Malekout	SM	Woodford Green with Essex Lac	9.58	5	
3	Shaun De Souza Brady	M50	Loughton	6.34	4	
4	Richard Parles	M45	Watford Harriers	5.61	3	
5					2	
6					1	

Men's A Discus						
1	Hugh Williams	u23	Woodford Green with Essex Lac	34.81	6	aw
2	Trevor Ratcliffe	M50	Dacorum & Tring	30.93	5	aw
3	Ryan Smith	M40	Watford Harriers	21.00	4	
4	Jim Harrison	M50	Loughton	18.64	3	
5	Bartosz Sikora	U17	Vale of Aylesbury	17.10	2	aw
6					1	

Men's B Discus						
1	Sam Malekout	sm	Woodford Green with Essex Lac	28.92	6	aw
2	Shaun De Souza Brady	M50	Loughton	16.50	5	
3	Richard Parles	M45	Watford Harriers	16.15	4	
4					3	
5					2	
6					1	

Men's A Hammer						
1	Harry Clarke	SM	Woodford Green with Essex Lac	57.55	6	aw
2	Chris Line	U23	Dacorum & Tring	30.80	5	aw
3	Ryan Smith	M40	Watford Harriers	20.86	4	
4	Jim Harrison	M50	Loughton	15.37	3	
5					2	
6					1	

Men's B Hammer						
1	Hugh Williams	U23	Woodford Green with Essex Lac	36.79	6	aw
2	Trevor Ratcliffe	M50	Dacorum & Tring	29.75	5	
3	Shaun De Souza Brady	M50	Loughton	14.05	4	
4	Richard Parles	M45	Watford Harriers	12.80	3	
5					2	
6					1	

Men's A Javelin						
1	Trevor Ratcliffe	M50	Dacorum & Tring	52.15	6	aw
2	Jay Boddington	SM	Woodford Green with Essex Lac	51.35	5	aw

3	Ryan Smith	M40	Watford Harriers	31.47	4
4	Jim Harrison	M50	Loughton	29.19	3
5	0	0	Vale of Aylesbury	19.06	2
6					1

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Men's B Javelin

1	Shaun Wall	SM	Dacorum & Tring	45.87	6
2	Sam Malekout	SM	Woodford Green with Essex Lad	43.02	5
3	Shaun De Souza Brady	M50	Loughton	15.99	4
4	Richard Parles	M45	Watford Harriers	13.83	3
5					2
6					1

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Men's 4x100m

1	Woodford Green with Essex Ladies	SM	Woodford Green with Essex Lad	45.40	6
2	Dacorum & Tring	SM	Dacorum & Tring	48.00	5
3	Watford Harriers	SM	Watford Harriers	48.36	4
4	Loughton	SM	Loughton	53.14	3
5					2
6					1

Men's 4x400m

1	Woodford Green with Essex Ladies	SM	Woodford Green with Essex Lad	3:53.68	6
2	Watford Harriers	SM	Watford Harriers	4:28.56	5
3	Dacorum & Tring	SM	Dacorum & Tring	5:18.44	4
4					3
5					2
6					1

Women's A 100m		Wind=	+1.6			
1	Elese Obiekwe	U17	Woodford Green with Essex Lac	13.18	6	aw
2	CHARLOTTE RADCLIFFE	U17	Dacorum & Tring	13.42	5	
3	Eleanor Gadsby	U23	Vale of Aylesbury	14.75	4	
4	Petra Marton	SW	Mornington Chasers	16.04	3	
5	Andrea Harris	W40	Watford Harriers	16.95	2	
6	Doris De Souza Brady	W60	Loughton	18.69	1	
Women's B 100m		Wind=	+3.0			
1	SUMMER CLARKE	U17	Dacorum & Tring	14.10	6	
2	Lauren Sibley	SW	Loughton	14.33	5	
3	Phoebe Fuhr	U17	Woodford Green with Essex Lac	14.37	4	
4	Christine Dearman	W45	Watford Harriers	16.23	3	
5	Julia Austin	W50	Vale of Aylesbury	17.79	2	
6					1	
Women's A 200m		Wind=				
1	PHILLIPA LOWE	SW	Dacorum & Tring	24.99	6	aw
2	Elese Obiekwe	U17	Woodford Green with Essex Lac	27.19	5	aw
3	Amie Harrison	SW	Loughton	30.06	4	
4	Christine Dearman	W45	Watford Harriers	34.28	3	
5	Petra Marton	SW	Mornington Chasers	35.30	2	
6					1	
Women's B 200m		Wind=				
1	AMBER CARROLL	U17	Dacorum & Tring	26.89	6	aw
2	Ella Warwick	U17	Woodford Green with Essex Lac	30.03	5	
3	Lauren Sibley	SW	Loughton	30.04	4	
4	Andrea Harris	W40	Watford Harriers	35.11	3	
5					2	
6					1	
Women's A 400m						
1	LUCY JONES	U23	Dacorum & Tring	1:05.79	6	aw
2	Amie Harrison	SW	Loughton	1:07.89	5	aw
3	Alison Putko	W35	Watford Harriers	1:16.93	4	aw
4					3	
5					2	
6					1	
Women's B 400m						
1	ROBYN KHAN	U20	Dacorum & Tring	1:05.50	6	aw
2	Lauren Sibley	SW	Loughton	1:17.11	5	aw
3	Andrea Harris	W40	Watford Harriers	1:21.95	4	aw
4					3	
5					2	
6					1	
Women's A 800m						
1	Gemma Coe	SW	Woodford Green with Essex Lac	2:20.93	6	aw
2	EMILY HIGGINS	U17	Dacorum & Tring	2:38.43	5	
3	Chloe Dearman	U20	Watford Harriers	2:41.91	4	
4	Julia Austin	W50	Vale of Aylesbury	2:56.33	3	
5	Melanie Peddle	W45	Loughton	3:29.06	2	
6					1	
Women's B 800m						
1	Anna Clarke	U20	Woodford Green with Essex Lac	2:15.49	6	aw
2	ISABELLE AMOS	U17	Dacorum & Tring	2:42.76	5	
3	Helen Johal	W45	Watford Harriers	3:13.64	4	
4	Irene Petersen	W50	Loughton	3:55.45	3	
5					2	
6					1	
Women's A 1500m						
1	Kelly Thorneycroft	SW	Mornington Chasers	5:11.17	6	
2	SAMANTHA FAWCETT	SW	Dacorum & Tring	5:19.28	5	
3	Chloe Dearman	U20	Watford Harriers	5:52.15	4	
4	Jean Hobbs	W60	Loughton	7:35.21	3	
5					2	
6					1	
Women's B 1500m						
1	ELIZABETH ROBERTS	SW	Dacorum & Tring	5:44.08	6	
2	Helen Johal	W45	Watford Harriers	6:46.42	5	

3	Irene Petersen	W50	Loughton	7:38.15	4
4					3
5					2
6					1

Women's A 3000m

1	Gemma Coe	SW	Woodford Green with Essex Lac	10:32.50	6
2	Kelly Thorneycroft	SW	Mornington Chasers	11:18.57	5
3	GRACE BIRDSEYE	U17	Dacorum & Tring	11:51.83	4
4	Chloe Dearman	U20	Watford Harriers	12:14.15	3
5	Melanie Peddle	W45	Loughton	14:30.78	2
6					1

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Women's B 3000m

1	REBECCA FAWCETT	SW	Dacorum & Tring	12:30.94	6
2	Alex Wardle	W45	Woodford Green with Essex Lac	12:33.79	5
3	Christine Dearman	W45	Watford Harriers	15:01.48	4
4	Jean Hobbs	W60	Loughton	15:39.94	3
5					2
6					1

Women's A 100mH

Wind=

1	Gemma Weetman (HCA)	SW	Woodford Green with Essex Lac	14.75	6
2	Rachel Bentley	SW	Watford Harriers	18.69	5
3	Amie Harrison	SW	Loughton	24.25	4
4					3
5					2
6					1

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Women's B 100mH		Wind=			
1					6
2					5
3					4
4					3
5					2
6					1

Women's A 400mH					
1	PHILLIPA LOWE	U23	Dacorum & Tring	59.54	6
2	Gemma Weetman (HCA)	SW	Woodford Green with Essex Lac	1:01.12	5
3	Rachel Bentley	SW	Watford Harriers	1:14.21	4
4	Amie Harrison	SW	Loughton	1:23.80	3
5					2
6					1

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Women's B 400mH					
1	AMBER CARROLL	U17	Dacorum & Tring	1:08.90	6
2	Lauren Sibley	SW	Loughton	1:23.99	5
3	Alison Putko	W35	Watford Harriers	1:36.75	4
4					3
5					2
6					1

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Women's A 2000m Steeplechase					
1	Rachel Lund	SW	Woodford Green with Essex Lac	7:51.60	6
2	REBECCA FAWCETT	SW	Dacorum & Tring	9:18.79	5
3	Petra Marton	SW	Mornington Chasers	9:45.24	4
4	Alison Putko	W35	Watford Harriers	9:52.52	3
5	Irene Petersen	W50	Loughton	11:09.19	2
6					1

Women's B 2000m Steeplechase					
1	Andrea Harris	W40	Watford Harriers	10:30.13	6
2	Michaela Davis	W45	Loughton	11:23.89	5
3					4
4					3
5					2
6					1

Women's A High Jump					
1	CHARLOTTE RADCLIFFE	U17	Dacorum & Tring	1.38	6
2	Molly Jarvis	U17	Watford Harriers	1.38	5
3	Rochelle Arulanandam	U23	Vale of Aylesbury	1.25	4
4	Michaela Davis	W45	Loughton	1.10	3
5					2
6					1

Women's B High Jump					
1	LUCY JONES	U20	Dacorum & Tring	1.25	6
2	Alison Putko	W35	Watford Harriers	1.15	5
3	Barbara Higgins	W60	Loughton	0.90	4
4					3
5					2
6					1

Women's A Pole Vault					
1	JESSICA O'SULLIVAN	U20	Dacorum & Tring	3.10	6
2	Phoebe Fuhr	U17	Woodford Green with Essex Lac	2.00	5
3	Michaela Davis	W45	Loughton	1.20	4
4					3
5					2
6					1

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Women's B Pole Vault					
1	ELLIE THOMPSON	U17	Dacorum & Tring	3.00	6
2	Barbara Higgins	W60	Loughton	1.20	5
3					4
4					3
5					2
6					1

aw

Women's A Long Jump					
1	CHARLOTTE RADCLIFFE	U17	Dacorum & Tring	4.73	6
2	Eike Vardja	SW	Woodford Green with Essex Lac	4.64	5

Wind
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3	Rochelle Arulanandam	U23	Vale of Aylesbury	4.28	4	
4	Molly Jarvis	U17	Watford Harriers	3.94	3	
5	Amie Harrison	SW	Loughton	2.87	2	
6					1	

Women's B Long Jump

Wind

1	LUCY JONES	U20	Dacorum & Tring	4.52	6	
2	Nneamak Obiamago	U23	Vale of Aylesbury	4.21	5	
3	Christine Dearman	W45	Watford Harriers	3.12	4	
4	Michaela Davis	W45	Loughton	2.57	3	
5					2	
6					1	

Women's A Triple Jump

Wind

1	JESSICA O'SULLIVAN	U17	Dacorum & Tring	10.06	6	aw
2	Rochelle Arulanandam	U23	Vale of Aylesbury	9.08	5	
3	Rachel Bentley	SW	Watford Harriers	8.94	4	
4	Michaela Davis	W45	Loughton	6.24	3	
5					2	
6					1	

Women's B Triple Jump

Wind

1	LUCY JONES	U20	Dacorum & Tring	9.71	6	aw
2	Alison Putko	W35	Watford Harriers	7.70	5	
3	Barbara Higgins	W60	Loughton	5.72	4	
4					3	
5					2	
6					1	

Women's A Shot Putt

1	Hollie Redman	SW	Woodford Green with Essex Lac	11.01	6	aw aw aw
2	Nneamak Obiamago	U23	Vale of Aylesbury	9.18	5	
3	ROBYN KHAN	U20	Dacorum & Tring	7.63	4	
4	Katharine Doran	SW	Watford Harriers	6.95	3	
5	Kate Merrett	W50	Loughton	6.11	2	
6					1	

Women's B Shot Putt

1	Eike Vardja	SW	Woodford Green with Essex Ladies	8.48	6
2	CAITLIN FILBY	U20	Dacorum & Tring	6.34	5
3	Brenda Russell	W55	Vale of Aylesbury	5.67	4
4	Doris De Souza Brady	W60	Loughton	4.67	3
5	Gemma Stanger	U17	Watford Harriers	4.48	2
6					1

aw

Women's A Discus

Women's A Discus						
1	Hollie Redman	SW	Woodford Green with Essex Ladies		6	
2		0	0	Vale of Aylesbury	45.01	5
3	Molly Jarvis	U17	Watford Harriers	29.59		4
4	CAITLIN FILBY	U20	Dacorum & Tring	26.01		3
5	Kate Merrett	W50	Loughton	21.30		2
6				18.16		1

#N/A

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#N/A

Women's B Discus

1	Katharine Doran	SW	Watford Harriers	24.89	6
2	Brenda Russell	W55	Vale of Aylesbury	17.48	5
3	NATASHA TENTY	U17	Dacorum & Tring	17.41	4
4	Barbara Higgins	W60	Loughton	15.67	3
5					2
6					1

Women's A Hammer

1	Hollie Redman	SW	Woodford Green with Essex Ladies	41.00	6
2	CAITLIN FILBY	U20	Dacorum & Tring	29.47	5
3	Brenda Russell	W55	Vale of Aylesbury	25.60	4
4	Chloe Dearman	U20	Watford Harriers	19.50	3
5	Barbara Higgins	W60	Loughton	18.25	2
6					1

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Women's B Hammer

1	Barbara Higgins	W60	Loughton	17.83	6
2	Amanda Jarvis	W45	Watford Harriers	16.80	5
3	NATASHA TENTY	U17	Dacorum & Tring	16.43	4
4					3
5					2
6					1

Women's A Javelin

1	Eike Vardja	SW	Woodford Green with Essex Ladies	29.24	6
2	Katharine Doran	SW	Watford Harriers	20.39	5
3	NATASHA TENTY	U17	Dacorum & Tring	18.09	4
4	Kate Merrett	W50	Loughton	12.83	3
5	Amy Nneamaka Obiamago	SW	Vale of Aylesbury	12.81	2
6					1

aw

Women's B Javelin

1	Hollie Redman	SW	Woodford Green with Essex Ladies	24.25	6
2	Rachel Bentley	SW	Watford Harriers	20.26	5
3	Brenda Russell	W55	Vale of Aylesbury	11.16	4
4	Doris De Souza Brady	W60	Loughton	9.46	3
5	ELLIE THOMPSON	U17	Dacorum & Tring	7.78	2
6					1

Women's 4x100m

1	Dacorum & Tring	SW	Dacorum & Tring	52.50	6
2	Watford Harriers	SW	Watford Harriers	1:02.07	5
3	Loughton	SW	Loughton	1:04.45	4
4					3
5					2
6					1

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Women's 4x400m

1	Dacorum & Tring	SW	Dacorum & Tring	4:21.16	6
2	Watford Harriers	SW	Watford Harriers	4:52.71	5
3	Loughton	SW	Loughton	6:02.28	4
4					3
5					2
6					1