

100m A	Wind -3.0 m/s	100m B	Wind -3.0 m/s
1 Toby Sandeman	TVH 10.73	1 Robert Graham	HHH 11.03
2 James Alaka	B&B 10.93	2 Othroy Marsh	HRW 11.13
3 Dele Onifade	HHH 11.09	3 William De Torvy	TVH 11.19
4 Leroy Slue	HRW 11.09	4 Wyn Roberts	SWS 11.20
5 Justin Green	K&P 11.21	5 Phil Doorgachurn	CDF 11.33
6 Liam Duff	CDF 11.37	6 Femi Owolade	B&B 11.34
7 Anthony Timms	LDS 11.57	7 Jordan Smith-Bent	U20 K&P 11.41
8 Andrew Smith	SWS 11.80	8 Tom Waiting	LDS 11.76

200m A	Wind -3.4 m/s	200m B	Wind -2.9 m/s
1 James Alaka	B&B 21.89	1 Matt Elias	CDF 22.04
2 Idris Ojuriye	HHH 22.14	2 Byron Robinson	HHH 22.15
3 Leroy Slue	HRW 22.28	3 Daniel Haque	B&B 22.15
4 Justin Green	K&P 22.40	4 Chris Hall	K&P 22.51
5 Jason Commissiong	TVH 22.56	5 Lemar Sylvester	TVH 22.55
6 Phil Doorgachurn	CDF 22.79	6 Othroy Marsh	HRW 22.69
7 Tom Waiting	LDS 23.40	7 Gareth Dodd	SWS 23.16
8 Andrew Smith	SWS 25.04	8 Kyle Jeffrey	LDS 23.20

400m A		400m B	
1 Lawrence Mensah	HHH 48.21	1 Samuel Adeyemi	HHH 49.16
2 Toby Ulm	K&P 48.36	2 Edmund Amanin	TVH 49.31
3 Craig Stewart	HRW 48.66	3 Sonny Flynn	HRW 49.47
4 Tom Miller	CDF 48.91	4 Ed Harrison	B&B 49.98
5 Josh Cayenne	B&B 48.93	5 Jamie McCullagh	K&P 50.50
6 Andrew Smith	SWS 49.22	6 Gareth Wiltshire	CDF 50.65
7 Lloyd King	TVH 49.96	7 Mark Gilmer	LDS 50.72
8 Sam Lowrey	LDS 50.15	8 Sam Walsh	SWS 51.99

800m A		800m B	
1 Gareth Warburton	CDF 1.50.52	1 Joe Maynard	CDF 1.51.99
2 Michael Dyer	HHH 1.52.16	2 Chris Davies	SWS 1.55.49
3 Neil Dougal	TVH 1.52.76	3 Lewis Lloyd	HHH 1.56.09
4 Jamie McCullagh	K&P 1.53.61	4 Michael Hobson	K&P 1.56.40
5 Ben Craddock	LDS 1.53.99	5 Louis William	TVH 1.57.11
6 Matthew Addison	HRW 1.54.72	6 Adam Stainsby	HRW 1.57.81
7 Russell Bentley	B&B 1.56.53	7 Daniel Ryan	B&B 1.58.35
8 Sam Walsh	SWS 2.06.13	8 Joe Townsend	LDS 1.59.59

1500m A		1500m B	
1 James Wilkinson	LDS 3.53.84	1 Michael Salter	LDS 3.54.68
2 Harri Jones	CDF 3.55.26	2 Tom Marshall	CDF 3.57.16
3 Russell Bentley	B&B 3.57.88	3 Andrew Hennessey	TVH 3.59.81
4 Luke Caldwell	K&P 3.58.08	4 James Poole	B&B 4.00.41
5 Paul Whitelam	TVH 3.59.81	5 Marc Hobbs	SWS 4.04.38
6 Adam Bowden	HRW 4.01.19	6 Ben Warren	HRW 4.04.87
7 Craig Hopkins	SWS 4.01.95	7 Tim Elsey	HHH 4.05.33
8 Jonathan Henderson	HHH 4.02.03	8 Craig Price	K&P 4.09.92

5000m A		5000m B	
1 Adam Bowden	HRW 14.53.97	1 Peter Tucker	B&B 15.19.74
2 Kevin Quinn	HHH 15.01.21	2 James McMullan	HHH 15.21.45
3 Marc Hobbs	SWS 15.13.21	3 Dave Branfoot	HRW 15.27.52
4 Andrew Rayner	B&B 15.16.52	4 Lewys Hobbs	SWS 15.38.95
5 Tom Beedell	K&P 15.30.41	5 James Sumpter	TVH 15.44.37
6 Chris Smith	TVH 15.40.23	6 Will Clark	K&P 15.56.59
7 Geoff Belcher	LDS 15.48.82	7 Oliver Ziff	LDS 16.38.76
8 James Williams	CDF 16.56.18	8 Andy Friend	CDF DNF

110mH A	Wind -2.5 m/s	110mH B	Wind -0.3 m/s
1 Matt Hudson	LDS 14.62	1 Chris Hall	K&P 17.03
2 Matt Field	K&P 15.09	2 Richard Holt	B&B 17.46
3 Mensah Elliott	B&B 15.40	3 Tom Lindsey	LDS 18.66
4 Myles Fisher	TVH 16.13	4 Glyn Price	V40 SWS 19.92
5 Blade Ashby	HHH 16.63	5 Saoirse Chinery-Edoo	HRW 21.72
6 Chad McLeod	HRW 19.57		
7 Matt Ledger	CDF DNF		
400mH A		400mH B	
1 Ed Harrison	B&B 53.04	1 Tom Parry	K&P 56.56
2 Danny Eckersley	K&P 55.47	2 Ben Parkin	U17 B&B 57.56
3 Sam Parsons	HHH 56.61	3 Chad McLeod	HRW 57.88
4 Delroy Mitchell	TVH 59.44	4 Andrew Hennessey	TVH 64.97
5 Tom Lindsey	LDS 61.75	5 James Williams	CDF 67.53
6 Andy Friend	CDF 67.24	6 Jeff Cunningham	HHH 70.15
7 Steve Richards	SWS 72.39	7 Steve Davies	SWS 73.27
8 Ben Carne	HRW DNF	8 Gavin Chatterton	LDS 88.29
3000m SC A		3000m SC B	
1 Matthew Carey	HRW 8.59.77	1 Alex Gibbins	B&B 9.49.09
2 Chris Discombe	CDF 9.21.10	2 Jeff Cunningham	HHH 9.50.40
3 Andrew Hennessey	TVH 9.25.04	3 Andy Friend	CDF 10.01.02
4 Sullivan Smith	SWS 9.26.37	4 Peter Norris	HRW 10.05.72
5 Alex Bruce Littlewood	U20 B&B 9.28.25	5 Nick Hooker	LDS 10.06.59
6 Andrew Donno	HHH 9.50.23	6 Steve Norris	TVH 10.09.55
7 Gavin Chatterton	LDS 9.56.79	7 Steve Davies	SWS 10.45.29
8 Mike Maranzano	K&P 10.35.50	8 Andy Robinson	V40 K&P 10.59.26
Discus Throw A		Discus Throw B	
1 Dave Coleman	CDF 49.08	1 Andy Wheble	K&P 38.53
2 Steve Whyte	TVH 44.93	2 Garry Power	HHH 37.92
3 Thomas Ashby	HHH 43.49	3 Peter Maitland	SWS 34.95
4 Nick Owen	K&P 39.85	4 Gavin Cook	TVH 30.51
5 Alex Pope	B&B 39.77	5 Saoirse Chinery-Edoo	HRW 30.17
6 Dan Gardner	LDS 38.11	6 Matt Ledger	CDF 27.80
7 Ritchie Wells	SWS 36.76	7 David Milnes	LDS 21.10
8 Andy Lewis	HRW 30.22	8 Richard Al Ameen	U20 B&B 19.97
Hammer Throw A		Hammer Throw B	
1 Stuart Thurgood	HHH 57.45	1 Mark Hanily	HHH 51.33
2 Steve Whyte	TVH 57.32	2 Richard Al Ameen	U20 B&B 48.79
3 Andrew Jordan	U20 B&B 55.55	3 Gavin Cook	TVH 47.73
4 Ritchie Wells	SWS 52.31	4 Andy Wheble	K&P 39.65
5 Kyle Stevens	K&P 49.92	5 David Milnes	LDS 29.40
6 Peter Morgan	CDF 39.43	6 Matt Ledger	CDF 23.77
7 Alan French	HRW 34.12	7 Tom Rees	SWS 23.41
8 Sam Allen	LDS 30.76	8 Damien Nevins	HRW 6.85
High Jump A		High Jump B	
1 Lewis Ely	B&B 1.95	1 Blade Ashby	HHH 1.85
2 Thomas Ashby	HHH 1.95	2 Lewis Long	CDF 1.80
3 Dan Gardner	LDS 1.85	3 Chris Dack	K&P 1.75
4 Matt Ledger	CDF 1.85	4 Alex Pope	B&B 1.75
5 Matt Field	K&P 1.85	5 Steve Linsell	LDS 1.75
6 Richard Carr	HRW 1.80	6 Chris Alexis	HRW 1.70
7 Myles Fisher	TVH 1.80	7 Delroy Mitchell	TVH 1.65
8 Robby Wells	SWS 1.80	8 Glyn Price	V40 SWS 1.50

Javelin Throw A

1 Daryl Brand	B&B	63.11
2 Dave Sketchley	HRW	59.29
3 Sam Allen	LDS	55.96
4 Gavin Johnson-Assoon	HHH	54.66
5 Duncan Macdonald	TVH	54.10
6 Chris Dack	K&P	45.64
7 Tom Rees	SWS	43.51
8 Matt Ledger	CDF	39.63

Javelin Throw B

1 Allendre Johnson	HHH	52.39
2 Jamie Payne	HRW	50.39
3 John Harvey	TVH	50.19
4 Alex Pope	B&B	49.28
5 Mike Clarke	K&P	44.23
6 Robby Wells	SWS	40.66
7 Peter Morgan	CDF	39.34
8 Mark Fuzard	LDS	35.59

Long Jump A

1 Anthony Timms	LDS	7.18+1.2
2 Kadeem Greenidge-Smith U20	HRW	7.03+1.6
3 Matt Morsia	TVH	6.85+1.6
4 Paul Oluyemi	HHH	6.75+1.9
5 Wyn Roberts	SWS	6.61+3.4
6 Chris Hall	K&P	6.60+2.5
7 Bomene Barikor	B&B	6.11+2.7
8 Tom Kivell	CDF	5.84+0.8

Long Jump B

1 Dan Gardner	LDS	6.97+1.2
2 Matt Field	K&P	6.19+2.5
3 Blade Ashby	HHH	6.05+1.8
4 Jason Commissioning	TVH	6.05+2.6
5 Robby Wells	SWS	5.99+3.4
6 Stefan Greenidge	HRW	5.98+2.7
7 Alex Pope	B&B	5.83+1.1
8 Elliot O'Neill	CDF	5.00+1.3

Pole Vault A

1=Jon Murray	CDF	4.00
1=Nick Moore	B&B	4.00
3 Thomas Ashby	HHH	4.00
4 Glyn Price	V40 SWS	3.80
5 Bilen Ahmet	K&P	3.40
6 Paul Yeomans	HRW	3.40
7 Mark Fuzard	LDS	3.20
8 Delroy Mitchell	TVH	1.10

Pole Vault B

1 Mark Longhurst	U17 B&B	4.00
2 Matt Ledger	CDF	3.00
3=Gareth Dodd	SWS	2.20
3=Alan Wray	HRW	2.20
3=Maurice Joyce	K&P	2.20
6 Sarwar Khan	HHH	2.20

Shot Putt A

1 Kyle Stevens	K&P	15.21
2 Steve Whyte	TVH	14.29
3 Daryl Brand	B&B	13.73
4 Dave Coleman	CDF	13.16
5 Peter Maitland	SWS	13.12
6 Thomas Ashby	HHH	12.71
7 Andy Lewis	HRW	12.08
8 Anthony Timms	LDS	11.38

Shot Putt B

1 Nick Owen	K&P	14.62
2 Stuart Thurgood	HHH	11.56
3 Tom Rees	SWS	11.25
4 Alex Pope	B&B	10.97
5 Liam Duff	CDF	9.47
6 Gavin Cook	TVH	9.14
7 David Milnes	LDS	8.69
8 Jamie Payne	HRW	7.99

Triple Jump A

1 Gary White	CDF	14.36+2.6
2 Matt Morsia	TVH	14.27+2.6
3 Wyn Roberts	SWS	13.69+3.6
4 Dale Willis	B&B	13.17+0.1
5 Chris Hall	K&P	12.92+2.0
6 Chris Alexis	HRW	12.29+1.3
7 Tom Lindsey	LDS	11.93+3.7
8 A.J.Boyce	HHH	11.84+3.6

Triple Jump B

1 Tom Kivell	CDF	13.30+1.6
2 Richard Carr	HRW	12.19+2.9
3 Patrick Hillyer	K&P	12.04+2.8
4 Daniel Haque	B&B	12.02+2.4
5 Julien Gittens	LDS	11.51+3.6
6 Robby Wells	SWS	10.97+2.4
7 Kerry Mathurian	TVH	10.88+0.6
8 Jeff Cunningham	HHH	9.64+0.7

4x100M Relay

1 TVH 41.45	1 William De Torvy	2 Jason Commissiong
	3 Andre Williams	4 Toby Sandeman
2 HRW 41.49	1 Kadeem Greenidge-Smith U20	2 Josh Wood
	3 Leroy Slue	4 Othroy Marsh
3 HHH 41.82	1 Byron Robinson	2 Jeffrey Ocrach
	3 Idris Ojuriye	4 Robert Graham
4 K&P 43.03	1 Jordan Smith-Bent U20	2 Chris Hall
	3 J.Bernard	4 Justin Green
5 B&B 43.12	1 Daniel Haque	2 Bomene Barikor
	3 Femi Owolade	4 Duayne Bovell
6 LDS 43.15	1 Tom Waiting	2 Anthony Timms
	3 Kyle Jeffrey	4 Matt Hudson
7 SWS 44.18	1 Steven Boyles	2 Gareth Dodd
	3 Andrew Smith	4 Wyn Roberts
8 CDF 44.40	1 Phil Doorgachurn	2 Matt Elias
	3 Elliot O'Neill	4 Kodie Thompson

4x400M Relay

1 CDF 3.16.23	1 Gareth Wiltshire	2 Gareth Warburton
	3 Joe Maynard	4 Phil Doorgachurn
2 B&B 3.16.96	1 Bomene Barikor	2 Richard Davies
	3 Femi Owolade	4 Josh Cayenne
3 TVH 3.18.59	1 Louis William	2 Delroy Mitchell
	3 Edmund Amanin	4 Lloyd King
4 HHH 3.20.69	1 Samuel Adeyemi	2 Michael Dyer
	3 Sam Parsons	4 Peter Phillips
5 HRW 3.25.24	1 Matthew Addison	2 Adam Stainsby
	3 Chad McLeod	4 Sonny Flynn
6 LDS 3.28.06	1 Mark Gilmer	2 Dan Gardner
	3 Sam Lowrey	4 Ben Craddock
7 K&P 3.30.40	1 James Moroney	2 Danny Eckersley
	3 Matt Field	4 Toby Ulm
8 SWS 3.47.30	1 Steve Richards	2 Sam Walsh
	3 Chris Davies	4 Steve Davies

PRIOR STANDINGS				MATCH RESULT				LEAGUE STANDINGS			
	Event	Lge		Event	Lge		Event	Lge		Event	Lge
1	CDF	343	8	1	HHH	341	8	1	Cardiff AC	618	12
2	HRW	338	7	2	B&B	335	7	2	Blackheath & Bromley H&AC	606	12
3	TVH	273	6	3	K&P	290	6	3	Herne Hill Harriers	601	12
4	B&B	271	5	4	TVH	282	5	4	Thames Valley Harriers	555	11
5	HHH	260	4	5	CDF	275	4	5	Harrow AC	595	10
6	SWS	239	3	6	HRW	257	3	6	Kingston & Polytechnic	527	8
7	K&P	237	2	7	LDS	209	2	7	Swansea Harriers	434	4
8	LDS	223	1	8	SWS	195	1	8	Leeds City AC	432	3

Athlete of the Match: Matt Carey Harrow A.C. 3000m S/C 8.59.77

3000m S/C

1 Alan Wray HRW 9.53.13

Discus

1 Gavin Johnson Assoon HHH 42.15

100m race 1

1 Andre Williams TVH 10.89  
2 Lawrence Mensah HHH 10.99  
3 Gary Carr ASF 11.09  
4 Duayne Bovell B&B 11.11  
5 Jevone Robinson TVH 11.26  
6 Elliott O'Neill CDF 11.27  
7 Jason Bernard K&P 11.69

100m race 2

1 Idris Ojuriye HHH 11.10  
2 Nigel Thomas TVH 11.23  
3 Tom Butcher K&P 11.50  
4 Victor Nwagbara K&P 11.50  
5 A.F.Boyce HHH 11.53  
6 Kodi Thompson CDF 11.66  
7 Joseph Smart HRW 12.24

100m race 3

1 Jason Commissiong TVH 11.12  
2 Jefrey Ocrah HHH 11.19  
3 Yomi Adeyemi HHH 11.39  
4 Bomene Bakikor B&B 11.53  
5 Daryl Thomas HHH 11.70  
6 Ricardo Martin KEN 11.80  
7 Akye Berenger TVH 12.09

100m race 4

1 Matthew Thomas NEB 11.17  
2 Joshua Wood HRW 11.19  
3 Moses Bano TVH 11.29  
4 Lumar Sylvester TVH 11.31  
5 Byron Robinson HHH 11.32  
6 Ashley Noble HHH 11.45