

100m A

1 Toby Sandeman	TVH 10.48
2 Idris Ojuriye	HHH 10.88
3 Funmi Sobodu	B&B 10.89
4 Leroy Slue	HRW 11.00
5 Justin Green	K&P 11.01
6 Oladele Bamisaye	SWS 11.07
7 Lloyd Rice	CDF 11.09
8 Anthony Timms	LDS 11.33

100m B

1 Othroy Marsh	HRW 10.97
2 Liam Duff	CDF 10.98
3 Jeffrey Ocrah	HHH 10.99
4 Will De Torvy	TVH 11.10
5 Duayne Bovell	B&B 11.11
6 Jordan Smith-Bent	U20 K&P 11.33
7 Kyle Jeffries	U20 LDS 11.52
8 Peter Maitland	SWS 11.98

200m A

1 Toby Sandeman	TVH 20.9
2 Idris Ojuriye	HHH 22.0
3 Justin Green	K&P 22.2
4 Phil Doorgachurn	CDF 22.3
5 Ed Harrison	B&B 22.3
6 Leroy Slue	HRW 22.7
7 Kyle Jeffries	LDS 23.4
8 Jamie Price	SWS 23.8

Wind -1.0 m/s

200m B

1 Lawrence Mensah	HHH 22.4
2 Othroy Marsh	HRW 22.6
3 Andre Williams	TVH 22.6
4 Rhys Smith	LDS 22.7
5 Barry Upton	CDF 22.9
6 Jordan Smith-Bent	U20 K&P 23.1
7 Lemar Charles	B&B 23.1
8 Leon Yandle	SWS 24.0

Wind -0.7 m/s

400m A

1 Rhys Smith	LDS 47.8
2 Craig Stewart	HRW 48.9
3 Tom Miller	CDF 49.0
4 Dan Putnam	B&B 49.5
5 Lloyd King	TVH 49.7
6 Chris Hall	K&P 51.2
7 Samuel Adeyemi	HHH 51.6
8 Alex Scott	SWS 51.6

400m B

1 Scott Partyka	HRW 48.7
2 Josh Cayenne	B&B 49.4
3 Joe Maynard	CDF 49.4
4 Sam Lowrey	U17 LDS 50.4
5 Shane Christie	TVH 50.6
6 Gary Linton	HHH 52.6
7 Sam Walsh	SWS 52.6
8 Adam Bellis	K&P 114.2

800m A

1 Gareth Wiltshire	CDF 1.53.53
2 Michael Dyer	HHH 1.53.60
3 Ben Craddock	LDS 1.54.06
4 Jamie McCulagh	K&P 1.54.52
5 Sam Walsh	SWS 1.56.34
6 Harry Webb	HRW 1.56.71
7 Lovis William	TVH 1.58.13
8 David McKinlay	B&B 1.58.45

800m B

1 James Nasrat	CDF 1.55.10
2 Nick Hooker	U20 LDS 1.56.37
3 Chris Davies	SWS 1.57.95
4 Dan Ryan	B&B 1.58.89
5 James Moroney	K&P 1.58.90
6 Naz Dawit	TVH 1.59.60
7 Adam Stainsby	HRW 2.01.21
8 Mike Cummings	HHH 2.06.60

1500m A

1 James Mills	CDF 3.55.6
2 Michael Salter	U20 LDS 3.57.7
3 Martin Conroy	SWS 3.57.9
4 James Poole	B&B 3.59.1
5 Damian Nevins	HRW 4.01.2
6 Jonny Henderson	HHH 4.03.2
7 Naz Dawit	TVH 4.07.0
8 Craig Price	K&P 4.08.8

1500m B

1 Harri Jones	CDF 3.58.4
2 Russell Bentley	B&B 3.59.1
3 Craig Hopkins	SWS 3.59.2
4 Joe Townsend	U20 LDS 4.02.9
5 Martin Matthews	HRW 4.04.6
6 Iain Yates	HHH 4.07.5
7 Michael Hobson	K&P 4.12.7
8 Manuel Da Silva	TVH 4.53.6

5000m A

1 Simon Deakin	LDS 14.28.0
2 Tom Marshall	CDF 14.37.7
3 Marc Hobbs	SWS 14.38.8
4 James McMullan	HHH 14.43.6
5 Ben Warren	HRW 14.52.0
6 Tom Beedell	K&P 15.37.4
7 Danny Brewer	B&B 15.45.7
8 Steve Norris	TVH 17.01.4

5000m B

1 Nathaniel Lane	CDF 14.44.5
2 James Smith	LDS 14.59.3
3 Lewys Hobbs	SWS 15.08.7
4 Dave Branfoot	HRW 15.29.2
5 Tim Elsey	HHH 15.44.4
6 Julian Hough	K&P 15.55.2
7 Manuel Da Silva	TVH 17.18.5

110mH A	Wind -0.3 m/s	110mH B	Wind -0.1 m/s
1 David Guest	U20 CDF 15.0	1 Sam Botchey	HRW 16.5
2 Matt Field	K&P 15.1	2 Blade Ashby	HHH 16.8
3 Guy Stroud	HRW 15.2	3 Matt Ledger	CDF 17.8
4 Steven Boyles	SWS 15.4	4 Bomene Barikor	B&B 18.4
5 Myles Fisher	TVH 16.0	5 Manuel Da Silva	TVH 25.6
6 Alex Pope	B&B 18.3	6 Alex Jackson	SWS 33.2
7 Tom Lindsay	LDS 18.8		
8 Didier Sorel	HHH 20.0		
400mH A		400mH B	
1 Rhys Williams	CDF 51.30	1 Derek Paisley	B&B 57.11
2 Andrew Howell	HRW 53.61	2 Jamie Gutteridge	U20 CDF 57.78
3 Ed Harrison	B&B 53.96	3 Tom Parry	U20 K&P 58.27
4 Sam Parsons	HHH 57.16	4 Chad McLeod	HRW 59.46
5 Danny Eckersley	K&P 57.98	5 Didier Sorel	HHH 62.63
6 Dafydd Walters	SWS 59.49	6 Chris Kilner	SWS 68.49
7 Tom Lindsay	LDS 61.61	7 Phil Wetton	TVH 77.85
8 Manuel Da Silva	TVH 80.07	8 Martin Horbury	V45 LDS 84.01
3000m SC A		3000m SC B	
1 Matthew Carey	HRW 9.17.67	1 Daniel Gurmin	SWS 9.48.96
2 Chris Discombe	CDF 9.26.77	2 Alex Gibbins	B&B 9.54.40
3 Martin Conroy	SWS 9.31.18	3 Andy Friend	CDF 10.08.82
4 Alex Bruce Littlewood	B&B 9.34.90	4 Keith Newton	HHH 10.22.27
5 Nick Hooker	LDS 9.46.58	5 Phil Wetton	TVH 11.16.78
6 Steve Norris	TVH 9.57.68	6 Tom Ratcliffe	U20 K&P 11.19.91
7 Jeff Cunningham	HHH 9.59.25	7 Chad McLeod	HRW 12.18.50
8 Andy Arbour	K&P 11.00.85		
Discus Throw A		Discus Throw B	
1 David Coleman	CDF 45.58	1 Gareth Bull	CDF 38.46
2 Steve Whyte	TVH 43.82	2 Dean Bolt	SWS 33.24
3 Nick Owen	K&P 40.81	3 Ali Mortimore	TVH 31.72
4 Peter Roberts	SWS 37.11	4 Gareth Cook	V40 K&P 30.98
5 Garry Power	HHH 36.41	5 Mark Harrison	LDS 29.50
6 Matt Allinson	LDS 36.35	6 Thomas Ashby	HHH 27.45
7 Alex Pope	B&B 32.47	7 Richard Al Ameen	B&B 21.53
8 Guy Stroud	HRW 30.15	8 Noel Reid	HRW 21.06
Hammer Throw A		Hammer Throw B	
1 Steve Whyte	TVH 58.31	1 Mark Hanily	HHH 52.33
2 Stuart Thurgood	HHH 57.35	2 Ali Mortimore	TVH 37.06
3 Ritchie Wells	SWS 51.27	3 Alan French	HRW 32.77
4 Richard Al Ameen	B&B 48.76	4 Kyle Stevens	K&P 31.75
5 Gareth Cook	V40 K&P 46.66	5 Sam Allan	LDS 30.34
6 Matthew Payne-Davis	HRW 44.80	6 Alex Pope	B&B 30.12
7 Mark Harrison	LDS 31.03	7 Peter Roberts	SWS 25.36
8 Matt Ledger	CDF 21.75	8 David Coleman	CDF 6.73
High Jump A		High Jump B	
1 Noel Reid	HRW 1.90	1 Tim Maitland	HRW 1.85
2 Lewis Ely	B&B 1.90	2 Matt Ledger	CDF 1.85
3 Lewis Long	CDF 1.85	3=Myles Fisher	TVH 1.75
4 Matt Field	K&P 1.80	3=Bomene Barikor	B&B 1.75
5=Steve Linsell	V40 LDS 1.80	5 Bilen Ahmet	K&P 1.70
5=Wayne Taylor	TVH 1.80	6 Kyle Jeffries	LDS 1.65
7 Thomas Ashby	HHH 1.80	7 Blade Ashby	HHH 1.65
8 Robbie Wells	SWS 1.65	8 Alex Jackson	SWS 1.30



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## Javelin Throw A

1	Dave Sketchley	HRW	58.43
2	Matt Allinson	LDS	57.01
3	Jonathan Clarke	SWS	55.46
4	Chris Dack	K&P	50.28
5	Allandre Johnson	HHH	50.18
6	Jon Harvey	TVH	47.96
7	Alex Pope	B&B	47.75
8	Josh Williams	U20 CDF	42.45

## Javelin Throw B

1	Sam Allan	LDS	56.01
2	Guy Stroud	HRW	44.01
3	Oliver Wright	SWS	42.29
4	Gavin Johnston-Assoon	HHH	41.23
5	Matt Ledger	CDF	41.13
6	Steve Whyte	TVH	41.04
7	Mike Clarke	K&P	40.61
8	Colin Brand	B&B	32.48

## Long Jump A

1	David Guest	U20 CDF	7.14+0.8
2	Kadeem Greenidge-Smith	HRW	6.96-0.2
3	Anthony Timms	LDS	6.81-0.2
4	Jermaine Olasan	B&B	6.78+0.6
5	Matt Morsia	TVH	6.78+0.3
6	Chris Hall	K&P	6.55+0.5
7	Kevin Burke	HHH	6.52+0.3
8	Robbie Wells	SWS	6.08+0.2

## Long Jump B

1	Matt Hulyer	TVH	6.76+0.2
2	Felix Maisey-Curtis	HRW	6.39+0.5
3	Paul Oluyemi	HHH	6.21+0.2
4	Matt Field	K&P	6.18+0.5
5	Bomene Barikor	B&B	6.10+0.6
6	Alex Jackson	SWS	6.03+0.3
7	Tom Lindsay	LDS	5.86+0.3
8	Tom Kivell	U20 CDF	5.66+0.2

## Pole Vault A

1	Glyn Price	SWS	4.00
2	Ian Smart	HRW	4.00
3	Allan Williams	V55 B&B	3.80
4	Gordon Lester	U20 K&P	3.60
5	Pablo Sisca	HHH	3.00
6	Jon Murray	CDF	2.60

## Pole Vault B

1	Matt Weaver	HRW	3.60
2	Bilen Ahmet	K&P	3.40
3	Nick Moore	B&B	3.40
4	Gareth Dodd	SWS	2.20
5	David Guest	U20 CDF	2.20

## Shot Putt A

1	Nick Owen	K&P	14.92
2	Steve Whyte	TVH	14.15
3	Peter Maitland	SWS	13.54
4	Guy Stroud	HRW	13.14
5	David Coleman	CDF	12.98
6	Kevin Burke	HHH	12.86
7	Matt Allinson	LDS	12.23
8	Alex Pope	B&B	10.93

## Shot Putt B

1	Kyle Stevens	K&P	14.82
2	Thomas Ashby	HHH	12.35
3	Ali Mortimore	TVH	11.05
4	Peter Roberts	SWS	10.28
5	Mark Harrison	LDS	9.44
6	Duayne Bovell	B&B	8.97
7	Matt Ledger	CDF	8.63
8	Matthew Payne-Davis	HRW	6.94

## Triple Jump A

1	Nav Childs	TVH	14.80-2.7
2	Sam Bobb	B&B	13.71-1.3
3	Taiwo Aderini	HHH	13.18-3.7
4	Chris Alexis	HRW	13.02-1.5
5	Gareth Wiltshire	CDF	12.49-1.3
6	Chris Hall	K&P	12.06-0.4
7	Robbie Wells	SWS	11.59-0.6
8	Tom Lindsay	LDS	11.30-0.7

## Triple Jump B

1	Matt Morsia	TVH	13.88-1.2
2	Jermaine Olasan	B&B	12.57-0.9
3	Matt Ledger	CDF	12.36+0.2
4	Matthew Sadoh	HRW	12.29-1.4
5	Alex Jackson	SWS	11.53-1.3
6	Bilen Ahmet	K&P	11.26-0.2
7	Jeff Cunningham	HHH	9.26-0.6
8	Martin Horbury	V45 LDS	7.49-1.3



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## 4x100M Relay

1 TVH 42.1	1 Toby Sandeman	2 Will De Torvy
	3 Jason Comissiong	4 Andre Williams
2 HRW 42.4	1 Rohan Samuel	2 Josh Wood
	3 Leroy Slue	4 Othroy Marsh
3 HHH 42.7	1 Jeffrey Ocrag	2 Robert Graham
	3 Idris Ohuriye	4 Lawrence Mensah
4 B&B 43.0	1 Bomene Barikor	2 Fabian Collymore
	3 Duayne Bovell	4 Funmi Sobodu
5 CDF 43.0	1 Phil Doorgachurn	2 Liam Duff
	3 Eliot O'Neil	4 Lloyd Rice
6 K&P 44.5	1 Chris Hall	2 Jordan Smith-Bent U20
	3 Matt Field	4 Justin Green
7 LDS 45.0	1 Kyle Jeffries U20	2 Sam Lowrey U17
	3 Tom Linsey	4 Anthony Timms

## 4x400M Relay

1 CDF 3.19.5	1 Gareth Warburton	2 Joe Maynard
	3 Barry Upton	4 Phil Doorgachurn
2 HRW 3.19.6	1 Andrew Howell	2 Matt Carey
	3 Scott Partyka	4 Craig Stewart
3 B&B 3.20.8	1 Bomene Barikor	2 Derek Paisley
	3 Ed Harrison	4 Lemar Charles
4 TVH 3.22.2	1 Lloyd King	2 Wayne Taylor
	3 Shane Christie	4 Loius William
5 LDS 3.23.6	1 Sam Lowrey U17	2 Ben Craddock
	3 Michael Salter U20	4 Rhys Smith
6 HHH 3.24.0	1 Lawrence Mensah	2 Samuel Adeyemi
	3 Sam Parsons	4 Michael Dyer
7 K&P 3.25.1	1 Jamie McCulagh	2 Chris Hall
	3 James Moroney	4 Danny Eckersley
8 SWS 3.39.0	1 Alex Scott	2 Chris Davies
	3 Sam Walsh	4 Craig Hopkins

MATCH RESULT			LEAGUE STANDINGS		
	Event	Lge		Event	Lge
1	CDF 343	8	1	Cardiff AC	343 8
2	HRW 338	7	2	Harrow AC	338 7
3	TVH 273	6	3	Thames Valley Harriers	273 6
4	B&B 271	5	4	Blackheath & Bromley H&AC	271 5
5	HHH 260	4	5	Herne Hill Harriers	260 4
6	SWS 239	3	6	Swansea Harriers	239 3
7	K&P 237	2	7	Kingston & Polytechnic	237 2
8	LDS 222	1	8	Leeds City AC	222 1

