

M 100m A

1 Moses Arthur	LHS 11.1	1 Paige Haines	BSD 11.7
2 Douglas Elom-Ogobodo	CCT 11.4	2 Francis Asante	LHS 11.7
3 Chris Pattle	IPS 11.7	3 Jared Holmes	IPS 11.9
4 Karel Pile	BFD 11.8	4 Michael Puplampu	BFD 11.9
5 Tom Pegg	NOR 11.8	5 Chris Marshall	NOR 12.1
6 Mike Hill	BSD 11.9	6 Tim Wormull	CCT 12.2
7 Vincent Lazaro	HVG 12.4		

M 100m B

M 200m A

1 Moses Arthur	LHS 22.3	1 James Shane	BSD 23.5
2 Dan Traynor	IPS 22.9	2 Joseph Ramie	HVG 23.7
3 Matthew Harrison	BSD 23.3	3 Chris Pattle	IPS 23.8
4 Karel Pile	BFD 23.8	4 Francis Asante	LHS 24.2
5 Tom Pegg	NOR 24.0	5 Ben Tuck	NOR 24.5
6 Craig Moore	HVG 25.4	6 Steve Coll	CCT DISQ

M 200m B

M 400m A

1 Tom Love	IPS 49.5	1 Mark Robinson	IPS 53.4
2 Micheal Frase	NOR 50.2	2 Dean Godbold	BSD 55.5
3 Matthew Harrison	BSD 51.0	3 William Awere	LHS 57.9
4 Max Sturgess	BFD 52.2	4 Steve Tuttle	BFD 59.8
5 Craig Moore	HVG 55.2	5 Joel Tylour	NOR 64.1
6 Daniel Ayinde	LHS 63.6		

M 400m B

M 800m A

1 Mitch Goose	NOR 1.57.9	1 Josh Holland	NOR 2.04.7
2 Robert Heaney	BFD 2.00.7	2 Robert Jones	HVG 2.08.8
3 Andrew Poole	CCT 2.02.1	3 Sam Wallbank	BFD 2.09.6
4 Jamie Reynolds	BSD 2.13.2	4 Hayden Evans	BSD 2.17.1
5 Josh Dunne	HVG 2.15.8		
6 Jonathan Line	IPS 2.21.0		

M 800m B

M 1500m A

1 Tom Love	IPS 4.16.2	1 John Whitehead	HVG 4.23.0
2 Joel Tylour	NOR 4.16.3	2 Bradley Paynter	BSD 4.34.2
3 Andrew Poole	CCT 4.18.2	3 Jonathan Line	IPS 4.56.6
4 Steve Tuttle	BFD 4.21.0	4 Chris Marshall	NOR 5.08.8
5 Mark Sampford	BSD 4.21.9		
6 Daniel Winters	HVG 4.22.3		

M 1500m B

M 3000m A

1 Rick Ward	NOR 8.57.4	1 Josh Entwistle	IPS 9.49.7
2 Eliot Palmer	IPS 9.18.1	2 Josh Holland	NOR 10.09.02
3 Grant Twist	HVG 9.40.8	3 Steve Shane	BSD 10.44.5
4 Grant Webb	BSD 10.14.05		

M 3000m B

M 110mH A		M 110mH B	
1 Anthony Williams	HVG 16.0	1 David Creedon	HVG 16.8
2 Ben Frosdick	NOR 17.6	2 Darral Martin	NOR 17.8
3 Ciaron Craig	BFD 18.1		

M 400mH A		M 400mH B	
1 Darrel Martin	NOR 62.0	1 Keiran Nelson	HVG 68.7
2 Matthew Lumm	BSD 65.6	2 Scott Tawes	NOR 70.8
3 David Creedon	HVG 67.3		
4 Josh Entwistle	IPS 68.7		

M 2000m SC A		M 2000m SC B	
1 Ashley Harrell	NOR 6.01.2	1 Martin Bath	NOR 6.41.2
2 Grant Twist	HVG 6.56.7	2 Robert Jones	HVG 7.01.9
3 Josh Entwistle	IPS 6.58.3	3 Daniel Palmer	IPS 7.12.0
4 Kieron Mitchell	BSD 7.08.8	4 Jake Wright	BSD 7.21.9

M High Jump A		M High Jump B	
1 Simon Jones	BFD 1.85	1 Craig Moore	HVG 1.45
2 Jonathan Moore	IPS 1.60	2 Robert Graham	IPS 1.45
3 Ben Frosdick	NOR 1.55		
4 David Creedon	HVG 1.55		
5 Scott Phillips	BSD 1.45		

M Long Jump A		M Long Jump B	
1 Michael Puplampu	BFD 6.47	1 Andy Slyzis	BFD 6.32
2 Vincent Lazero	HVG 6.34	2 Anthony Williams	HVG 6.10
3 Daniel Ayinde	LHS 5.77	3 Robert Graham	IPS 5.07
4 Simon Rose	IPS 5.56	4 William Awere	LHS 5.07
5 Jordan Clatworthy	BSD 5.41	5 Chris Marshall	NOR 4.89
6 Steve Coll	CCT 5.08	6 Mark Sampford	BSD 4.41
7 Ben Frosdick	NOR 5.01		

M Pole Vault A		M Pole Vault B	
1 Ciaron Craig	BFD 2.45	1 Jamie Reynolds	BSD 0.00
2 Tyson Madden	BSD 2.30		

M Triple Jump A		M Triple Jump B	
1 Andy Slyzis	BFD 13.02	1 Michael Puplampu	BFD 12.53
2 Anthony Williams	HVG 12.73	2 Joseph Ramie	HVG 12.06
3 Simon Rose	IPS 11.91	3 Robert Graham	IPS 11.73
4 Ben Frosdick	NOR 10.96	4 Chris Marshall	NOR 10.53

M Discus Throw A		M Discus Throw B	
1 Scott Hawes	NOR 28.22	1 Craig Moore	HVG 28.00

2 Jordan Jackson	HVG 28.18	2 Scott Phillips	BSD 20.29
3 Tyson Madden	BSD 27.10	3 Jonathan Moore	IPS 19.65
4 Greg Packman	BFD 27.08	4 Rick Ward	NOR 16.18
5 Dan Moles	CCT 25.90		
6 Paul Smith	IPS 21.50		

M Hammer Throw A		M Hammer Throw B	
1 Scott Hawes	NOR 28.69	1 Graham Pattle	IPS 17.62
2 Dan Moles	CCT 28.17	2 Martin Bath	NOR 16.05
3 Greg Packman	BFD 25.89	3 Joseph Ramie	HVG 7.47
4 Chris Pattle	IPS 20.48		
5 Jordan Jackson	HVG 12.50		

M Shot Putt A		M Shot Putt B	
1 Ciaron Craig	BFD 10.15	1 Greg Packman	BFD 9.18
2 Ashley Harrell	NOR 9.24	2 Scott Hawes	NOR 7.32
3 Anthony Williams	HVG 9.09	3 Bradley Paynter	BSD 7.08
4 Tyson Madden	BSD 8.83	4 Jordan Jackson	HVG 6.74
5 Dan Moles	CCT 8.65	5 Jared Holmes	IPS 5.85
6 Chris Pattle	IPS 7.16		

M Javelin Throw A		M Javelin Throw B	
1 Bonfansu Buwento	HVG 59.01	1 Georgie Bean	HVG 47.05
2 Paul Smith	IPS 42.77	2 Tom Love	IPS 30.35
3 Matthew Lumm	BSD 35.02	3 Tom Pegg	NOR 29.66
4 Ben Frosdick	NOR 30.42	4 Matthew Sharp	BSD 24.07
5 Chris Drinkwater	BFD 18.49	5 Karel Pile	BFD 8.48

M 4x100m Relay

1 IPS 46.7	1 Graham Pattle	2 Chris Pattle
	3 Jared Holmes	4 Dan Traynor
2 HVG 47.6	1 Vincent Lazero	2 David Creedon
	3 Anthony Williams	4 Joseph Ramie
3 BFD 47.6	1 Karel Pile	2 Ciaron Craig
	3 Andy Slyzis	4 Michael Puplampu
4 BSD 49.0	1 Matthew Harrison	2 Tyson Madden
	3 Dean Godbold	4 Hayden Evans

M 4x400m Relay

1 IPS 3.32.6	1 Tom Love	2 Dan Traynor
	3 Mark Robinson	4 Graham Pattle
2 BFD 3.38.7	1 Sam Wallbank	2 Ciaron Craig
	3 Max Sturgess	4 Robert Heaney
3 HVG 3.54.0	1 Craig Moore	2 Daniel Winters
	3 Keiran Nelson	4 Robert Jones
4 BSD 3.54.2	1 Hayden Evans	2 Bradley Paynter

3 Jake Wright 4 Mark Sampford

W 100m A

1 Becky Welbourn	IPS 12.9
2 Kirsty Shepherd	BSD 13.0
3 Natasha White	LHS 13.3
4 Jenny Milligan	NOR 13.9
5 Leah Summers	HVG 14.3

W 100m B

1 Lauren Searles	BSD 13.1
2 Sophie Harriman	NOR 13.3
3 Remel Wickman	LHS 13.5
4 Kerry Dixon	IPS 13.7
5 Catrina McAuliffe	HVG 15.5

W 200m A

1 Alice Middleton	BFD 25.8
2 Georgina Malster	IPS 26.6
3 Kirsty Shepherd	BSD 27.2
4 Lisa Schofield	HVG 27.2
5 Jenny Milligan	NOR 27.5

W 200m B

1 Gemma Malster	IPS 26.9
2 Louise Wright	BFD 26.9
3 Zoe Young	BSD 27.7
4 Lauren Clark	HVG 28.2
5 Sophie Harriman	NOR 29.4

W 400m A

1 Racheal Stringer	NOR 57.8
2 Becky Welbourn	IPS 58.7
3 Lauren Searles	BSD 59.3
4 Lauren Clark	HVG 60.4

W 400m B

1 Ella Jennings	IPS 61.9
2 Denise Dignam	BSD 62.0
3 Carley Rose	NOR 63.2
4 Hayley Pegs	HVG 67.7

W 800m A

1 Stacey Wheat	BSD 2.18.5
2 Samanther Jacks	NOR 2.19.4
3 Katie Richardson	HVG 2.26.4
4 Alice Simpson	IPS 2.32.6

W 800m B

1 Hayley Moore	BSD 2.19.5
2 Gilly Savage	NOR 2.24.4
3 Ingrid Deane	HVG 2.42.8

W 1500m A

1 Suzi Boast	BFD 4.44.2
2 Robyn Matson	HVG 4.58.5
3 Abbi Beales	NOR 5.03.3
4 Anna Whitfield	BSD 5.07.7
5 Alice Keane	LHS 5.22.4
6 Alice Simpson	IPS 5.32.6

W 1500m B

1 Rachel Cave	BFD 5.04.1
2 Carley Rosee	NOR 5.07.4
3 Jennifer Holland	HVG 5.08.5
4 Katherine Sefton	BSD 5.28.1

W 3000m A

1 Gerogie Lou Sales	HVG 10.40.7
2 Simej Snyman	BFD 11.49.7
3 Donna Lovelock	BSD 12.21.4

W 3000m B

1 Zoey Littlechild	HVG 10.59.3
2 Stephanie De Smedt	BSD 12.54.3

W 100mH A

1 Lisa Schofield	HVG 15.4
2 Hayley Todd	IPS 16.9
3 Lisa Potter	CCT 17.3
4 Lauren Edgar	BSD 18.4

W 100mH B

1 Kerry Fuller	IPS 19.2
2 Zoe Young	BSD 19.8
3 Becky Owen	HVG 23.3

W 400mH A

1 Kerry Dixon IPS 66.3
 2 Lisa Schofield HVG 66.8
 3 Kay Brown BFD 68.7
 4 Stephanie De Smedt BSD 85.2

W 400mH B

1 Hayley Todd IPS 75.6
 2 Becky Owen HVG 77.6
 3 Katie Partridge BSD 96.6

W Discus Throw A

1 Lauren Clark HVG 29.00
 2 Rachel Bennett BFD 28.63
 3 Zahra Akinpeju LHS 24.97
 4 Kerry Fuller IPS 24.66
 5 Sarah Collins CCT 18.12
 6 Katherine Sefton BSD 17.21

W Discus Throw B

1 Catrina McAuliffe HVG 27.16
 2 Mariam Akinpeju LHS 18.32
 3 Stephanie De Smedt BSD 14.19
 4 Rachel Cave BFD 9.90
 5 Claire Welbourn IPS 9.16

W Hammer Throw A

1 Mariam Akinpeju LHS 31.46
 2 Kerry Fuller IPS 23.28
 3 Micha Dornan BSD 18.81
 4 Sarah Collins CCT 17.22
 5 Lauren Newton HVG 10.11
 6 Carly Brown NOR 9.59

W Hammer Throw B

1 Becky Welbourn IPS 13.22
 2 Gergina Lake NOR 8.70
 3 Robyn Matson HVG 7.67
 4 Katie Partridge BSD 6.88

W High Jump A

1 Kerry Dixon IPS 1.50
 2 Bathoni Puplampu BFD 1.50
 3 Sade Bailey BSD 1.45
 4 Jade Chestney NOR 1.45
 5 Jennifer Holland HVG 1.40

W High Jump B

1 Abbie Beales NOR 1.45
 2 Samantha Benmore BSD 1.40
 3 Hayley Todd IPS 1.40

W Javelin Throw A

1 Emma Christmas HVG 36.47
 2 Micha Dornan BSD 33.86
 3 Rachel Bennett BFD 22.19
 4 CCT 20.82
 5 Mariam Akinpeju LHS 13.59
 6 Samanther Jacks NOR 11.34

W Javelin Throw B

1 Georgie Lou Sales HVG 26.53
 2 Alice Middleton BFD 21.83
 3 Rebecca Lovelock BSD 18.15
 4 Zahra Akinpeju LHS 10.06
 5 Claire Welbourn IPS 8.64

W Long Jump A

1 Kirsty Wilson BSD 4.84
 2 Lisa Potter CCT 4.83
 3 Sophie Harriman NOR 4.45
 4 Louise Wright BFD 4.38
 5 Jenny Reason IPS 4.01
 6 Leah Summers HVG 3.72

W Long Jump B

1 Zoe Young BSD 4.79
 2 Bathoni Puplampu BFD 4.34
 3 Lauren Brown NOR 4.33
 4 Katie Richardson HVG 3.48

W Pole Vault A

1 Gergina Lake NOR 2.50
2 Lauren Edgar BSD 1.80
3 Jenny Reason IPS 1.70

W Pole Vault B

1 Hayley Todd IPS 1.70

W Shot Putt A

1 Rachel Bennett BFD 8.97
2 Kerry Fuller IPS 8.64
3 Zahra Akinpeju LHS 8.08
4 Micha Dornan BSD 7.95
5 Lisa Schofield HVG 6.76
6 Sophie Harriman NOR 6.54

W Shot Putt B

1 Mariam Akinpeju LHS 7.20
2 Lauren Newton HVG 5.71
3 Sophie Carroll BSD 5.14
4 Carley Rose NOR 4.89
5 Emma Hales IPS 4.54

W Triple Jump A

1 Kirsty Wilson BSD 10.39
2 Georgina Malster IPS 10.23
3 Katie Doody BFD 10.12
4 Lauren Brown NOR 9.64
5 Katie Richardson HVG 9.19

W Triple Jump B

1 Ella Jennings IPS 9.77
2 Stephanie De Smedt BSD 9.14
3 Lurn Clark HVG 8.71
4 Lauren Lake NOR 7.97

W 4x100m Relay

1 BFD 52.1 1 Louise Wright 2 Kerry Salter
3 Bathoni Puplampu 4 Alice Middleton
2 NOR 53.0 1 Jenny Milligan 2 Gergina Lake
3 Sophie Harriman 4 Racheal Stringer
3 BSD 53.3 1 2
3 4
4 IPS 53.5 1 Gemma Malster 2 Ella Jennings
3 Jenny Reason 4 Becky Welbourn

W 4x400m Relay

1 NOR 4.10.3 1 Carley Rose 2 Racheal Stringer
3 Carly Brown 4 Samanther Jacks
2 IPS 4.11.2 1 Gemma Malster 2 Kerry Dixson
3 Becky Welbourn 4 Georgina Malster
3 BSD 4.11.4 1 2
3 4
4 HVG 4.13.0 1 Lisa Schofield 2 Robyn Matson
3 Katie Richardson 4 Lauren Clark
5 BFD 4.15.1 1 Rachel Cave 2 Louise Wright
3 Kay Brown 4 Suzi Boast

Match Results		League Points
1	Havering Mayesbrook AC 489	8
2	Ipswich Harriers 484	7
3	Basildon AAC 479	6
4	City of Norwich 437	5
5	Bedford & County 363	4
6	London Heathside 167	3
7	Colchester & Tendring AC 126	2

Athlete of the Match

Ashley Harrell - City of Norwich

2000m SC

6.01.2

Emma Christmas – Havering Mayesbrook AC

Javelin

36.47