

**Subject to Scrutiny**

M 100m A	Wind +2.4 m/s	M 100m B	Wind +2.4 m/s
1 Matt Harrison	BSD 11.2	1 Zac Williams	BFD 11.7
2 Romeo Beckford	LHS 11.4	2 Francis Asante	LHS 11.7
3 Karel Pike	BFD 11.6	3 Mike Hill	BSD 11.8
4 Tom Pegg	NOR 11.6	4 Chris Marshall (U17)	NOR 12.1
5 Mark Robinson (U17)	IPS 12.1		
6 Jon Fairclough (U17)	HVG 13.0		

M 200m A	Wind +3.2 m/s	M 200m B	Wind +3.2 m/s
1 Matt Harrison	BSD 23.0	1 Karel Pike	BFD 23.6
2 Zac Williams	BFD 23.9	2 Jessy Mendes (U17)	LHS 23.9
3 Tom Pegg	NOR 24.1	3 Mark Dyble	BSD 24.3
4 Francis Asante	LHS 24.2	4 Chris Marshall (U17)	NOR 24.6
5 Mark Robinson (U17)	IPS 24.9	5 Tom Fossett (U17)	HVG 25.5
6 Craig Moore	HVG 26.2		

M 400m A		M 400m B	
1 Paige Haines	BSD 50.4	1 Joel Taylour (U17)	NOR 52.5
2 Michael Fraser	NOR 51.1	2 Josh Dunne (U17)	HVG 56.1
3 Mark Robinson (U17)	IPS 53.4	3 Jamie Reynolds	BSD 58.1
4 Ryan Wenzel (U17)	LHS 54.3	4 Ade Lawal	LHS 60.3
5 Matt Bachini (U17)	BFD 54.6		
6 Simon Richards	HVG 58.9		

M 800m A		M 800m B	
1 Rick Ward	NOR 1.55.8	1 James Williams	BFD 2.04.8
2 David Gibbon	CCT 1.58.3	2 Stuart Huntingdon	NOR 2.06.5
3 Matt Bloy (U17)	BSD 1.58.6	3 Tom Fossett (U17)	HVG 2.15.7
4 Rob Heaney	BFD 1.58.6	4 Mark Sanford	BSD 2.19.8
5 Paul Adair	HVG 1.59.6		

M 1500m A		M 1500m B	
1 James Shane	BSD 3.58.7	1 Scott Phillips	BSD 4.09.3
2 Ross Clarke	HVG 4.06.6	2 Chris Drinkwater	BFD 4.23.0
3 Lloyd Heard	CCT 4.08.8	3 Joel Taylour (U17)	NOR 4.35.9
4 Luke Allen	NOR 4.18.2	4 Josh Dunne (U17)	HVG 4.51.6
5 Steve Tuttle	BFD 4.21.8		
6 Daniel Palmer	IPS 4.38.2		
7 Jamie Smith	LHS 4.41.0		

M 3000m A		M 3000m B	
1 Stuart Huntingdon	NOR 9.15.5	1 Olly Maskell (U17)	NOR 9.41.5
2 Elliott Palmer	IPS 9.23.6	2 Jake Wright (U17)	BSD 9.45.2
3 Tom Harris	BSD 9.40.4	3 Chris Lowe (U17)	HVG 10.29.3
4 Callum Sutton (U17)	HVG 9.40.9	4 David Dryburgh (U17)	LHS 10.30.7
5 Jack Rainsford (U17)	LHS 10.20.7		

M 110mH A	Wind +3.6 m/s	M 110mH B	Wind +3.6 m/s
1 Anthony Williams	HVG 15.4	1 Kieran Nelson (U17)	HVG 20.0
2 Ben Frosdick	NOR 16.6	2 James Senior (U17)	NOR 20.0
3 Chris Kingshott	BFD 18.8		

M 400mH A		M 400mH B	
1 James Senior (U17)	NOR 62.3	1 Scott Phillips	BSD 63.1
2 Grant Twist (U17)	HVG 65.8	2 Ashley Harrel	NOR 65.2
3 Chris Kingshott	BFD 66.0	3 Kieran Nelson (U17)	HVG 67.7
4 Tom Barley (U17)	BSD 68.0		
5 Josh Entwhistle	IPS 72.7		

M 2000m SC A  
1 Ashley Harrel NOR 6.21.1  
2 Grant Twist (U17) HVG 6.40.4  
3 Jake Wright (U17) BSD 6.56.3  
4 Josh Entwistle IPS 6.57.1  
5 Stuart Baird BFD 7.43.0

M Discus Throw A  
1 Bradley Reece (U17) HVG 34.10  
2 Greg Packman BFD 26.82  
3 Dan Moles CCT 26.68  
4 Danny Brown BSD 26.58  
5 Scott Hawes NOR 25.56

M Hammer Throw A  
1 Bradley Reece (U17) HVG 42.77  
2 Danny Brown BSD 30.53  
3 Dan Moles CCT 27.13  
4 Scott Hawes NOR 27.02  
5 Greg Packman BFD 21.75

M High Jump A  
1 Jay Ryan HVG 1.85  
2 Matt Glass BFD 1.70  
3 Scott Phillips BSD 1.65  
4 Ryan Wenzel (U17) LHS 1.50  
5 Ben Frosdick NOR 1.45

M Javelin Throw A  
1 Georgie Bean (U17) HVG 47.02  
2 Tom Barley (U17) BSD 36.69  
3 Ben Frosdick NOR 35.81  
4 Josh Entwistle IPS 24.97  
5 Chris Drinkwater BFD 22.63

M Long Jump A  
1 Vincent Lazaro HVG 6.22  
2 Andy Slizys BFD 6.11  
3 Mark Dyble BSD 5.67  
4 Ben Frosdick NOR 5.53  
5 Josh Entwistle IPS 5.00

M Pole Vault A  
1 Adam Humphries BFD 3.60  
2 Jay Ryan HVG 3.30  
3 Scott Hawes NOR 2.60

M Shot Putt A  
1 Nico Ward (U17) BSD 10.69  
2 Jay Ryan HVG 10.13  
3 Scott Hawes NOR 9.76  
4 Dan Moles CCT 9.45  
5 Greg Packman BFD 8.78

M Triple Jump A  
1 Andy Slizys BFD 12.54  
2 Anthony Williams HVG 12.48  
3 Paige Haines BSD 12.31  
4 Chris Marshall (U17) NOR 10.64  
5 Ryan Wenzel (U17) LHS 10.44

M 2000m SC B  
1 James Senior (U17) NOR 6.54.9  
2 BSD 7.47.4  
3 Daniel Palmer IPS 8.04.4

M Discus Throw B  
1 Craig Moore HVG 32.18  
2 Matt Bachini (U17) BFD 26.80  
3 Ty Madden (U17) BSD 20.71  
4 Rick Ward NOR 16.07

M Hammer Throw B  
1 Nico Ward (U17) BSD 21.06  
2 Georgie Bean (U17) HVG 17.57  
3 Martin Bath NOR 14.08  
4 James Williams BFD 11.97

M High Jump B  
1 Adam Humphries BFD 1.55  
2 Craig Moore HVG 1.55  
3 James Preston NOR 1.40

M Javelin Throw B  
1 Jon Fairclough (U17) HVG 44.96  
2 Ashley Harrel NOR 31.73  
3 Nico Ward (U17) BSD 29.34  
4 Stuart Baird BFD 20.54

M Long Jump B  
1 Anthony Williams HVG 5.78  
2 Steve Harris BFD 5.60  
3 Matt Harrison BSD 5.36  
4 Chris Marshall (U17) NOR 5.02

M Pole Vault B  
1 Chris Kingshott BFD 3.50

M Shot Putt B  
1 Danny Brown BSD 10.64  
2 Bradley Reece (U17) HVG 9.73  
3 Martin Bath NOR 8.36

M Triple Jump B  
1 Paul Adair HVG 11.77  
2 Tom Barley (U17) BSD 11.46  
3 Steve Harris BFD 11.36

W 100m A	Wind +4.5 m/s	W 100m B	Wind +3.5 m/s
1 Kirsty Shepherd U17	BSD 12.7	1 Lisa Schofield	HVG 13.0
2 Jessica Tappin	HVG 12.7	2 Katie Doody	BFD 13.9
3 Kerry Salter	BFD 12.8	3 Louise Cerson	BSD 14.0
4 Natasha White (U17)	LHS 12.8	4 Lucy Hyam (U17)	NOR 14.9
5 Sophie Poyner (U17)	NOR 13.3		
W 200m A	Wind +2.4 m/s	W 200m B	Wind +2.6 m/s
1 Lucy James (U17)	BFD 25.8	1 Nicola Hill (U17)	HVG 26.4
2 Jessica Tappin	HVG 26.0	2 Georgina Malster	IPS 26.4
3 Becky Welbourn	IPS 26.4	3 Kerry Salter	BFD 26.8
4 Kirsty Shepherd U17	BSD 26.8	4 Zoe Young	BSD 27.4
5 Natasha White (U17)	LHS 26.9		
6 Abbie Beales (U17)	NOR 29.6		
W 400m A		W 400m B	
1 Alice Middleton	BFD 58.1	1 Suzi Boast	BFD 61.9
2 Hayley Moore	BSD 60.8	2 Carly Brown (U17)	NOR 63.9
3 Megan Foley	HVG 61.9	3 Lauren Clark	HVG 69.0
4 Gilly Savage (U17)	NOR 62.3	4 Eleni Pontikis	BSD 99.5
W 800m A		W 800m B	
1 Tasha Peters	BFD 2.21.2	1 Lauren Clark	HVG 2.33.5
2 Katie Richardson	HVG 2.24.8	2 Katie Partridge	BSD 3.10.7
3 Carley Rose	NOR 2.26.8		
4 Anna Whitfield	BSD 2.27.8		
5 Becky Welbourn	IPS 2.35.0		
W 1500m A		W 1500m B	
1 Stacey Wheat	BSD 4.56.6	1 Abbie Beales (U17)	NOR 5.11.7
2 Robyn Matson	HVG 4.59.0	2 Tarley Barnes	BFD 5.24.2
3 Lucy Hyam (U17)	NOR 5.06.2	3 Katherine Sefton	BSD 5.34.3
4 Tasha Peters	BFD 5.10.4		
W 3000m A		W 3000m B	
1 Tasha Peters	BFD 10.19.0	1 Rachel Cave	BFD 11.06.8
2 Vicky Smith	HVG 11.22.6	2 Katie Partridge	BSD 15.09.8
3 Donna Lovelock	BSD 12.22.1		
W 100mH A	Wind +2.8 m/s	W 100mH B	Wind +2.8 m/s
1 Lisa Schofield	HVG 15.6	1 Nicola Hill (U17)	HVG 14.9
2 Hayley Todd	IPS 17.4	2 Kerry Fuller	IPS 18.7
3 Zoe Young	BSD 18.8	3 Maria Mathers	BSD 20.6
W 400mH A		W 400mH B	
1 Kerry Dixon	IPS 67.1	1 Hayley Todd	IPS 80.2
2 Kay Brown	BFD 67.6	2 Stephanie De Smedt	BSD 83.7
3 Stacey Wheat	BSD 72.4		
W Discus Throw A		W Discus Throw B	
1 Rachel Bennett	BFD 38.52	1 Catherine Lesueur	BFD 30.53
2 Catrina McAuliffe 17	HVG 27.52	2 Lauren Clark	HVG 27.48
3 Zahra Akinpezu U17	LHS 26.35	3 Hayley Todd	IPS 14.72
4 Eleni Pontikis	BSD 24.44	4 Stephanie De Smedt	BSD 12.81
5 Kerry Fuller	IPS 23.30	5 Carley Rose	NOR 8.23
6 Carly Brown (U17)	NOR 10.59		

W Hammer Throw A  
 1 Eleni Pontikis BSD 29.02  
 2 Amy Cox (U17) HVG 25.15  
 3 Kerry Fuller IPS 20.27  
 4 Rachel Bennett BFD 18.21  
 5 Sarah Colins CCT 16.00  
 6 Georgina Lake (U17) NOR 10.68

W Hammer Throw B  
 1 Maria Mathers BSD 21.01  
 2 Becky Welbourn IPS 15.27  
 3 Lauren Newton HVG 15.18  
 4 Carly Brown (U17) NOR 10.64

W High Jump A  
 1=Kerry Dixon IPS 1.50  
 1=Jessica Tappin HVG 1.50  
 3 Chelsea Papworth BFD 1.50  
 4 Sade Bailey (U17) BSD 1.45

W High Jump B  
 1 Bethan Siddons HVG 1.50  
 2 Bathoni Puplampu BFD 1.45  
 3=Kirsty Shepherd U17 BSD 1.40  
 3=Hayley Todd IPS 1.40

W Javelin Throw A  
 1 Emma Christmas HVG 37.95  
 2 Zoe Young BSD 29.93  
 3 Rachel Bennett BFD 26.35  
 4 Gemma Malster IPS 17.41  
 5 Zahra Akinpezu U17 LHS 17.29  
 6 Georgina Lake (U17) NOR 12.26

W Javelin Throw B  
 1 Catherine Lesueur BFD 25.37  
 2 Lauren Newton HVG 16.36  
 3 Kerry Dixon IPS 9.16  
 4 Lauren Edgar (U17) BSD 6.65  
 5 Sophie Poyner (U17) NOR 5.25

W Long Jump A  
 1 Hayley Todd IPS 4.62  
 2 Bethan Siddons HVG 4.56  
 3 Zoe Young BSD 4.49  
 4 Sophie Poyner (U17) NOR 4.09  
 5 Bathoni Puplampu BFD 4.04

W Long Jump B  
 1 Georgina Malster IPS 4.57  
 2 Lauren Edgar (U17) BSD 4.49  
 3 Lucy Hyam (U17) NOR 3.35

W Pole Vault A  
 1 Georgina Lake (U17) NOR 2.50

W Pole Vault B

W Shot Putt A  
 1 Rachel Bennett BFD 9.60  
 2 Eleni Pontikis BSD 9.24  
 3 Kerry Fuller IPS 8.83  
 4 Zahra Akinpezu U17 LHS 8.46  
 5 Lisa Schofield HVG 6.62  
 6 Abbie Beales (U17) NOR 5.53

W Shot Putt B  
 1 Catherine Lesueur BFD 9.39  
 2 Maria Mathers BSD 6.56  
 3 Becky Welbourn IPS 5.92  
 4 Amy Cox (U17) HVG 5.50  
 5 Carley Rose NOR 5.38

W Triple Jump A  
 1 Alice Middleton BFD 10.29  
 2 Bethan Siddons HVG 10.06  
 3 Georgina Malster IPS 9.87  
 4 Stephanie De Smedt BSD 9.77

W Triple Jump B  
 1 Kerry Fuller IPS 9.01  
 2 Lauren Clark HVG 8.37  
 3 Katie Partridge BSD 7.37

W 4x100m Relay  
 1 BFD 52.6 1 Lucy James (U17) 2 Kerry Salter  
 3 Bathoni Puplampu 4 Alice Middleton  
 2 BSD 54.2 1 Kirsty Shepherd U17 2 Lauren Edgar (U17)  
 3 Maria Mathers 4 Louise Cerson  
 3 NOR 56.0 1 Sophie Poyner (U17) 2 Georgina Lake (U17)  
 3 Abbie Beales (U17) 4 Lucy Hyam (U17)

W 4x400m Relay

1 HVG 4.06.6	1 Nicola Hill (U17)	2 Megan Foley
	3 Katie Richardson	4 Lauren Clark
2 IPS 4.10.7	1 Becky Welbourn	2 Gemma Malster
	3 Kerry Dixon	4 Georgina Malster
3 BFD 4.12.9	1 Rachel Cave	2 Kay Brown
	3 Suzi Boast	4 Alice Middleton
4 BSD 4.17.8	1 Stacey Wheat	2 Sade Bailey (U17)
	3 Anna Whitfield	4 Hayley Moore
5 NOR 4.21.2	1 Carly Brown (U17)	2 Carley Rose
	3 Samantha Jacks (U17)	4 Gilly Savage (U17)

M 4x100m Relay

1 NOR 45.0	1 James Preston	2 Michael Fraser
	3 Mitch Goose	4 Tom Pegg
2 BSD 45.3	1	2
	3	4
3 BFD 47.8	1 Steve Harris	2 Karel Pike
	3 Chris Kingshott	4 Zac Williams
4 HVG 48.0	1 Anthony Williams	2 Vincent Lazaro
	3 Tom Fossett (U17)	4 Jay Ryan

M 4x400m Relay

1 BSD 3.26.3	1	2
	3	4
2 NOR 3.37.6	1 Joel Taylour (U17)	2 James Senior (U17)
	3 Rick Ward	4 Michael Fraser
3 BFD 3.39.8	1 Rob Heaney	2 Glen Pascal
	3 Karel Pike	4 Matt Bachini
4 HVG 3.45.9	1 Paul Adair	2 Grant Twist (U17)
	3 Tom Fossett (U17)	4 Craig Moore
5 IPS 3.49.3	1 Mark Robinson (U17)	2 Daniel Palmer
	3 Elliott Palmer	4 Josh Entwhistle

After 37.5 of 38 events

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge	Event	Lge
1 BSD 994	14	1 BSD 524.5	8	1 Basildon AC	1518.5 22
2 HVG 912	12	2 HVG 518	7	2 Havering Mayesbrook AC	1430 19
3 IPS 777	12	3 BFD 479	6	3 Bedford & County AC	1296 17
4 NOR 872	11	4 NOR 425	5	4 City of Norwich	1297 16
5 BFD 817	11	5 IPS 279.5	4	5 Ipswich Harriers	1056.5 16
6 LHS 414	6	6 LHS 129	3	6 London Heathside	543 9
7 CCT 256	4	7 CCT 71	2	7 Colchester & Tendring AC	327 6

Athlete of the Match

M: James Shane Basildon 1500m 3: 57.8      F: Rachel Bennett Discus 38.52m

Note(s)

BSD Includes + 35pts,  
 BFD Includes + 35pts,  
 NOR Includes + 35pts,  
 CCT Includes + 25pts,  
 HVG Includes + 35pts,  
 IPS Includes + 35pts,  
 LHS Includes + 25pts,

*-----*											
	Club	BSD   BFD   NOR   CCT   HVG   IPS   LHS							POINTS		
		1 11	2 22	3 33	4 44	5 55	6 66	7 77	Used	Waste	Tot
*-----*											
M 100m	A	11	8	7	0	5	6	9	46	4	50
	B	6	9	5	0	0	0	7	27	9	36
Cumulative		17	17	12	0	5	6	16	73	13	86
*-----*											
M 200m	A	11	9	8	0	5	6	7	46	4	50
	B	6	9	5	0	4	0	7	31	5	36
Cumulative		34	35	25	0	14	12	30	150	22	172
*-----*											
M 400m	A	11	6	9	0	5	8	7	46	4	50
	B	6	0	9	0	7	0	5	27	9	36
Cumulative		51	41	43	0	26	20	42	223	35	258
*-----*											
M 800m	A	8	7	11	9	6	0	0	41	9	50
	B	5	9	7	0	6	0	0	27	9	36
Cumulative		64	57	61	9	38	20	42	291	53	344
*-----*											
M 1500m	A	11	6	7	8	9	5	4	50	0	50
	B	9	7	6	0	5	0	0	27	9	36
Cumulative		84	70	74	17	52	25	46	368	62	430
*-----*											
M 3000m	A	8	0	11	0	7	9	6	41	9	50
	B	7	0	9	0	6	0	5	27	9	36
Cumulative		99	70	94	17	65	34	57	436	80	516
*-----*											
M 110mH	A	0	8	9	0	11	0	0	28	22	50
	B	0	0	7	0	9	0	0	16	20	36
Cumulative		99	78	110	17	85	34	57	480	122	602
*-----*											
M 400mH	A	7	8	11	0	9	6	0	41	9	50
	B	9	0	7	0	6	0	0	22	14	36
Cumulative		115	86	128	17	100	40	57	543	145	688
*-----*											
M 2000SC	A	8	6	11	0	9	7	0	41	9	50
	B	7	0	9	0	0	6	0	22	14	36
Cumulative		130	92	148	17	109	53	57	606	168	774
*-----*											
M DT	A	7	9	6	8	11	0	0	41	9	50
	B	6	7	5	0	9	0	0	27	9	36
Cumulative		143	108	159	25	129	53	57	674	186	860
*-----*											
M HT	A	9	6	7	8	11	0	0	41	9	50
	B	9	5	6	0	7	0	0	27	9	36
Cumulative		161	119	172	33	147	53	57	742	204	946
*-----*											

*-----*											
	Club No's	BSD   BFD   NOR   CCT   HVG   IPS   LHS							POINTS		
		1 11	2 22	3 33	4 44	5 55	6 66	7 77	Used	Waste	Tot
M HJ	A	8	9	6	0	11	0	7	41	9	50
	B	0	9	6	0	7	0	0	22	14	36
Cumulative		169	137	184	33	165	53	64	805	227	1032
M JT	A	9	6	8	0	11	7	0	41	9	50
	B	6	5	7	0	9	0	0	27	9	36
Cumulative		184	148	199	33	185	60	64	873	245	1118
M LJ	A	8	9	7	0	11	6	0	41	9	50
	B	6	7	5	0	9	0	0	27	9	36
Cumulative		198	164	211	33	205	66	64	941	263	1204
M PV	A	0	11	8	0	9	0	0	28	22	50
	B	0	9	0	0	0	0	0	9	27	36
Cumulative		198	184	219	33	214	66	64	978	312	1290
M SP	A	11	6	8	7	9	0	0	41	9	50
	B	9	0	6	0	7	0	0	22	14	36
Cumulative		218	190	233	40	230	66	64	1041	335	1376
M TJ	A	8	11	7	0	9	0	6	41	9	50
	B	7	6	0	0	9	0	0	22	14	36
Cumulative		233	207	240	40	248	66	70	1104	358	1462
W 100m	A	11	8	6	0	9	0	7	41	9	50
	B	6	7	5	0	9	0	0	27	9	36
Cumulative		250	222	251	40	266	66	77	1172	376	1548
W 200m	A	7	11	5	0	9	8	6	46	4	50
	B	5	6	0	0	9	7	0	27	9	36
Cumulative		262	239	256	40	284	81	83	1245	389	1634
W 400m	A	9	11	7	0	8	0	0	35	15	50
	B	5	9	7	0	6	0	0	27	9	36
Cumulative		276	259	270	40	298	81	83	1307	413	1720
W 800m	A	7	11	8	0	9	6	0	41	9	50
	B	7	0	0	0	9	0	0	16	20	36
Cumulative		290	270	278	40	316	87	83	1364	442	1806
W 1500m	A	11	7	8	0	9	0	0	35	15	50
	B	6	7	9	0	0	0	0	22	14	36
Cumulative		307	284	295	40	325	87	83	1421	471	1892
W 3000m	A	8	11	0	0	9	0	0	28	22	50
	B	7	9	0	0	0	0	0	16	20	36
Cumulative		322	304	295	40	334	87	83	1465	513	1978
*-----*											

*-----*											
	Club No's	POINTS							Used	Waste	Tot
		BSD 1 11	BFD 2 22	NOR 3 33	CCT 4 44	HVG 5 55	IPS 6 66	LHS 7 77			
W 100mH	A	8	0	0	0	11	9	0	28	22	50
	B	6	0	0	0	9	7	0	22	14	36
Cumulative		336	304	295	40	354	103	83	1515	549	2064
W 400mH	A	8	9	0	0	0	11	0	28	22	50
	B	7	0	0	0	0	9	0	16	20	36
Cumulative		351	313	295	40	354	123	83	1559	591	2150
W 1500SC	A	0	0	0	0	0	0	0	0	0	0
	B	0	0	0	0	0	0	0	0	0	0
Cumulative		351	313	295	40	354	123	83	1559	591	2150
W DT	A	7	11	5	0	9	6	8	46	4	50
	B	5	9	4	0	7	6	0	31	5	36
Cumulative		363	333	304	40	370	135	91	1636	600	2236
W HT	A	11	7	5	6	9	8	0	46	4	50
	B	9	0	5	0	6	7	0	27	9	36
Cumulative		383	340	314	46	385	150	91	1709	613	2322
W HJ	A	7	8	0	0	10	10	0	35	15	50
	B	5.5	7	0	0	9	5.5	0	27	9	36
Cumulative		395.5	355	314	46	404	165.5	91	1771	637	2408
W JT	A	9	8	5	0	11	7	6	46	4	50
	B	5	9	4	0	7	6	0	31	5	36
Cumulative		409.5	372	323	46	422	178.5	97	1848	646	2494
W LJ	A	8	6	7	0	9	11	0	41	9	50
	B	7	0	6	0	0	9	0	22	14	36
Cumulative		424.5	378	336	46	431	198.5	97	1911	669	2580
W PV	A	0	0	11	0	0	0	0	11	39	50
	B	0	0	0	0	0	0	0	0	36	36
Cumulative		424.5	378	347	46	431	198.5	97	1922	744	2666
W SP	A	9	11	5	0	6	8	7	46	4	50
	B	7	9	4	0	5	6	0	31	5	36
Cumulative		440.5	398	356	46	442	212.5	104	1999	753	2752
W TJ	A	7	11	0	0	9	8	0	35	15	50
	B	6	0	0	0	7	9	0	22	14	36
Cumulative		453.5	409	356	46	458	229.5	104	2056	782	2838
W 4X1		9	11	8	0	0	0	0	28	22	50
Cumulative		462.5	420	364	46	458	229.5	104	2084	804	2888
W 4X4		7	8	6	0	11	9	0	41	9	50
Cumulative		469.5	428	370	46	469	238.5	104	2125	813	2938
*-----*											

Club No's	BSD	BFD	NOR	CCT	HVG	IPS	LHS	POINTS		
	1 11	2 22	3 33	4 44	5 55	6 66	7 77	Used	Waste	Tot
M 4X1	9	8	11	0	7	0	0	35	15	50
Cumulative	478.5	436	381	46	476	238.5	104	2160	828	2988
M 4X4	11	8	9	0	7	6	0	41	9	50
Cumulative	489.5	444	390	46	483	244.5	104	2201	837	3038
Add	35	35	35	25	35	35	25	0	0	0
subtract	0	0	0	0	0	0	0	0	0	0
Cumulative	524.5	479	425	71	518	279.5	129	2201	837	3038
TOTALS	524.5	479	425	71	518	279.5	129	2201	837	3038

Pos	Club	Points	Add	Sub	Total
1	Basildon AC	489.5	35	0	524.5
2	Havering Mayesbrook AC	483	35	0	518
3	Bedford & County AC	444	35	0	479
4	City of Norwich	390	35	0	425
5	Ipswich Harriers	244.5	35	0	279.5
6	London Heathside	104	25	0	129
7	Colchester & Tendring AC	46	25	0	71
After 37.5 of 38 events					
Used + add - sub = total		2201	225	0	2426
Unused points		837			837
(Used+unused)+add-sub=total		3038	225	0	3263

Club	1st	2nd	3rd	4th	5th	6th	7th	1st	2nd	3rd	4th	5th	6th	7th
BSD A	9	7	10	8	0	0	0	B 5	8	11	5	0	0	0
HVG A	10	15	1	3	2	3	0	B 10	7	5	2	1	0	0
BFD A	10	5	9	3	7	0	0	B 10	6	2	2	0	0	0
NOR A	6	3	7	7	4	5	0	B 4	5	5	6	3	0	0
IPS A	3	3	5	3	7	1	0	B 3	3	5	0	0	0	0
LHS A	0	1	1	5	4	0	1	B 0	2	0	2	0	0	0
CCT A	0	1	3	1	1	0	0	B 0	0	0	0	0	0	0

Men	Event	Women	Event
1 Havering Mayesbrook AC	262	1 Basildon AC	236.5
2 City of Norwich	260	2=Bedford & County AC	221
3 Basildon AC	253	2=Havering Mayesbrook AC	221
4 Bedford & County AC	223	4 Ipswich Harriers	172.5
5 Ipswich Harriers	72	5 City of Norwich	130
6 London Heathside	70	6 London Heathside	34
7 Colchester & Tendring AC	40	7 Colchester & Tendring AC	6