

M 100m A

1 Josh Cox		TBD	11.4
2 Kim Sobotie	U17	SNH	11.8
3 Luke Yaxley		SWH	11.8
4 Richard Evans		HVG	12.0
5 Shane Artherton		NOR	12.2

M 100m B

1 Dan Cody		SWH	12.1
2 Daniel Gardner		SNH	12.3
3 Volkan Isikgun		HVG	13.3

M 200m A

1 Kim Sobotie	U17	SNH	23.6
2 Josh Cox		TBD	24.0
3 Luke Yaxley		SWH	24.3
4 Danny Wilson		HVG	25.0
5 Shane Artherton		NOR	25.1

M 200m B

1 Dan Cody		SWH	24.4
2 Anton Pearson		NOR	25.2
3 William Ridgeway	U17	SNH	26.0
4 Volkan Isikgun		HVG	27.0

M 400m A

1 Kim Sobotie	U17	SNH	50.8
2 Danny Wilson		HVG	51.2
3 Jon Rendell		SWH	52.2
4 Jack Strachan		NOR	52.2

M 400m B

1 Massi Dendani		HVG	51.6
2 Anton Pearson		NOR	54.5
3 William Ridgeway	U17	SNH	55.8

M 800m A

1 Tom Hook		NOR	1.59.1
2 Hosbah Gikungu		HVG	2.00.2
3 Chris Hilton		SNH	2.04.2

M 800m B

1 Joe Kirton		NOR	2.10.8
2 Edward Thompson	U17	HVG	2.16.8
3 Greg Evans		SNH	2.21.5

M 1500m A

1 Hosbah Gikungu		HVG	4.16.8
2 Ben Stratton		NOR	4.25.3
3 Jack Gladman	U17	SNH	6.36.1

M 1500m B

1 Scott Greaves		NOR	4.34.1
2 Massi Dendani		HVG	4.35.9

M 3000m A

1 Martainn Ramsey		NOR	9.17.3
2 Chris Hilton		SNH	11.22.0

M 3000m B

1 Scott Greaves		NOR	9.22.5
2 Jack Gladman	U17	SNH	11.22.3

M 110mH A

1 George Hadler	U17	HVG	16.0
2 Steven Hadley		NOR	17.0
3 Daniel Gardner		SNH	17.0

M 110mH B

1 Jake Nelson		HVG	19.2
2 Laurence Levy		SNH	21.7

M 400mH A

1 George Hadler	U17	HVG	61.5
2 Steven Hadley		NOR	62.8
3 Paul Spicer		SNH	69.9

M 400mH B

1 Jake Nelson		HVG	70.2
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M 2000m SC A		M 2000m SC B	
1 Martainn Ramsey	NOR 7.12.4	1 Luke Yaxley	SWH 9.16.1
2 Greg Evans	SNH 7.30.1		
3 Jon Rendell	SWH 9.04.6		
M Discus Throw A		M Discus Throw B	
1 Michael Painter	NOR 45.98	1 Callum Brown	NOR 36.05
2 Alan Sydee	TBD 32.85	2 Matt Hill	U17 TBD 28.53
3 Danny Wilson	HVG 30.56	3 Massi Dendani	HVG 18.93
4 Laurence Levy	SNH 23.51		
M Hammer Throw A		M Hammer Throw B	
1 Callum Brown	NOR 67.62	1 Michael Painter	NOR 50.15
2 Alan Sydee	TBD 52.90	2 James Jones	U17 SNH 13.41
3 Laurence Levy	SNH 38.62		
M High Jump A		M High Jump B	
1 Josh Watson	TBD 1.85	1 Paul Spicer	SNH 1.70
2 Kashif Jones	SNH 1.85		
3 Jon Rendell	SWH 1.60		
M Javelin Throw A		M Javelin Throw B	
1 Matt Hill	U17 TBD 39.88	1 James Kent	NOR 36.20
2 Callum Brown	NOR 38.00	2 James Jones	U17 SNH 11.20
3 Dan Cody	SWH 31.44	3 Massi Dendani	HVG 4.64
4 Hosbah Gikungu	HVG 21.30		
5 Paul Spicer	SNH 17.54		
M Long Jump A		M Long Jump B	
1 Daniel Gardner	SNH 6.71	1 Steven Hadley	NOR 6.19
2 Ross McLachlan	U17 NOR 6.25	2 Jake Nelson	HVG 5.58
3 Richard Holland	HVG 6.10	3 Jack Gladman	U17 SNH 3.15
4 Dan Steel	TBD 6.06		
M Pole Vault A		M Pole Vault B	
1 Edward Thompson	U17 HVG 3.10	No competitors	
M Shot Putt A		M Shot Putt B	
1 Michael Painter	NOR 14.07	1 Callum Brown	NOR 11.40
2 Alan Sydee	TBD 10.85	2 Matt Hill	U17 TBD 10.28
3 Laurence Levy	SNH 9.91	3 Volkan Isikgun	HVG 7.27
4 Richard Holland	HVG 8.22	4 Kashif Jones	SNH 6.84

M Triple Jump A

1 Dan Steel TBD 13.14
2 Steven Hadley NOR 11.74
3 Jake Nelson HVG 11.54
4 Kashif Jones SNH 11.44

M Triple Jump B

1 Jack Strachan NOR 11.52
2 Paul Spicer SNH 9.85
3 Edward Thompson U17 HVG 9.59

W 100m A

1 Clieo Stephenson NOR 12.6
2 Tomi Akingbade U17 HVG 13.7
3 Martina Barber SNH 14.7

W 100m B

1 Emma Tilbrook NOR 13.8
2 Mercy Gutteridge U17 HVG 14.2
3 Kirsty Bateman U17 SNH 14.8

W 200m A

1 Emma Tilbrook NOR 27.9
2 Tomi Akingbade U17 HVG 28.1
3 Catherine Mackintosh SWH 30.4
4 Martina Barber SNH 30.4

W 200m B

1 Holly Durbridge NOR 29.6
2 Kate Wright U17 SNH 33.6

W 400m A

1 Sarah Grover SWH 62.3
2 Elena Cerji U17 SNH 63.5
3 Katie Stratton U17 NOR 65.9

W 400m B

1 Catherine Mackintosh SWH 64.9
2 Sarah Feely U17 SNH 65.6
3 Mabel Beckett NOR 82.8

W 800m A

1 Megan Wilson U17 NOR 2.32.3
2 Emily Wright U17 SNH 2.59.3

W 800m B

1 Kimberley Aspland NOR 2.44.3

W 1500m A

1 Natassja Potgieter NOR 5.17.6
2 Janie Latchford U17 SNH 5.52.6

W 1500m B

1 Alice Cheverton U17 NOR 5.20.4
2 Emily Wright U17 SNH 6.31.6

W 3000m A

1 Mabel Beckett NOR 11.30.5
2 Caroline Willis U17 SNH 12.32.3

W 3000m B

1 Alice Cheverton U17 NOR 11.46.9

W 100mH A

1 Claire Ward SNH 16.3
2 Clare Bently SWH 21.1

W 100mH B

1 Catherine Mackintosh SWH 22.0
2 Martina Barber SNH 22.7

W 400mH A

1 Eleanor Blunt U17 NOR 70.4
2 Suzie Bentley U17 SWH 71.0
3 Sarah Feely U17 SNH 79.2

W 400mH B

1 Hannah Maher U17 NOR 80.3
2 Clare Bently SWH 81.0

W 1500m Sc A

1 Iona Lake NOR 5.04.1
2 Hannah Farmer U17 TBD 5.56.5
3 Sarah Grover SWH 6.04.6
4 Caroline Willis U17 SNH 6.28.8

W 1500m Sc B

1 Mabel Beckett NOR 5.48.4
2 Janie Latchford U17 SNH 6.50.9

W Discus Throw A

1 Sophie Goddard SNH 25.75
2 Holly Durbridge NOR 22.00

W Discus Throw B

1 Emily Evans U17 SNH 17.73
2 Clieo Stephenson NOR 13.20

W Hammer Throw A

1 Sophie Goddard SNH 32.95
2 Eleanor Blunt U17 NOR 8.36

W Hammer Throw B

1 Katie Stratton U17 NOR 4.54

W High Jump A

1 Kate Jones SWH 1.60
2 Catherine Oliver U17 NOR 1.60
3 Janet Browne SNH 1.55

W High Jump B

1 Emma Tilbrook NOR 1.55
2 Kate Wright U17 SNH 1.30

W Javelin Throw A

1 Deborah Knight HVG 39.42
2 Kirsty Bateman U17 SNH 28.17
3 Kate Jones SWH 20.56
4 Hannah Maher U17 NOR 14.64

W Javelin Throw B

1 Megan Wilson U17 NOR 14.26
2 Shannon Rapacchi U17 SNH 13.31
3 Mercy Gutteridge U17 HVG 12.36

W Long Jump A

1 Emma Tilbrook NOR 5.24
2 Millie Phelan SNH 4.81
3 Tomi Akingbade U17 HVG 4.26

W Long Jump B

1 Eleanor Blunt U17 NOR 4.84
2 Claire Ward SNH 4.23

W Pole Vault A

1 Mercy Gutteridge U17 HVG 2.80
2 Sarah Kett NOR 2.65
3 Shannon Rapacchi U17 SNH 1.85

W Pole Vault B

No competitors

W Shot Putt A

1 Deborah Knight HVG 10.26
2 Hannah Maher U17 NOR 8.15
3 Suzie Bentley U17 SWH 7.63
4 Martina Barber SNH 7.19

W Shot Putt B

1 Claire Ward SNH 7.03
2 Kate Jones SWH 6.08
3 Clieo Stephenson NOR 5.77

W Triple Jump A

1 Millie Phelan SNH 9.91
2 Megan Wilson U17 NOR 9.79
3 Clare Bently SWH 8.30

W Triple Jump B

1 Janet Browne SNH 9.72
2 Victoria Mitchell NOR 8.39

W 4x100m Relay

1 NOR 52.5 1 Emma Tilbrook 2 Eleanor Blunt U17
3 Kimberley Aspland 4 Clieo Stephenson
2 SNH 56.4 1 Elena Cerji U17 2 Sarah Feely U17
3 Martina Barber 4 Janet Browne
3 SWH 58.3 1 Kate Jones 2 Catherine Mackintosh
3 Clare Bently 4 Sarah Grover

W 4x400m Relay

1 NOR 4.27.5 1 Katie Stratton U17 2 Alice Cheverton U17
3 Megan Wilson U17 4 Nastassja Potgieter
2 SWH 4.33.9 1 Suzie Bentley U17 2 Catherine Mackintosh
3 Clare Bently 4 Sarah Grover
3 SNH 4.38.3 1 Elena Cerji U17 2 Martina Barber
3 Sarah Feely U17 4 Claire Ward

M 4x100m Relay

1 HVG 45.7 1 Volkan Isikgun 2 Richard Holland
3 George Hadler U17 4 Danny Wilson
2 NOR 50.1 1 Shane Artherton 2 Anton Pearson
3 Steven Hadley 4 Ross McLachlan U17
3 SNH DQ

M 4x400m Relay

1 HVG 3.33.2	1 Hosbah Gikungu		2 Danny Wilson
	3 George Hadler	U17	4 Massi Dendani
2 NOR 3.37.8	1 Tom Hook		2 Scott Greeves
	3 Martainn Ramsey		4 Jack Strachan
3 SNH 4.25.9	1 William Ridgeway	U17	2 Chris Hilton
	3 Paul Spicer		4 James Jones U17

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS	
Event	Lge	Event	Lge	Event	Lge
1 SNH 1117.5	16	1 NOR 591	8	1 Stevenage & North Herts	1634.5 23
2 NOR 828	14	2 SNH 517	7	2 City of Norwich A.C.	1419 22
3 HVG 644.5	11	3 HVG 306	6	3 Havering Mayesbrook AC	950.5 17
4 SWH 608	10	4 SWH 214	5	4 SW Herts	822 15
5 TBD 591	9	5 TBD 110	4	5 Team Bedfordfordshire	701 13

Athlete of the Match: D Gardner 6.71 LJ
I Lake 5:04.1 1500SC

Note(s)

NOR Includes + 35pts,
HVG Includes + 15pts,
SWH Includes + 10pts,
SNH Includes + 35pts,

W 100m

1 Holly Durbridge

NOR 14.6