

**A String**

**B String**

<b>100m</b>	1st	8	Rion Pierre	WSE&H	11.0
	2nd	1	Daniel Haque	Blackheath & Bromley	11.2
	3rd	6	David Telfer	Enfield & Haringey	11.3
	4th	5	Jason Hussain	Belgrave	11.4
	5th	4	Justin Ryan	Shaftesbury Barnet	11.5
	6th	3	Luke Stott	Havering Mayesbrook	11.5
	7th	2	Alex Rowberry	Bournemouth	11.7
	8th	7	Dwayne Dowman	Harrow	11.7

	1st	66	Eli Winn	Enfield & Haringey	11.3
	2nd	11	Danny Doyley	Blackheath & Bromley	11.3
	3rd	44	Michael Okoigun	Shaftesbury Barnet	11.3
	4th	88	Adam Butler	WSE&H	11.7
	5th	77	Paul Crawford	Harrow	11.8
	6th	55	Adam Mohammed	Belgrave	12.1
	7th	22	Jody Chappell	Bournemouth	12.1
	8th	33	Caffer Gunnay	Havering Mayesbrook	12.8

<b>200m</b>	1st	1	Daniel Haque	Blackheath & Bromley	22.0
	2nd	6	David Telfer	Enfield & Haringey	22.2
	3rd	5	Jason Hussain	Belgrave	22.2
	4th	8	Fahad Kahn	WSE&H	22.3
	5th	3	Luke Stott	Havering Mayesbrook	22.8
	6th	4	Ross Smith	Shaftesbury Barnet	23.7
	7th	2	Jody Chappell	Bournemouth	23.9
	8th	7	Dwayne Dowman	Harrow	24.7

	1st	11	Danny Doyley	Blackheath & Bromley	22.2
	2nd	66	Chris Meikle	Enfield & Haringey	22.6
	3rd	88	Liam Freemantle	WSE&H	22.7
	4th	44	Justin Ryan	Shaftesbury Barnet	23.0
	5th	77	Paul Crawford	Harrow	24.1
	6th	33	Michael Waller	Havering Mayesbrook	24.1
	7th	55	Roy Collier	Belgrave	24.8
	8th	22	Kim Johnson	Bournemouth	25.0

<b>400m</b>	1st	5	Gavin Selway	Belgrave	49.5
	2nd	1	Scott Blackwell	Blackheath & Bromley	50.3
	3rd	7	Hari Mehta	Harrow	50.3
	4th	6	Preston Edwards	Enfield & Haringey	51.0
	5th	4	William Hooton	Shaftesbury Barnet	51.1
	6th	8	Carl Richardson	WSE&H	51.4
	7th	3	Andrew Meech	Havering Mayesbrook	51.7
	8th	2	Craig Bravington	Bournemouth	52.8

	1st	11	Alex Babb	Blackheath & Bromley	51.6
	2nd	33	Michael Waller	Havering Mayesbrook	51.9
	3rd	77	Dean Goodman	Harrow	52.0
	4th	66	Marimba Odundo-Mendez	Enfield & Haringey	52.2
	5th	88	Steve Bruce	WSE&H	52.5
	6th	44	Michael Cohen	Shaftesbury Barnet	52.5
	7th	55	Malachi Kirby	Belgrave	57.0
	8th				

<b>800m</b>	1st	8	Tim Haughian	WSE&H	1:56.5
	2nd	3	Andrew Meech	Havering Mayesbrook	1:56.8
	3rd	7	Dean Goodman	Harrow	1:57.0
	4th	6	Rhys Fowler	Enfield & Haringey	1:58.1
	5th	4	Louis Wallinger	Shaftesbury Barnet	2:00.0
	6th	1	James Poole	Blackheath & Bromley	2:01.3
	7th	2	Karl Welch	Bournemouth	2:02.3
	8th	5	Tom Barry	Belgrave	2:13.2

	1st	66	Dayle Zieleniewski	Enfield & Haringey	2:02.8
	2nd	44	Robert Sparrow	Shaftesbury Barnet	2:07.2
	3rd	22	Mike Hammacott	Bournemouth	2:07.4
	4th	11	Robert D'Angelo	Blackheath & Bromley	2:08.9
	5th	88	James Cotton	WSE&H	2:09.6
	6th	77	Steven Hill	Harrow	2:11.4
	7th				
	8th				

<b>1500m</b>	1st	6	Jon Pepper	Enfield & Haringey	4:05.8
	2nd	7	Richard Franzese	Harrow	4:08.5
	3rd	22	Craig Bravington	Bournemouth	4:16.1
	4th	8	Ian May	WSE&H	4:18.7
	5th	1	James Poole	Blackheath & Bromley	4:19.8
	6th	4	Louis Wallinger	Shaftesbury Barnet	4:26.8
	7th				
	8th				

	1st	66	Shaun Collins	Enfield & Haringey	4:16.7
	2nd	77	Robert Rice	Harrow	4:23.7
	3rd	88	Alex Tovey	WSE&H	4:30.5
	4th	44	Mark Stichbury	Shaftesbury Barnet	4:30.6
	5th	2	Karl Welch	Bournemouth	4:41.9
	6th	11	Richard Daniel	Blackheath & Bromley	4:42.8
	7th				
	8th				

<b>3000m</b>	1st	1	Danny Brewer	Blackheath & Bromley	9:34.4
	2nd	44	Dominic Easter	Shaftesbury Barnet	9:35.5
	3rd	6	David O'Toole	Enfield & Haringey	9:36.3
	4th	88	James Ferrett	WSE&H	9:36.4
	5th	7	Ashley Carter	Harrow	9:51.2
	6th				
	7th				
	8th				

	1st	66	Matthew Sharp	Enfield & Haringey	9:39.8
	2nd	77	Matthew Judson	Harrow	9:56.4
	3rd	4	James Newman	Shaftesbury Barnet	9:59.3
	4th	8	Vince Bangs	WSE&H	10:05.6
	5th	11	Adam Atkinson	Blackheath & Bromley	11:11.5
	6th				
	7th				
	8th				

<b>110mH</b>	1st	4	Joe Tenny	Shaftesbury Barnet	15.5
	2nd	2	Alex Rowberry	Bournemouth	15.6
	3rd	5	Zè Sandell	Belgrave	16.1
	4th	6	Michael Cox	Enfield & Haringey	16.5
	5th	3	Aaron Edwards	Havering Mayesbrook	16.5
	6th	8	Lloyd Welsh	WSE&H	17.1
	7th	7	Matthew Beswick	Harrow	17.3
	8th	1	Mandeep Shoker	Blackheath & Bromley	17.6

	1st	22	Nic Phillips	Bournemouth	15.9
	2nd	11	Alex Worley	Blackheath & Bromley	17.3
	3rd	88	Jimmy Dunne	WSE&H	17.6
	4th	33	Adam Brett	Havering Mayesbrook	19.7
	5th	77	Michael Cox	Harrow	19.7
	6th	44	Maurice Ryan	Shaftesbury Barnet	DQ
	7th				
	8th				

<b>400mH</b>	=1st	7	Ben Carne	Harrow	54.1
	=1st	6	Ogadima Duru	Enfield & Haringey	54.1
	3rd	5	Zè Sandell	Belgrave	57.2
	4th	2	Nic Phillips	Bournemouth	58.2
	5th	1	Mandeep Shoker	Blackheath & Bromley	60.7
	6th	4	Daniel Russell	Shaftesbury Barnet	64.4
	7th	3	Michael Waller	Havering Mayesbrook	65.7
	8th	8	Lloyd Welsh	WSE&H	67.6

	1st	88	David Blackman	WSE&H	60.4
	2nd	66	Zak Saucedo	Enfield & Haringey	60.6
	3rd	77	Hari Metha	Harrow	61.2
	4th	11	Richard Daniel	Blackheath & Bromley	61.3
	5th	44	Chris Purdue	Shaftesbury Barnet	63.7
	6th	33	Adam Brett	Havering Mayesbrook	82.2
	7th				
	8th				

<b>2000m S/C</b>	1st	4	Daniel Russell	Shaftesbury Barnet	6:27.1
	2nd	7	Matthew Carey	Harrow	6:29.3
	3rd	6	Daniel Christian	Enfield & Haringey	6:33.5
	4th	1	Dale Willis	Blackheath & Bromley	7:04.6
	5th	8	George Glancy	WSE&H	7:24.2
	6th	2	Mike Hammacott	Bournemouth	7:55.4
	7th				
	8th				

	1st	44	Matthew Grant	Shaftesbury Barnet	6:28.7
	2nd	66	Andy O'Neill	Enfield & Haringey	6:53.9
	3rd	77	James Paterson	Harrow	7:00.0
	4th	11	Alex Littlewood	Blackheath & Bromley	7:46.9
	5th	22	Dan Boyd	Bournemouth	8:02.9
	6th				
	7th				
	8th				

<b>High Jump</b>	1st	6	Robbie Grabarz	Enfield & Haringey	2.22
	2nd	4	Nick Stanisavljevic	Shaftesbury Barnet	2.00
	3rd	7	Tim Maitland	Harrow	1.90
	4th	8	David Cole	WSE&H	1.90
	5th	33	Scott Keating	Havering Mayesbrook	1.85
	6th	1	Daniel Campbell	Blackheath & Bromley	1.80
	7th	2	Andy Brown	Bournemouth	1.75
	8th	5	John Harris	Belgrave	1.50

	=1st	44	Hadley Winthrop	Shaftesbury Barnet	1.90
	=1st	66	James Luck	Enfield & Haringey	1.90
	3rd	88	Jimmy Dunne	WSE&H	1.90
	4th	77	Leon Chang	Harrow	1.80
	5th	3	Aaron Edwards	Havering Mayesbrook	1.75
	6th	22	Nic Phillips	Bournemouth	1.70
	7th	11	Dale Willis	Blackheath & Bromley	1.65
	8th	55	Malachi Kirby	Belgrave	1.45

<b>Pole Vault</b>									
1st	1	Scott Huggins	Blackheath & Bromley	4.00	1st	77	Matthew Cox	Harrow	3.50
2nd	5	Zé Sandell	Belgrave	3.65	=2nd	4	Wolfgang Huber	Shaftesbury Barnet	3.35
3rd	7	Ian Smart	Harrow	3.65	=2nd	6	Jamie Brandon	Enfield & Haringey	3.35
4th	66	Stuart Smart	Enfield & Haringey	3.50	4th	88	Chris Beck	WSE&H	2.90
5th	44	Scott Bartlett	Shaftesbury Barnet	3.50	5th				
6th	8	Steve Walker	WSE&H	3.35	6th				
7th	22	Dan Boyd	Bournemouth	2.45	7th				
8th					8th				

<b>Long Jump</b>									
1st	1	Jeremy Odeney	Blackheath & Bromley	6.89	1st	11	Dexter Nichols	Blackheath & Bromley	6.83
2nd	4	Nick Stanisavljevic	Shaftesbury Barnet	6.87	2nd	44	Nonso Okolo	Shaftesbury Barnet	6.65
3rd	8	Andre Whattley	WSE&H	6.63	3rd	6	Tyrell Boatswain	Enfield & Haringey	6.21
4th	66	Tomide Isinkaye	Enfield & Haringey	6.50	4th	22	Bradley Pickup	Bournemouth	5.99
5th	7	Dakarah Forbes	Harrow	6.41	5th	88	Chris Beck	WSE&H	5.85
6th	2	Jody Chappell	Bournemouth	6.28	6th	77	Paul Crawford	Harrow	5.77
7th	33	Michael Waller	Havering Mayesbrook	5.87	7th	3	Luke Stott	Havering Mayesbrook	5.77
8th	5	Dan Turner	Belgrave	5.53	8th				

<b>Triple Jump</b>									
1st	1	Jeremy Odeney	Blackheath & Bromley	14.48	1st	4	Nick Stanisavljevic	Shaftesbury Barnet	13.43
2nd	44	Michael Okoigun	Shaftesbury Barnet	14.34	2nd	66	Tomide Isinkaye	Enfield & Haringey	12.57
3rd	6	Wayne Coull	Enfield & Haringey	13.13	3rd	22	Bradley Pickup	Bournemouth	12.40
4th	2	Matt Calver	Bournemouth	12.92	4th	8	David Cole	WSE&H	12.08
5th	7	Tim Maitland	Harrow	12.34	5th	11	Alex Worley	Blackheath & Bromley	12.06
6th	88	Jimmy Dunne	WSE&H	12.23	6th	77	Ryan Hamilton	Harrow	11.55
7th	5	John Harris	Belgrave	9.28	7th				
8th					8th				

<b>Shot Putt</b>									
1st	5	Chris Gearing	Belgrave	17.42	1st	77	Tariku Bull	Harrow	12.42
2nd	2	Dan Brunsten	Bournemouth	14.59	2nd	55	Zé Sandell	Belgrave	11.65
3rd	7	Chris Thornton	Harrow	12.86	3rd	22	Kim Johnson	Bournemouth	11.53
4th	44	Michael Okoigun	Shaftesbury Barnet	12.14	4th	4	Opy Jacobs	Shaftesbury Barnet	11.35
5th	66	Jamaru Nooks	Enfield & Haringey	11.90	5th	11	Amir Williamson	Blackheath & Bromley	10.89
6th	1	Marcus Williams	Blackheath & Bromley	11.79	6th	6	Orioso Agbareh	Enfield & Haringey	10.64
7th	3	Aaron Edwards	Havering Mayesbrook	11.74	7th	88	Matt Townsend	WSE&H	10.40
8th	8	David Shiel	WSE&H	11.55	8th	33	Scott Keating	Havering Mayesbrook	9.60

<b>Discus</b>									
1st	5	Chris Scott	Belgrave	43.61	1st	55	Chris Gearing	Belgrave	41.69
2nd	1	Alistair Williamson	Blackheath & Bromley	41.47	2nd	11	Amir Williamson	Blackheath & Bromley	41.05
3rd	6	Nnamoi Etobi	Enfield & Haringey	40.96	3rd	66	Paul Gamester	Enfield & Haringey	33.84
4th	8	Matt Townsend	WSE&H	40.00	4th	33	Christian Newton	Havering Mayesbrook	31.48
5th	7	Lewis Edwards	Harrow	36.24	5th	77	James Chapman	Harrow	28.79
6th	3	Aaron Edwards	Havering Mayesbrook	36.19	6th	88	Doug Cramb	WSE&H	28.50
7th	44	Daniel Twiss	Shaftesbury Barnet	32.59	7th	4	Opy Jacobs	Shaftesbury Barnet	23.45
8th	2	Dan Brunsten	Bournemouth	31.08	8th	22	Sam Chappell	Bournemouth	23.37

<b>Hammer</b>									
1st	8	Micki Finn	WSE&H	58.34	1st	11	Richard Alameen	Blackheath & Bromley	44.57
2nd	1	Alistair Williamson	Blackheath & Bromley	54.55	2nd	6	Nnamoi Etobi	Enfield & Haringey	43.13
3rd	66	Jamaru Nooks	Enfield & Haringey	49.71	3rd	88	Doug Cramb	WSE&H	39.67
4th	5	Chris Scott	Belgrave	48.48	4th	22	Steve Brunsten	Bournemouth	36.13
5th	3	Joe Forde	Havering Mayesbrook	47.50	5th	77	James Chapman	Harrow	33.64
6th	7	Lewis Edwards	Harrow	42.23	6th	33	Christian Newton	Havering Mayesbrook	23.66
7th	2	Dan Brunsten	Bournemouth	40.21	7th	44	Wolfgang Huber	Shaftesbury Barnet	20.56
8th	4	Opy Jacobs	Shaftesbury Barnet	27.39	8th	55	John Harris	Belgrave	15.26

<b>Javelin</b>									
1st	1	Stuart Harvey	Blackheath & Bromley	62.68	1st	22	Dan Brunsten	Bournemouth	48.40
2nd	2	Andy Brown	Bournemouth	54.74	2nd	44	Alex Twiss	Shaftesbury Barnet	43.20
3rd	4	Aaron Harris	Shaftesbury Barnet	49.75	3rd	66	Kurt Thomas	Enfield & Haringey	38.20
4th	6	George Ferrar	Enfield & Haringey	48.08	4th	8	David Blackman	WSE&H	36.87
5th	88	Steve Bruce	WSE&H	38.66	5th	11	Adam Atkinson	Blackheath & Bromley	36.20
6th	3	Caffer Gunnay	Havering Mayesbrook	37.58	6th	33	Christian Newton	Havering Mayesbrook	31.35
7th	5	Roy Collier	Belgrave	37.50	7th	77	Graham Pound	Harrow	26.10
8th	7	Tim Maitland	Harrow	27.73	8th				

<b>4x100m</b>				
1st	8		WSE&H	42.4
2nd	6		Enfield & Haringey	42.7
3rd	4		Shaftesbury Barnet	42.8
4th	1		Blackheath & Bromley	44.2
5th	5		Belgrave	45.5
6th	7		Harrow	45.7
7th	2		Bournemouth	46.1
8th	3		Havering Mayesbrook	46.5

<b>4x400m</b>				
1st	6		Enfield & Haringey	3:23.7
2nd	1		Blackheath & Bromley	3:29.1
3rd	8		WSE&H	3:31.1
4th	4		Shaftesbury Barnet	3:32.6
5th	7		Harrow	3:34.9
6th	2		Bournemouth	3:39.4
7th				
8th				

### Final Match Scores

<b>1st</b>	<b>Enfield &amp; Haringey</b>	<b>303.5</b>
<b>2nd</b>	<b>Blackheath &amp; Bromley</b>	<b>283</b>
<b>3rd</b>	<b>Shaftesbury Barnet</b>	<b>260.5</b>
<b>4th</b>	<b>WSE&amp;H</b>	<b>249</b>
<b>5th</b>	<b>Harrow</b>	<b>242</b>
<b>6th</b>	<b>Bournemouth</b>	<b>194</b>
<b>7th</b>	<b>Belgrave</b>	<b>163</b>
<b>8th</b>	<b>Havering Mayesbrook</b>	<b>129</b>