

Southern Premier Mayesbrook Arena
Sunday, June 25 2006

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FINAL MATCH SCORES AND POSITIONS

Points Summary	Hav M	Harrow	WSEH	Norw				
Boys	169.0	232.0	192.0	150.0				
Girls	109.0	165.0	224.0	174.0				
Officials	25.0	25.0	25.0	18.0				
Total	303.0	422.0	441.0	342.0				
Position	4	2	1	3	5	5	5	5

ATHLETES OF THE MATCH				
	Name	Club	Age Group/Event	Performance
MALE TRACK	James Senior	Norw	U15B 1500m	0.00291088
MALE FIELD	Cameron Lake	WSEH	U17M HJ	2.00m
FEMALE TRACK	Rose Reynolds	WSEH	U17W 300m H	45.2 sec
FEMALE FIELD	Jessica Allan	WSEH	U17W TJ	10.43m

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Southern Premier Mayesbrook Arena

			Perf	Wind	Records	Grades	Sunday, June 25 2006			Perf	Grades
T32	U17 Men's 100m 'A'			<i>Wind= headwind</i>			U17 Men's 100m 'B'		<i>Wind= headwind</i>		
1	H Eugene Ayanful	Havering Mayesbrook	11.3		G1*		1 O Max Galliers	Windsor, Slough, E & H		11.4	G2*
2	OO Josh Patrick	Windsor, Slough, E & H	11.3		G1*		2 G Dakarai Forbes	Harrow AC		11.9	G3
3	GG Teddy Kasonso	Harrow AC	11.8		G3		3 HH Daniel Mc Dowall	Havering Mayesbrook		12.1	G4
4	D Michael Fraser	City of Norwich AC	12.2		G4		4 DD Chris Marshall	City of Norwich AC		12.8	
T8	U17 Men's 200m 'A'			<i>Wind= -2.5</i>			U17 Men's 200m 'B'		<i>Wind= -2.5</i>		
1	H Eugene Ayanful	Havering Mayesbrook	22.5		G1*		1 G Junior Ejehu	Harrow AC		23.8	G3*
2	GG Dakarai Forbes	Harrow AC	23.4		G2*		2 HH Alan Vardon	Havering Mayesbrook		24.4	G4
3	O Dan James	Windsor, Slough, E & H	23.7		G3*		3 DD Kim Dowling	City of Norwich AC		26.5	
4	D Chris Marshall	City of Norwich AC	25.6				4 OO James Airey	Windsor, Slough, E & H		27.8	
T25	U17 Men's 400m 'A'						U17 Men's 400m 'B'				
1	O Dwayne Blake	Windsor, Slough, E & H	50.2		G1*		1 GG Stefan Colaco	Harrow AC		53.3	G3*
2	D Michael Fraser	City of Norwich AC	51.0		G1*		2 DD Josh Holland	City of Norwich AC		53.7	G3
3	G James Peden	Harrow AC	52.4		G2*		3 OO George Higgins	Windsor, Slough, E & H		53.7	G3
4	H Paul Adair	Havering Mayesbrook	54.0		G3		4 HH Craig Moore	Havering Mayesbrook		57.0	
T14	U17 Men's 800m 'A'						U17 Men's 800m 'B'				
1	D Josh Holland	City of Norwich AC	02:02.1		G3*		1 GG Sean Rynn	Harrow AC		02:06.4	G4
2	G Callum Towler	Harrow AC	02:05.5		G4		2 HH Grant Twist	Havering Mayesbrook		02:13.2	
3	H Paul Adair	Havering Mayesbrook	02:06.4		G4		3 DD Richard Habergam	City of Norwich AC		02:14.1	
4	O Laurence Fox	Windsor, Slough, E & H	02:14.6				4				
T37	U17 Men's 1500m 'A'						U17 Men's 1500m 'B'				
1	GG Sean Rynn	Harrow AC	04:23.3		G3		1 G Will Quick	Harrow AC		04:23.9	G3
2	O Luke Turton	Windsor, Slough, E & H	04:29.2		G4		2 OO Cameron Smart	Windsor, Slough, E & H		04:40.5	
3	H Grant Twist	Havering Mayesbrook	04:34.4				3 DD Richard Habergam	City of Norwich AC		04:57.7	
4	D Henry Carruthers	City of Norwich AC	04:48.7				4				
T16	U17 Men's 3000m 'A'						U17 Men's 3000m 'B'				
1	G Camron Scott	Harrow AC	09:15.4		G2*		1 GG Mick Warwick	Harrow AC		10:37.7	
2	O Alex Tovey	Windsor, Slough, E & H	09:19.9		G2*		2				
3							3				
4							4				
T2	U17 Men's 400m Hurdles 'A'						U17 Men's 400m Hurdles 'B'				
1	D Daryl Martin	City of Norwich AC	58.1		G2*		1 GG Stefan Colaco	Harrow AC		67.1	
2	O Dwayne Blake	Windsor, Slough, E & H	58.1		G2*		2 DD Henry Carruthers	City of Norwich AC		74.5	
3	G Ashley Carter	Harrow AC	61.2		G3		3				
4	H Daniel Loynes	Havering Mayesbrook	62.6		G3		4				
T23	U17 Men's 100m Hurdles 'A'			<i>Wind= -3.6</i>			U17 Men's 100m Hurdles 'B'		<i>Wind= -3.6</i>		
1	G Matthew Beswick	Harrow AC	14.1		G2*		1 GG Leon Chang	Harrow AC		17.8	
2	D Daryl Martin	City of Norwich AC	15.9		G4		2				
3	O Tom Galgut	Windsor, Slough, E & H	16.6				3				
4	H Daniel Loynes	Havering Mayesbrook	17.7				4				
T44	U17 Men's 1500m S/Chase 'A'						U17 Men's 1500m S/Chase 'B'				
1	G Ashley Carter	Harrow AC	04:46.7		G3*		1 GG Tom Lewis	Harrow AC		04:58.9	G4*
2	O Laurence Fox	Windsor, Slough, E & H	05:40.4				2				
3							3				
4							4				
F2	U17 Men's Hammer (5k) 'A'						U17 Men's Hammer (5k) 'B'				
1	O Rob Cramb	Windsor, Slough, E & H	41.92		G3*		1 GG Damilola Alari	Harrow AC		25.64	
2	H Bradley Reece	Havering Mayesbrook	36.09		G4		2 OO Josh Patrick	Windsor, Slough, E & H		18.20	
3	G Graham Pound	Harrow AC	34.62		G4		3				
4							4				

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F9 U17 Men's Discus (1.5k) 'A'							U17 Men's Discus (1.5k) 'B'					
1	G	Theo Burton	Harrow AC	35.30		G3*	1	GG	Damilola Alari	Harrow AC	30.57	G4
2	H	Craig Moore	Havering Mayesbrook	33.89		G4	2	OO	Cameron Lake	Windsor, Slough, E & H	23.47	
3	O	Rob Cramb	Windsor, Slough, E & H	25.65			3	D	Henry Carruthers	City of Norwich AC	16.42	
4	DD	Daryl Martin	City of Norwich AC	16.94			4					
F21 U17 Men's Shot Putt (5k) 'A'							U17 Men's Shot Putt (5k) 'B'					
1	GG	Damilola Alari	Harrow AC	13.61		G2*	1	OO	Cameron Lake	Windsor, Slough, E & H	10.66	
2	O	Dan Pembroke	Windsor, Slough, E & H	11.31		G4	2	G	Theo Burton	Harrow AC	10.28	
3	H	Cafer Gunay	Havering Mayesbrook	10.08			3	HH	Gary Tonks	Havering Mayesbrook	9.80	
4	DD	Alex Jewkes	City of Norwich AC	10.04			4	D	Josh Holland	City of Norwich AC	7.32	
F31 U17 Men's Javelin (700g) 'A'							U17 Men's Javelin (700g) 'B'					
1	O	Dan Pembroke	Windsor, Slough, E & H	57.89		G1*	1	HH	Cafer Gunay	Havering Mayesbrook	42.88	G3
2	H	Bonne Buwembo	Havering Mayesbrook	53.23		G1*	2	OO	James Airey	Windsor, Slough, E & H	29.29	
3	D	Alex Jewkes	City of Norwich AC	45.69		G3*	3	GG	Theo Burton	Harrow AC	24.54	
4	G	Calvin Juriansz	Harrow AC	32.70			4	DD	Scott Hawes	City of Norwich AC	24.05	
F12 U17 Men's Pole Vault 'A'							U17 Men's Pole Vault 'B'					
1	G	Ian Smart	Harrow AC	3.65		G2*	1	GG	Andre Myers	Harrow AC	2.50	
2	O	Tom Galgut	Windsor, Slough, E & H	3.10		G3*						
3	D	Kim Dowling	City of Norwich AC	2.40								
F28 U17 Men's High Jump 'A'							U17 Men's High Jump 'B'					
1	O	Cameron Lake	Windsor, Slough, E & H	2.00		G1*	1	OO	Tom Galgut	Windsor, Slough, E & H	1.65	G4
2	G	Leon Chang	Harrow AC	1.90		G1*	2	D	Henry Carruthers	City of Norwich AC	1.50	
3	DD	-	City of Norwich AC	1.70		G4						
4	H	Craig Moore	Havering Mayesbrook	1.40								
F16 U17 Men's Long Jump 'A'							U17 Men's Long Jump 'B'					
1	H	Vincent Lazaro	Havering Mayesbrook	6.14		G2*	1	G	Lawrence Akin	Harrow AC	5.86	G3
2	GG	Dakarai Forbes	Harrow AC	5.97		G3	2	HH	Joseph Ramie	Havering Mayesbrook	5.01	
3	D	Chris Marshall	City of Norwich AC	4.62			3	DD	Alex Jewkes	City of Norwich AC	4.57	
4							4					
F33 U17 Men's Triple Jump 'A'							U17 Men's Triple Jump 'B'					
1	G	Lawrence Akin	Harrow AC	12.50		G3*	1	GG	Leon Chang	Harrow AC	11.05	
2	H	Vincent Lazaro	Havering Mayesbrook	11.71		G4	2	HH	Joseph Ramie	Havering Mayesbrook	11.01	
3	D	Michael Fraser	City of Norwich AC	10.93			3	DD	Kim Dowling	City of Norwich AC	10.70	
4	O	Laurence Fox	Windsor, Slough, E & H	10.05			4					

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T30 U15 Boy's 100m 'A'				<i>Wind= headwind</i>				U15 Boy's 100m 'B'				<i>Wind= headwind</i>	
1	O	Adam Medcroft	Windsor, Slough, E & H	11.7		G1*		1	OO	Emmanuel Oboh	Windsor, Slough, E & H	12.0	G2*
2	G	Kyle Bankole	Harrow AC	12.0		G2*		2	GG	Elliot Bowerbank	Harrow AC	12.5	G3*
3	HH	Liam Hughes	Havering Mayesbrook	12.6		G3*		3	H	Scott Daws	Havering Mayesbrook	12.6	G3*
4	D	Tim Cochius	City of Norwich AC	12.8		G4*		4	DD	Matt Sneesby	City of Norwich AC	15.0	
T6 U15 Boy's 200m 'A'				<i>Wind= -3.4</i>				U15 Boy's 200m 'B'				<i>Wind= -3.4</i>	
1	O	Emmanuel Oboh	Windsor, Slough, E & H	24.6		G2*		1	HH	Liam Hughes	Havering Mayesbrook	25.3	G3*
2	GG	Elliot Bowerbank	Harrow AC	24.8		G2*		2	G	Jerome Musa-Lawal	Harrow AC	25.5	G3
3	H	Scott Daws	Havering Mayesbrook	24.9		G2*		3	OO	David Harvey	Windsor, Slough, E & H	26.2	G4
4	D	Tim Cochius	City of Norwich AC	26.7				4	DD	Matt Sneesby	City of Norwich AC	30.0	
T24 U15 Boy's 400m 'A'								U15 Boy's 400m 'B'					
1	D	Connor Darby	City of Norwich AC	55.8		G2*		1	DD	Joel Taylor	City of Norwich AC	56.9	G3*
2	G	Elliot D'Cruz	Harrow AC	56.3		G3*		2	GG	Jerome Musa-Lawal	Harrow AC	57.6	G3
3	HH	Michael Jones	Havering Mayesbrook	58.0		G3		3	O	Stephen Light	Windsor, Slough, E & H	59.1	G4
4	OO	Ainsley Campbell	Windsor, Slough, E & H	58.3		G4		4	H	Simon Brown	Havering Mayesbrook	60.1	G4
T12 U15 Boy's 800m 'A'								U15 Boy's 800m 'B'					
1	D	Connor Darby	City of Norwich AC	02:05.8		G1*		1	DD	Joel Taylor	City of Norwich AC	02:06.2	G1*
2	H	Simon Brown	Havering Mayesbrook	02:06.8		G1*		2	HH	Michael Jones	Havering Mayesbrook	02:18.0	G3
3	O	Matt Mooney	Windsor, Slough, E & H	02:08.6		G2*		3	GG	Philip Benson	Harrow AC	02:31.5	
4	G	Tom Paterson	Harrow AC	02:15.1		G3		4					
T35 U15 Boy's 1500m 'A'								U15 Boy's 1500m 'B'					
1	D	James Senior	City of Norwich AC	04:11.5		G1*	MR	1	DD	Tom Crawshaw	City of Norwich AC	04:31.2	G2*
2	HH	John Whitehead	Havering Mayesbrook	04:40.3		G3		2	H	Callum Sutton	Havering Mayesbrook	04:40.6	G3
3	G	Matthew Lewis	Harrow AC	04:48.7		G4		3	OO	George Gunn	Windsor, Slough, E & H	05:07.3	
4	O	Lewis Sloan	Windsor, Slough, E & H	04:49.6		G4		4	GG	Ethan D'Cruz	Harrow AC	06:29.6	
T21 U15 Boy's 80m Hurdles 'A'				<i>Wind=</i>				U15 Boy's 80m Hurdles 'B'				<i>Wind=</i>	
1	OO	Kyle Hodge	Windsor, Slough, E & H	12.9		G3*		1	O	Ashley Fry	Windsor, Slough, E & H	13.0	G3*
2	HH	Terry Hughes	Havering Mayesbrook	14.3		G4		2	H	Gabriel Makinwa	Havering Mayesbrook	16.1	
3	DD	Tim Cochius	City of Norwich AC	14.7				3	G	Ethan D'Cruz	Harrow AC	16.8	
4	GG	Tom Paterson	Harrow AC	16.1				4	D	Sam Wilson	City of Norwich AC	17.4	
F1 U15 Boy's Hammer (4k) 'A'								U15 Boy's Hammer (4k) 'B'					
1	DD	Joel Taylor	City of Norwich AC	25.63		G4		1	D	James Senior	City of Norwich AC	21.96	
2	H	Lewis Williams	Havering Mayesbrook	21.42				2	HH	Bradley Burr	Havering Mayesbrook	20.58	
3	G	Scott Hurst	Harrow AC	21.41				3	GG	Tom Paterson	Harrow AC	12.79	
4	OO	Matt Mooney	Windsor, Slough, E & H	8.86				4					
F8 U15 Boy's Discus (1.25k) 'A'								U15 Boy's Discus (1.25k) 'B'					
1	H	Michael Jones	Havering Mayesbrook	26.90		G4		1	HH	Adam Felgate	Havering Mayesbrook	24.95	G4
2	DD	Harry Newenham	City of Norwich AC	24.55		G4		2	D	Ed Skinner	City of Norwich AC	20.62	
3	G	Scott Hurst	Harrow AC	23.68		G4		3	OO	Ashley Fry	Windsor, Slough, E & H	15.87	
4	O	Mark White	Windsor, Slough, E & H	19.87				4	GG	Ethan D'Cruz	Harrow AC	15.34	
F22 U15 Boy's Shot Putt (4k) 'A'								U15 Boy's Shot Putt (4k) 'B'					
1	GG	Matthew Sadoh	Harrow AC	10.05		G4		1	DD	Harry Newenham	City of Norwich AC	8.35	
2	HH	Georgie Bean	Havering Mayesbrook	9.39				2	H	Adam Felgate	Havering Mayesbrook	8.01	
3	D	James Senior	City of Norwich AC	9.07				3	G	Scott Hurst	Harrow AC	5.82	
4	OO	Elan Weedon	Windsor, Slough, E & H	7.81				4	O	Mark White	Windsor, Slough, E & H	5.04	
F32 U15 Boy's Javelin (600g) 'A'								U15 Boy's Javelin (600g) 'B'					
1	H	Georgie Bean	Havering Mayesbrook	50.86		G1*		1	HH	Bradley Burr	Havering Mayesbrook	36.79	G3
2	O	Stephen Light	Windsor, Slough, E & H	46.96		G1*		2	DD	Ed Skinner	City of Norwich AC	32.27	G4
3	D	Harry Newenham	City of Norwich AC	35.37		G4		3	OO	Paddy Higgins	Windsor, Slough, E & H	31.11	
4	GG	Elliot Bowerbank	Harrow AC	26.04				4	G	Elliot D'Cruz	Harrow AC	2.00	
F15 U15 Boy's Long Jump 'A'								U15 Boy's Long Jump 'B'					
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1	G	Stefan Greenidge	Harrow AC	5.46		G3	1	GG	Matthow sadoh	Harrow AC	4.97	G4
2	OO	David Harvey	Windsor, Slough, E & H	5.21		G3	2	HH	Gabriel Makinwa	Havering Mayesbrook	4.95	G4
3	H	Terry Hughes	Havering Mayesbrook	4.96		G4	3	DD	Matt Sneesby	City of Norwich AC	3.95	
4	D	Sam Wilson	City of Norwich AC	4.20			4	O	Kyle Hodge	Windsor, Slough, E & H	3.33	
F27 U15 Boy's High Jump 'A'							U15 Boy's High Jump 'B'					
1	G	Matthew Sadoh	Harrow AC	1.73		G1*	1	GG	Stefan Greenidge	Harrow AC	1.50	G4
2	O	Elan Weedon	Windsor, Slough, E & H	1.70		G1*	2	DD	Ed Skinner	City of Norwich AC	1.40	
3	D	Connor Darby	City of Norwich AC	1.50		G4	3	OO	Ainsley Campbell	Windsor, Slough, E & H	1.40	
4	HH	Gabriel Makinwa	Havering Mayesbrook	1.35								
F10 U15 Boy's Pole Vault 'A'							U15 Boy's Pole Vault 'B'					
1	G	Jamie Dalton	Harrow AC	2.80		G2*						
2	O	Ainsley Campbell	Windsor, Slough, E & H	1.20								

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T28	U13 Boy's 100m 'A'				<i>Wind= headwind</i>			U13 Boy's 100m 'B'					<i>Wind= headwind</i>
1	O	Stuart Finnigan	Windsor, Slough, E & H	14.2		G3		1	GG	Jordan Ajibade	Harrow AC	14.2	G3
2	G	Elliot Byfield	Harrow AC	14.2		G3		2	HH	Connor Mullen	Havering Mayesbrook	15.1	
3	H	Harry Picking	Havering Mayesbrook	14.5		G4		3	OO	James Regan	Windsor, Slough, E & H	15.2	
4	D	Steven Hadley	City of Norwich AC	15.2				4	DD	Sam Gotts	City of Norwich AC	15.6	
T4	U13 Boy's 200m 'A'				<i>Wind= -2.5</i>			U13 Boy's 200m 'B'					<i>Wind= -2.5</i>
1	O	Stuart Finnigan	Windsor, Slough, E & H	28.2		G3		1	OO	Tom Drake	Windsor, Slough, E & H	30.5	
2	H	Harry Picking	Havering Mayesbrook	29.0		G3		2	GG	Chima Ejiogu	Harrow AC	30.6	
3	G	Darius Price	Harrow AC	29.2		G4		3	HH	Ryan O'Mahoney	Havering Mayesbrook	31.8	
4	D	Callum Brown	City of Norwich AC	29.6		G4		4					
T10	U13 Boy's 800m 'A'							U13 Boy's 800m 'B'					
1	O	James Bennington	Windsor, Slough, E & H	02:28.3		G2		1	OO	Fred Watts	Windsor, Slough, E & H	02:31.9	G3
2	H	Ryan O'Mahoney	Havering Mayesbrook	02:33.4		G3		2	HH	Tyler Bennett	Havering Mayesbrook	02:36.5	G3
3	D	Sam Gotts	City of Norwich AC	02:37.2		G3		3	G	Darius Price	Harrow AC	02:51.8	
4	GG	Chima Ejiogu	Harrow AC	02:51.4				4	DD	Ben Savage	City of Norwich AC	02:58.9	
T33	U13 Boy's 1500m 'A'							U13 Boy's 1500m 'B'					
1	H	Charlie Hazelwood	Havering Mayesbrook	05:08.0		G3		1	O	Nick Bunby	Windsor, Slough, E & H	05:26.6	
2	OO	Louis Hartridge	Windsor, Slough, E & H	05:19.4		G4		2	HH	Jonathan Seekings	Havering Mayesbrook	05:32.1	
3	D	Callum Brown	City of Norwich AC	05:20.3		G4		3	DD	Tom Woods	City of Norwich AC	06:02.2	
4	G	Daniel Draper	Harrow AC	05:53.5				4					
T17	U13 Boy's 75m Hurdles 'A'				<i>Wind= -1.7</i>			U13 Boy's 75m Hurdles 'B'					<i>Wind= -1.7</i>
1	G	Alex Peden	Harrow AC	13.8		G3		1	OO	Tom Drake	Windsor, Slough, E & H	15.8	
2	O	Elliott Moss	Windsor, Slough, E & H	14.3		G4		2	GG	Joshua Byfield	Harrow AC	16.2	
3	H	Jonathan Seekings	Havering Mayesbrook	15.5				3	HH	Andrew Kerr	Havering Mayesbrook	17.0	
4	D	Henry Skinner	City of Norwich AC	17.2				4					
F14	U13 Boy's Shot Putt (3.25k) 'A'							U13 Boy's Shot Putt (3.25k) 'B'					
1	DD	Henry Skinner	City of Norwich AC	7.53		G3		1	G	Jordan Ajibade	Harrow AC	6.67	G4
2	O	Elliott Moss	Windsor, Slough, E & H	7.48		G3		2	OO	Fred Watts	Windsor, Slough, E & H	6.29	G4
3	GG	Ian Buffonge	Harrow AC	7.01		G4		3	D	Callum Brown	City of Norwich AC	6.01	G4
4	H	Jake Nelson	Havering Mayesbrook	6.32		G4		4	HH	Andrew Kerr	Havering Mayesbrook	5.77	
F24	U13 Boy's Long Jump 'A'							U13 Boy's Long Jump 'B'					
1	GG	Alex Peden	Harrow AC	4.76		G2*		1	G	Elliot Byfield	Harrow AC	4.58	G2*
2	O	Louis Hartridge	Windsor, Slough, E & H	4.43		G2*		2	H	Charlie Hazelwood	Havering Mayesbrook	3.69	
3	HH	Ryan Black	Havering Mayesbrook	4.11		G3		3	OO	Joseph Cox	Windsor, Slough, E & H	3.64	
4	D	Sam Gotts	City of Norwich AC	3.78		G4		4	DD	Ben Savage	City of Norwich AC	3.57	
F6	U13 Boy's High Jump 'A'						MR	U13 Boy's High Jump 'B'					MR
1	G	Alex Peden	Harrow AC	1.45		G1*		1	OO	Elliott Moss	Windsor, Slough, E & H	1.25	G4
2	O	Louis Hartridge	Windsor, Slough, E & H	1.39		G3*		2	GG	Jordan Ajibade	Harrow AC	1.25	G4
3	H	Jake Nelson	Havering Mayesbrook	1.33		G3		3	HH	Charlie Hazelwood	Havering Mayesbrook	1.20	G4
4	DD	Ben Savage	City of Norwich AC	1.20		G4		4	D	Steven Hadley	City of Norwich AC	1.15	

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				Perf	Wind	Records Grades	Sunday, June 25 2006				Perf	Grades	
T31 U17 Women's 100m 'A'				<i>Wind= headwind</i>			U17 Women's 100m 'B'				<i>Wind= headwind</i>		
1	O	Chinedu Monye	Windsor, Slough, E & H	12.5		G1*	1	OO	Ashley Abraham	Windsor, Slough, E & H	13.6	G4	
2	D	Harriet Lucas	City of Norwich AC	12.8		G2*	2	DD	Laura Warman	City of Norwich AC	14.1		
3	G	Jasmine Patterson	Harrow AC	13.6		G4	3	HH	Bethan Siddons	Havering Mayesbrook	15.0		
4	H	Kathy Yoka	Havering Mayesbrook	14.0			4						
T7 U17 Women's 200m 'A'				<i>Wind= -3.9</i>			U17 Women's 200m 'B'				<i>Wind= -3.9</i>		
1	O	Chinedu Monye	Windsor, Slough, E & H	25.2		G1*	1	OO	Ashley Abraham	Windsor, Slough, E & H	27.1	G4	
2	D	Harriet Lucas	City of Norwich AC	25.7		G2*	2	DD	Sam Jacks	City of Norwich AC	29.5		
3	G	Chinash Chukwu	Harrow AC	27.3		G4	3						
4	H	Kathy Yoka	Havering Mayesbrook	30.9			4						
T26 U17 Women's 300m 'A'							U17 Women's 300m 'B'						
1	G	Rachel Davies	Harrow AC	42.4		G2*	1	GG	Chloe Flowers	Harrow AC	44.8	G4*	
2	O	Shelana Oskan	Windsor, Slough, E & H	43.5		G3*	2	DD	Holly Cooper	City of Norwich AC	46.3		
3	D	Carly Brown	City of Norwich AC	44.4		G4*	3	OO	Melissa Bennington	Windsor, Slough, E & H	46.7		
4	HH	Alex Beard	Havering Mayesbrook	46.0			4						
T13 U17 Women's 800m 'A'							U17 Women's 800m 'B'						
1	G	Rachel Davies	Harrow AC	02:21.4		G2*	1	OO	Shelana Oskan	Windsor, Slough, E & H	02:22.9	G3*	
2	O	Melissa Bennington	Windsor, Slough, E & H	02:22.1		G3*	2	DD	Holly Cooper	City of Norwich AC	02:23.4	G3*	
3	D	Carly Brown	City of Norwich AC	02:22.8		G3*	3	HH	Alex Beard	Havering Mayesbrook	02:35.1		
4	H	Ingrid Deane	Havering Mayesbrook	02:29.6		G4	4						
T36 U17 Women's 1500m 'A'							U17 Women's 1500m 'B'						
1	D	Dani Nimmock	City of Norwich AC	04:59.2		G3*	1	DD	Sam Jacks	City of Norwich AC	05:03.3	G4*	
2	O	Andrea Fox	Windsor, Slough, E & H	05:08.3		G4	2	OO	Karly Gorman	Windsor, Slough, E & H	05:33.4		
3	G	Leigh Lattimore	Harrow AC	05:12.5		G4	3	GG	Sarah Brown	Harrow AC	06:08.3		
4	HH	Christina Holland	Havering Mayesbrook	05:30.3			4						
T19 U17 Women's 3000m 'A'							U17 Women's 3000m 'B'						
1	D	Rosie Becks	City of Norwich AC	10:59.1		G3*	1	GG	Emily Hennessey	Harrow AC	11:49.9	G4	
2	G	Sarah Brown	Harrow AC	11:15.2		G3	2						
3	H	Georgie-Lou Sales	Havering Mayesbrook	11:17.2		G3	3						
4	O	Charlotte Brunton	Windsor, Slough, E & H	12:34.9			4						
T20 U17 Women's 80m Hurdles 'A'				<i>Wind= -3.2</i>			U17 Women's 80m Hurdles 'B'				<i>Wind= -3.2</i>		
1	O	Jenny Heckford	Windsor, Slough, E & H	12.2		G2*	1	OO	Rose Reynolds	Windsor, Slough, E & H	12.2	G2*	
2	DD	Laura Warman	City of Norwich AC	13.3		G4	2	D	Becky Pike	City of Norwich AC	14.0		
3	G	Hollie Hamilton	Harrow AC	16.3			3	GG	Chinash Chukwu	Harrow AC	17.4		
4							4						
T1 U17 Women's 300m Hurdles 'A'							U17 Women's 300m Hurdles 'B'						
1	O	Rose Reynolds	Windsor, Slough, E & H	45.2		G1*	1	D	Becky Pike	City of Norwich AC	47.4	G2*	
2	DD	Laura Warman	City of Norwich AC	47.3		G2*	2	OO	Jo Debs	Windsor, Slough, E & H	51.3	G4	
3	G	Hollie Hamilton	Harrow AC	50.9		G4	3	GG	Princess White	Harrow AC	72.3		
4	H	Charlotte Owen	Havering Mayesbrook	55.7			4						
F3 U17 Women's Hammer (4k) 'A'							MR	U17 Women's Hammer (4k) 'B'				MR	
1	OO	Nasya Harvey	Windsor, Slough, E & H	29.31		G2*	1	O	Nina Harvey	Windsor, Slough, E & H	27.18	G3*	
2	G	Karyn Strachen	Harrow AC	16.42			2	DD	Danni Nimmock	City of Norwich AC	7.98		
3	H	Lauren Newton	Havering Mayesbrook	16.10			3	HH	Carla Schofield	Havering Mayesbrook	7.36		
4	D	Carly Brown	City of Norwich AC	8.91			4						
F20 U17 Women's Discus (1.0k) 'A'							U17 Women's Discus (1.0k) 'B'						
1	H	Lauren Newton	Havering Mayesbrook	25.72		G4	1	OO	Lauren Hendry	Windsor, Slough, E & H	20.24		
2	G	Karyn Strachen	Harrow AC	23.29		G4	2	GG	Samaritan Connage	Harrow AC	16.32		
3	O	Nasya Harvey	Windsor, Slough, E & H	22.86		G4	3	DD	Danni Nimmock	City of Norwich AC	10.86		
4	D	Sadie Vick	City of Norwich AC	14.60			4						

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UKA: National Young Athletes League 2006

<http://www.natyal.co.uk>

Southern Premier Mayesbrook Arena

				Perf	Wind	Records Grades	<u>Sunday, June 25 2006</u>				Perf	Grades
F30 U17 Women's Shot Putt (4k) 'A'							U17 Women's Shot Putt (4k) 'B'					
1	O	Lauren Hendry	Windsor, Slough, E & H	9.34		G3*	1	OO	Nina Harvey	Windsor, Slough, E & H	8.49	G4
2	G	Hayley Comer	Harrow AC	7.29			2	GG	Samaritan Connage	Harrow AC	6.85	
3	D	Francesca Mansfield	City of Norwich AC	6.52			3	H	Carla Schofield	Havering Mayesbrook	5.11	
4	HH	Rachel Kerr	Havering Mayesbrook	6.08			4	DD	Rosie Becks	City of Norwich AC	4.67	
F25 U17 Women's Javelin (600g) 'A'							U17 Women's Javelin (600g) 'B'					
1	D	Francesca Mansfield	City of Norwich AC	27.34		G4	1	HH	Lauren Newton	Havering Mayesbrook	21.03	
2	H	Georgie-Lou Sales	Havering Mayesbrook	26.26		G4	2	DD	Holly Cooper	City of Norwich AC	16.38	
3	GG	Hayley Comer	Harrow AC	16.66			3	OO	Ceri Jones	Windsor, Slough, E & H	13.69	
4	O	Nasya Harvey	Windsor, Slough, E & H	14.21			4	G	Karyn Strachen	Harrow AC	11.29	
F5 U17 Women's Long Jump 'A'							U17 Women's Long Jump 'B'					
1	O	Vicky Binns	Windsor, Slough, E & H	5.04		G3*	1	OO	Jessica Allan	Windsor, Slough, E & H	4.75	G4
2	H	Bethan Siddons	Havering Mayesbrook	4.59		G4	2	DD	Sadie Vick	City of Norwich AC	3.94	
3	G	Emily Hennessey	Harrow AC	4.37			3	GG	Leigh Lattimore	Harrow AC	3.74	
4	D	Lauren Brown	City of Norwich AC	4.34			4	HH	Christina Holland	Havering Mayesbrook	3.40	
F34 U17 Women's Triple Jump 'A'							U17 Women's Triple Jump 'B'					
1	OO	Jessica Allan	Windsor, Slough, E & H	10.43		G2*	1	O	Vicky Binns	Windsor, Slough, E & H	9.98	G2*
2	G	Chloe Flowers	Harrow AC	9.94		G2*	2	DD	Sadie Vick	City of Norwich AC	9.36	G3*
3	H	Kathy Yoka	Havering Mayesbrook	9.90		G2*	3	GG	Gloria Daniel-Moss	Harrow AC	7.98	G4
4	D	Lauren Brown	City of Norwich AC	9.61		G2*	4					
F18 U17 Women's High Jump 'A'							U17 Women's High Jump 'B'					
1	H	Bethan Siddons	Havering Mayesbrook	1.60		G2*	1	D	Becky Pike	City of Norwich AC	1.30	
2	O	Jo Debs	Windsor, Slough, E & H	1.45		G4	2	OO	Ceri Jones	Windsor, Slough, E & H	1.25	
3	DD	Lauren Brown	City of Norwich AC	1.35								
4	G	Emily Hennessey	Harrow AC	1.30								
F11 U17 Women's Pole Vault 'A'						MR	U17 Women's Pole Vault 'B'					
1	G	Gloria Daniel-Moss	Harrow AC	2.10		G3						
2	O	Andrea Fox	Windsor, Slough, E & H	1.80								
3												
4												

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UKA: National Young Athletes League 2006

<http://www.natyal.co.uk>

Southern Premier Mayesbrook Arena

				Perf	Wind	Records	Grades	Sunday, June 25 2006				Perf	Grades
T29 U15 Girls' 100m 'A'								U15 Girls' 100m 'B'					
					<i>Wind=</i>	<i>headwind</i>						<i>Wind=</i>	<i>headwind</i>
1	G	Yolanda Hutchinson	Harrow AC	13.4		G3		1	GG	Ria Bailey	Harrow AC	14.0	G4
2	DD	Jenny Milligan	City of Norwich AC	14.1		G4		2	D	Sophie Poyner	City of Norwich AC	14.2	
3	H	Alex Edwards	Havering Mayesbrook	14.2				3					
4	OO	Georgia Connor-Wilder	Windsor, Slough, E & H	14.3				4					
T5 U15 Girls' 200m 'A'								U15 Girls' 200m 'B'					
					<i>Wind=</i>	<i>-2.5</i>						<i>Wind=</i>	<i>-2.5</i>
1	G	Marilyn Nwawulor	Harrow AC	27.2		G3*		1	GG	Yolanda Hutchinson	Harrow AC	27.5	G3*
2	O	Leah Barrow	Windsor, Slough, E & H	28.0		G4		2	OO	Freya Carr	Windsor, Slough, E & H	28.7	G4
3	D	Mimi Denmark	City of Norwich AC	28.4		G4		3	DD	Chloe Smith	City of Norwich AC	28.9	G4
4	H	Alex Edwards	Havering Mayesbrook	28.5		G4		4					
T11 U15 Girls' 800m 'A'								U15 Girls' 800m 'B'					
1	O	Katie Trehwella	Windsor, Slough, E & H	02:22.0		G2*		1	OO	Codie Fuller	Windsor, Slough, E & H	02:27.4	G3*
2	D	Claire Pring	City of Norwich AC	02:22.9		G2*		2	DD	Gilly Savage	City of Norwich AC	02:36.8	G4
3	G	Kate Brady	Harrow AC	02:34.2		G4		3	GG	Olivia Lawrence	Harrow AC	02:48.8	
4	H	Jennifer Holland	Havering Mayesbrook	02:36.1		G4		4	HH	Rebecca Luck	Havering Mayesbrook	02:52.7	
T34 U15 Girls' 1500m 'A'								U15 Girls' 1500m 'B'					
1	OO	Laura Burke	Windsor, Slough, E & H	04:59.1		G2*		1	O	Helen Spooner	Windsor, Slough, E & H	05:20.1	G4
2	HH	Zoey Littlechild	Havering Mayesbrook	05:06.8		G3*		2	H	Sidnie Sales	Havering Mayesbrook	05:25.2	G4
3	D	Juliette Knights	City of Norwich AC	05:15.7		G4		3	GG	Radifa Hussain	Harrow AC	05:57.1	
4	G	Tabitha Daniels-Moss	Harrow AC	05:35.9				4					
T18 U15 Girls' 75m Hurdles 'A'								U15 Girls' 75m Hurdles 'B'					
					<i>Wind=</i>	<i>-2.9</i>						<i>Wind=</i>	<i>-2.9</i>
1	O	Faye Williams	Windsor, Slough, E & H	12.6		G3*		1	OO	Freya Carr	Windsor, Slough, E & H	13.0	G3
2	DD	Mimi Denmark	City of Norwich AC	13.3		G4		2	D	Jenny Milligan	City of Norwich AC	13.6	G4
3	GG	Ria Bailey	Harrow AC	16.4				3	G	Tabitha Daniels-Moss	Harrow AC	17.2	
4	H	Emma Fox	Havering Mayesbrook	17.6				4					
F4 U15 Girls' Long Jump 'A'								U15 Girls' Long Jump 'B'					
1	G	Marilyn Nwawulor	Harrow AC	5.05		G2*		1	O	Claire Hing	Windsor, Slough, E & H	4.45	G4
2	D	Sophie Poyner	City of Norwich AC	4.58		G4		2	DD	Jenny Milligan	City of Norwich AC	4.28	
3	OO	Faye Williams	Windsor, Slough, E & H	4.57		G4		3	GG	Olivia Lawrence	Harrow AC	4.04	
4	H	Kike Oniwinde	Havering Mayesbrook	3.78				4	HH	Nicole Dalton	Havering Mayesbrook	3.75	
F17 U15 Girls' High Jump 'A'								U15 Girls' High Jump 'B'					
1	G	Marilyn Nwawulor	Harrow AC	1.56		G2*		1	DD	Chloe Smith	City of Norwich AC	1.45	G3*
2	D	Jade Chestney	City of Norwich AC	1.50		G3*		2	GG	Georgina Pritchard	Harrow AC	1.45	G3*
3	O	Fran Sines	Windsor, Slough, E & H	1.50		G3*		3	OO	Sarah Phelps	Windsor, Slough, E & H	1.40	G4
4	H	Jennifer Holland	Havering Mayesbrook	1.35		G4		4	HH	Nicole Dalton	Havering Mayesbrook	1.20	
F19 U15 Girls' Discus (1.0k) 'A'								U15 Girls' Discus (1.0k) 'B'					
1	G	Anna Benton	Harrow AC	22.84		G4		1	OO	Letisha Richardson	Windsor, Slough, E & H	21.61	G4
2	O	Bianca Fashanu	Windsor, Slough, E & H	22.20		G4		2	GG	Lucy Pinching	Harrow AC	19.68	G4
3	HH	Rebecca Luck	Havering Mayesbrook	20.97		G4		3	DD	Gilly Savage	City of Norwich AC	14.70	
4	D	Jenna Cannell	City of Norwich AC	18.54				4					
F26 U15 Girls' Javelin (600g) 'A'								U15 Girls' Javelin (600g) 'B'					
1	H	Kike Oniwinde	Havering Mayesbrook	29.02		G2*		1	HH	Nicole Dalton	Havering Mayesbrook	17.23	
2	O	Becky Richards	Windsor, Slough, E & H	27.08		G3*		2	OO	Jenny Yoxall	Windsor, Slough, E & H	15.82	
3	G	Tamara Tembo	Harrow AC	24.51		G3		3	DD	Claire Pring	City of Norwich AC	14.38	
4	D	Freya Penn	City of Norwich AC	16.57				4	GG	Radifa Hussain	Harrow AC	14.26	
F29 U15 Girls' Shot Putt (3.25k) 'A'								U15 Girls' Shot Putt (3.25k) 'B'					
1	O	Cassia Dunford	Windsor, Slough, E & H	8.36		G4		1	OO	Letisha Richardson	Windsor, Slough, E & H	8.16	G4
2	GG	Kumbi Kuti	Harrow AC	8.07		G4		2	G	Georgina Pritchard	Harrow AC	7.86	G4
3	H	Kike Oniwinde	Havering Mayesbrook	7.54		G4		3	DD	Chloe Smith	City of Norwich AC	6.01	
4	D	Jenna Cannell	City of Norwich AC	6.87				4	HH	Alex Edwards	Havering Mayesbrook	5.25	

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<http://www.natyal.co.uk>

Southern Premier Mayesbrook Arena

				Perf	Wind	Records Grades	Sunday, June 25 2006				Perf	Grades	
T27 U13 Girls' 75m 'A'				<i>Wind= headwind</i>				U13 Girls' 75m 'B'				<i>Wind= headwind</i>	
1	D	Cleo Stephenson	City of Norwich AC	10.6		G2*	1	GG	Eugenie Brown	Harrow AC	11.2	G3*	
2	O	Karimah Muhammad	Windsor, Slough, E & H	10.6		G2*	2	DD	Victoria Mitchell	City of Norwich AC	11.2	G3*	
3	G	Jordina Miller	Harrow AC	10.9		G3*	3	OO	Grace Rota	Windsor, Slough, E & H	11.2	G3*	
4	H	Emma Washbourne	Havering Mayesbrook	11.0		G3*	4	HH	Chelsey Walker	Havering Mayesbrook	12.1		
T3 U13 Girls' 150m 'A'				<i>Wind= -3.5</i>				U13 Girls' 150m 'B'				<i>Wind= -3.5</i>	
1	D	Cleo Stephenson	City of Norwich AC	20.9		G2*	1	DD	Imogen Gibbs	City of Norwich AC	21.3	G2*	
2	O	Karimah Muhammad	Windsor, Slough, E & H	21.4		G3*	2	OO	Shalisha Patrick	Windsor, Slough, E & H	21.4	G3*	
3	GG	Jessica Nolan	Harrow AC	22.5		G4	3	G	Jordina Miller	Harrow AC	22.5	G4	
4							4						
T9 U13 Girls' 800m 'A'							U13 Girls' 800m 'B'						
1	H	Rebecca O'Neill	Havering Mayesbrook	02:30.1		G1*	1	HH	Nicola Peachey	Havering Mayesbrook	02:38.9	G3*	
2	G	Danielle Annenber	Harrow AC	02:35.9		G2*	2	OO	Sarah Hing	Windsor, Slough, E & H	02:44.9	G3	
3	O	Emma Croft	Windsor, Slough, E & H	02:38.9		G3*	3	GG	Eleni Panayi	Harrow AC	02:45.3	G3	
4	D	Laura McDonald	City of Norwich AC	02:43.8		G3	4	DD	Marie Pring	City of Norwich AC	03:16.7		
T22 U13 Girls' 1200m 'A'							U13 Girls' 1200m 'B'						
1	H	Eleanor Bounds	Havering Mayesbrook	04:02.7		G2*	1	O	Naomi Barbour	Windsor, Slough, E & H	04:17.5	G3*	
2	OO	Sophie Reynolds	Windsor, Slough, E & H	04:07.8		G2*	2	HH	Rebecca Stanley	Havering Mayesbrook	04:21.1	G3	
3	D	Lisa Goodrich	City of Norwich AC	04:31.1		G4	3						
4	GG		Harrow AC	04:32.2		G4	4						
T15 U13 Girls' 70m Hurdles 'A'				<i>Wind= -2.5</i>				U13 Girls' 70m Hurdles 'B'				<i>Wind= -2.5</i>	
1	D	Imogen Gibbs	City of Norwich AC	12.7		G2*	1	HH	Jessica Seekings	Havering Mayesbrook	13.6	G3	
2	H	Nicola Peachey	Havering Mayesbrook	12.8		G2*	2	OO	Ade Awdyemi	Windsor, Slough, E & H	15.3		
3	G	Georgia Nwawalor	Harrow AC	13.4		G3	3	GG	Jessica Nolan	Harrow AC	15.3		
4	O	Antonio George	Windsor, Slough, E & H	13.7		G3	4	DD	Sasha Barnard	City of Norwich AC	16.4		
F7 U13 Girls' High Jump 'A'							U13 Girls' High Jump 'B'						
1	G	Georgia Nwawalor	Harrow AC	1.34		G2*	1	O	Ade Awdyemi	Windsor, Slough, E & H	1.20	G4	
2	H	Sophie Baggs	Havering Mayesbrook	1.28		G3	2	GG	Eugenie Brown	Harrow AC	1.20	G4	
3	OO	Hayley Rowsell	Windsor, Slough, E & H	1.20		G4	3	DD	Victoria Mitchell	City of Norwich AC	1.10		
4	D	Sasha Barnard	City of Norwich AC	1.15									
F23 U13 Girls' Long Jump 'A'							U13 Girls' Long Jump 'B'						
1	O	Ashley Roberts	Windsor, Slough, E & H	4.28		G3*	1	OO	Chloe McFarlane	Windsor, Slough, E & H	4.01	G3	
2	D	Cleo Stephenson	City of Norwich AC	4.16		G3*	2	DD	Victoria Mitchell	City of Norwich AC	3.91	G3	
3	HH	Nicola Peachey	Havering Mayesbrook	3.98		G3	3	H	Chelsey Walker	Havering Mayesbrook	3.80	G4	
4	G	Adele Rainsford	Harrow AC	3.49			4	GG	Eugenie Brown	Harrow AC	3.02		
F13 U13 Girls' Shot Putt (2.72k) 'A'							U13 Girls' Shot Putt (2.72k) 'B'						
1	D	Laura McDonald	City of Norwich AC	6.76		G3	1	O	Taymah Fenton	Windsor, Slough, E & H	5.71	G4	
2	OO	Sarah Neizer	Windsor, Slough, E & H	6.71		G3	2	HH	Jessica Seekings	Havering Mayesbrook	5.36		
3	H	Deborah Knight	Havering Mayesbrook	6.05		G4	3	DD	Marie Pring	City of Norwich AC	5.23		
4	GG	Elizabeth Bignall	Harrow AC	4.87			4	G	Danielle Annenberg	Harrow AC	3.93		

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Southern Premier Mayesbrook Arena

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Wind

Records
Grades

Sunday, June 25 2006

Perf

Grades

Event	Perf	Wind	Records Grades	Sunday, June 25 2006	Perf	Grades	
T43 U17 Men's 4 x 100m Relay							
1	G	Harrow AC	<i>Stefan Colaco</i>	<i>Callum Towler</i>	<i>Will Quick</i>	<i>James Peden</i>	44.9
2	O	Windsor, Slough, E & H	<i>Max Galliers</i>	<i>Josh Patrick</i>	<i>Dan James</i>	<i>Tom Galgut</i>	45.0 *
3	H	Havering Mayesbrook	<i>Eugene Ayanful</i>	<i>Gary Tonks</i>	<i>Alan Vardon</i>	<i>Daniel Mc Dowall</i>	45.7 *
4	D	City of Norwich AC	<i>Chris Marshall</i>	<i>Henry Carruthers</i>	<i>Alex Jewkes</i>	<i>Kim Dowling</i>	51.2
T47 U17 Men's 4 x 400m Relay							
1	D	City of Norwich AC	<i>Richard Habergham</i>	<i>Daryl Martin</i>	<i>Josh Holland</i>	<i>Michael Fraser</i>	03:35.7 *
2	O	Windsor, Slough, E & H	<i>George Higgins</i>	<i>Dwayne Blake</i>	<i>Luke Turton</i>	<i>Cameron Smart</i>	03:38.4 *
3	G	Harrow AC	<i>Teddy Kasonso</i>	<i>Dakarai Forbes</i>	<i>Junior Ejehu</i>	<i>Lawrence Akin</i>	03:40.5 *
4	H	Havering Mayesbrook	<i>Craig Moore</i>	-	-	-	03:45.4 *
T41 U15 Boy's 4 x 100m Relay							
1	G	Harrow AC	<i>Elliot Bowerbank</i>	<i>Jerome Musa-Lawal</i>	<i>Stefan Greenidge</i>	<i>Kyle Bankole</i>	48.7 *
2	H	Havering Mayesbrook	<i>Callum Jones</i>	<i>Scott Daws</i>	<i>Liam Hughes</i>	<i>Terry Hughes</i>	48.8 *
3	D	City of Norwich AC	<i>Sam Wilson</i>	<i>Harry Newenham</i>	<i>Ed Skinner</i>	<i>Tim Cochius</i>	55.8
4							
T46 U15 Boy's 4 x 400m Relay							
1	D	City of Norwich AC	<i>Joel Taylor</i>	<i>Tom Crawshaw</i>	<i>Connor Darby</i>	<i>James Senior</i>	03:46.2 *
2	O	Windsor, Slough, E & H	<i>Stephen Light</i>	<i>Matt Mooney</i>	<i>Ainsley Campbell</i>	<i>George Gunn</i>	03:49.9 *
3	H	Havering Mayesbrook	<i>Simon Brown</i>	<i>John Whitehead</i>	<i>Michael Jones</i>	<i>Jamie Buckley-Stanton</i>	04:03.4
4	G	Harrow AC	<i>Scott Hurst</i>	<i>Matthew Sadoh</i>	<i>Matthew Lewis</i>	<i>Elliot D'Cruz</i>	04:09.5
T39 U13 Boy's 4 x 100m Relay							
1	O	Windsor, Slough, E & H	<i>Stuart Finnigan</i>	<i>Tom Drake</i>	<i>Louis Hartridge</i>	<i>James Regan</i>	55.7 *
2	H	Havering Mayesbrook	<i>Charlie Hazelwood</i>	<i>Harry Picking</i>	<i>Connor Mullen</i>	<i>Jonathan Seekings</i>	58.1
3	G	Harrow AC	<i>Elliot Byfield</i>	<i>Ian Buffonge</i>	<i>Joshua Byfield</i>	<i>Jordan Ajibade</i>	60.5
4	D	City of Norwich AC	<i>Steven Hadley</i>	<i>Callum Brown</i>	<i>Sam Gotts</i>	<i>Tom Woods</i>	60.8
T42 U17 Women's 4 x 100m Relay							
1	O	Windsor, Slough, E & H	<i>Jenny Heckford</i>	<i>Ashley Abraham</i>	<i>Rose Reynolds</i>	<i>Chinedu Monye</i>	49.7 *
2	G	Harrow AC	<i>Jasmine Patterson</i>	<i>Gloria Daniel-Moss</i>	<i>Emily Hennessey</i>	<i>Chinash Chukwu</i>	54.1
3	D	City of Norwich AC	<i>Harriet Lucas</i>	<i>Sam Jacks</i>	<i>Danni Nimmock</i>	<i>Sadie Vick</i>	55.0
4	H	Havering Mayesbrook	<i>Bethan Siddons</i>	<i>Rebecca Owen</i>	<i>Louisa Wood</i>	<i>Kathy Yoka</i>	56.5
T45 U17 Women's 4 x 300m Relay							
1	D	City of Norwich AC	<i>Holly Cooper</i>	<i>Becky Pike</i>	<i>Carly Brown</i>	<i>Laura Warman</i>	02:56.4
2	O	Windsor, Slough, E & H	<i>Andrea Fox</i>	<i>Charlotte Brunton</i>	<i>Vicky Binns</i>	<i>Shelana Oskan</i>	02:56.5
3	G	Harrow AC	<i>Leigh Lattimore</i>	<i>Chloe Flowers</i>	<i>Hollie Hamilton</i>	<i>Rachel Davies</i>	03:00.8
4	H	Havering Mayesbrook	<i>Alex Beard</i>	<i>Jade Edwards</i>	<i>Ingrid Deane</i>	<i>Georgie-Lou Sales</i>	03:12.1
T40 U15 Girls' 4 x 100m Relay							
1	G	Harrow AC	<i>Kate Brady</i>	<i>Ria Bailey</i>	<i>Yolanda Hutchinson</i>	<i>Marilyn Nwawulor</i>	53.0 *
2	O	Windsor, Slough, E & H	<i>Faye Williams</i>	<i>Freya Carr</i>	<i>Georgia Connor-Wilder</i>	<i>Simone Francis</i>	53.1 *
3	D	City of Norwich AC	<i>Jenny Milligan</i>	<i>Chloe Smith</i>	<i>Mimi Denmark</i>	<i>Sophie Poyner</i>	54.4
4	H	Havering Mayesbrook	<i>Nicole Dalton</i>	<i>Alex Edwards</i>	<i>Jade Timothy</i>	<i>Kike Oniwinde</i>	57.0
T38 U13 Girls' 4 x 100m Relay							
1	O	Windsor, Slough, E & H	<i>Hayley Rowsell</i>	<i>Sarah Neizer</i>	<i>Shalisha Patrick</i>	<i>Karimah Muhammad</i>	54.9 *
2	D	City of Norwich AC	<i>Laura McDonald</i>	<i>Victoria Mitchell</i>	<i>Imogen Gibbs</i>	<i>Cleo Stephenson</i>	55.9 *
3	G	Harrow AC	<i>Adele Rainsford</i>	<i>Jordina Miller</i>	<i>Danielle Annenberg</i>	<i>Eugenie Brown</i>	57.9 *
4	H	Havering Mayesbrook	<i>Emma Washbourne</i>	<i>Jessica Seekings</i>	<i>Chelsey Walker</i>	<i>Eleanor Bounds</i>	58.2

*= AW Standards