

Team		Score	
1	Havering AC	218.5	H
2	Brighton & Hove	195	B
3	Radley	135	R
4	Enfield & Haringey	138.5	E

Men's A 100m		Wind=				
1	Christopher Hewitt	SM	Brighton & Hove	11.1	4	aw
2	Jordan Dorrian	U23	Radley	11.2	3	aw
3	Michael Skee	SM	Enfield & Haringey	11.3	2	aw
4	John Adekoya	U20	Havering AC	11.6	1	aw

Men's B 100m		Wind=				
1	Ben Owen	SM	Radley	11.3	4	aw
2	George Hadler	U20	Havering AC	11.4	3	aw
3	James Day	SM	Brighton & Hove	11.4	2	aw
4	Enrique McCorkle	U20	Enfield & Haringey	11.8	1	

Men's A 200m		Wind=				
1	Jordan Dorrian	U23	Radley	22.2	4	aw
2	Peter Moreno	SM	Brighton & Hove	22.3	3	aw
3	Joshua Olawore	U20	Havering AC	22.4	2	aw
4	Michael Skee	SM	Enfield & Haringey	22.9	1	aw

Men's B 200m		Wind=				
1	Ben Owen	SM	Radley	22.8	4	aw
2	Seb Tucknott	SM	Brighton & Hove	22.9	3	aw
3	John Adekoya	SM	Havering AC	23.5	2	
4	Cliff Appau	SM	Enfield & Haringey	24.8	1	

Men's A 400m						
1	Seb Tucknott	SM	Brighton & Hove	50.0	4	aw
2	Thomas Pitkin	U17	Havering AC	52.0	3	aw
3	Dale Powell	SM	Enfield & Haringey	53.6	2	
4	Ryan Craze	U17	Radley	54.0	1	aw

Men's B 400m						
1	Michael Duncan	U17	Havering AC	55.2	4	aw
2	Behrooz Moniri	SM	Enfield & Haringey	57.3	3	
3	Matt Brookes	SM	Brighton & Hove	58.0	2	
4	Alastair Duncan	M55	Radley	59.3	1	aw

Men's A 800m						
1	Chris Hewitt	U20	Radley	2:02.3	4	aw
2	Paul Kavanagh	U23	Havering AC	2:03.1	3	aw
3	Dale Powell	SM	Enfield & Haringey	2:03.7	2	aw
4	Tom Wilmot	U23	Brighton & Hove	2:09.7	1	

Men's B 800m						
1	Billy Rungay	U23	Havering AC	2:04.8	4	
2	Nathan Cons	U23	Brighton & Hove	2:15.8	3	
3					2	
4					1	

Men's A 1500m						
1	Ian Crowe-Wright	U20	Brighton & Hove	3:59.8	4	aw
2	Ben Nagy	SM	Enfield & Haringey	4:01.6	3	aw
3	Paul Grange	SM	Havering AC	4:15.2	2	aw
4	Chris Hewitt	U20	Radley	4:28.3	1	

Men's B 1500m						
1	Jamie Buckley-Stanton	U23	Havering AC	4:16.1	4	aw
2	Ashley Whitcomb	SM	Brighton & Hove	4:22.9	3	
3	AJ Kikweran	SM	Enfield & Haringey	4:46.1	2	
4					1	

Men's A 5000m						
1	Howard Bristow	SM	Brighton & Hove	15:37.1	4	aw
2	Ian Anthony	SM	Havering AC	17:09.2	3	
3					2	
4					1	

Men's B 5000m

1	Andrew Donno	SM	Brighton & Hove	15:50.9	4
2	Martin Chester	M40	Havering AC	17:52.9	3
3					2
4					1

aw

Men's A 110mH

Wind=

1	Peter Moreno	SM	Brighton & Hove	14.7	4
2	George Hadler	U20	Havering AC	15.7	3
3					2
4					1

aw

aw

Men's B 110mH

Wind=

1	Matthew Hewitt	U23	Brighton & Hove	14.7	4
2	Arron Bonning	SM	Havering AC	21.6	3
3					2
4					1

aw

Men's A 400mH

1	George Hadler	U20	Havering AC	56.2	4
2	Sam Parsons	SM	Brighton & Hove	56.8	3
3					2
4					1

aw

aw

E - DNF

Men's B 400mH

1	Basil D'Souza	U17	Brighton & Hove	64.6	4
2	Behrooz Moniri	SM	Enfield & Haringey	65.1	3
3					2
4					1

Men's A 2000m Steeplechase

1	Rob Warner	SM	Havering AC	6:13.6	4
2	Andrew Donno	SM	Brighton & Hove	6:23.4	3
3	Behrooz Moniri	SM	Enfield & Haringey	6:50.4	2
4					1

aw

Men's B 2000m Steeplechase

1	Jason Lendon	SM	Havering AC	6:25.4	4
2	Yousef Harizi	U17	Enfield & Haringey	7:01.7	3
3	Tom Wilmot	U23	Brighton & Hove	7:33.5	2
4					1

Men's A High Jump

1	Peter Moreno	SM	Brighton & Hove	1.85	4
2	Alwyn Lombaard	SM	Enfield & Haringey	1.78	3
3	John Adekoya	U20	Havering AC	1.70	2
4	Jordan Dorrian	U23	Radley	1.65	1

aw

aw

aw

Men's B High Jump

1	Basil D'Souza	U17	Brighton & Hove	1.65	4
2	Arron Bonning	SM	Havering AC	1.55	3
3	Hannes Petzer	SM	Radley	1.55	2
4					1

aw

Men's A Pole Vault

1	David Ingram	SM	Brighton & Hove	4.00	4
2	Stelvio Lemos	U20	Enfield & Haringey	4.00	3
3	Alex Law	U20	Havering AC	2.70	2
4	Alastair Duncan	SM	Radley	2.20	1

aw

aw

Men's B Pole Vault

1	Peter Moreno	SM	Brighton & Hove	4.00	4
2	Arron Bonning	SM	Havering AC	2.60	3
3	John Mahon	M60	Enfield & Haringey	2.00	2
4	Gwynn Wallace	M45	Radley	1.50	1

aw

Men's A Long Jump

1	Tom French	SM	Brighton & Hove	7.31	4
2	Joshua Olawore	U20	Havering AC	7.17	3
3	Jordan Dorrian	U23	Radley	6.11	2
4	Stelvio Lemos	U20	Enfield & Haringey	5.52	1

Wind

aw

aw

aw