

	Team	Score	
1	Havering AC	205	H
2	Blackheath & Bromley	198	B
3	Luton	141	L
4	Ashford	130	A

Men's A 100m		Wind=				
1	Lewis Bailey	U20	Havering AC	11.3	4	aw
2	George Huxley	U23	Ashford	11.3	3	aw
3	Craig Andrew	SM	Luton	11.4	2	aw
4	Callum Gardiner	U17	Blackheath & Bromley	12.4	1	

Men's B 100m		Wind=				
1	Karl Tucker	U23	Havering AC	11.7	4	
2	Jamie Baughan	SM	Luton	12.2	3	
3	Peter Banks	U20	Ashford	13.0	2	
4	Lewis Stickings	U17	Blackheath & Bromley	13.3	1	

Men's A 200m		Wind=				
1	Lewis Smith	U20	Ashford	23.1	4	aw
2	Joseph Hubbock	U20	Luton	23.3	3	aw
3	Fraser Boston	U20	Havering AC	23.7	2	aw
4	Callum Gardiner	U17	Blackheath & Bromley	25.2	1	

Men's B 200m		Wind=				
1	George Huxley	U23	Ashford	22.7	4	aw
2	Sydney Conteh	U23	Havering AC	23.3	3	aw
3	Aderian Bright	SM	Luton	24.3	2	
4	Lewis Stickings	U17	Blackheath & Bromley	27.1	1	

Men's A 400m						
1	Joseph Hubbock	U20	Luton	51.6	4	aw
2	Fraser Boston	U20	Havering AC	52.9	3	aw
3	Lewis Smith	U20	Ashford	52.9	2	aw
4	Ben Sutton	U17	Blackheath & Bromley	53.2	1	aw

Men's B 400m						
1	Michael Duncan	U20	Havering AC	53.3	4	aw
2	Peter Banks	U20	Ashford	53.6	3	aw
3	Aderian Bright	SM	Luton	54.7	2	
4	Tim Ayres	SM	Blackheath & Bromley	56.9	1	

Men's A 800m						
1	Finn Hutton	U20	Havering AC	2:01.7	4	aw
2	Angus Harrington	U17	Blackheath & Bromley	2:03.0	3	aw
3	Marshal Smith	U17	Ashford	2:04.1	2	aw
4	Luke King	U17	Luton	2:10.5	1	

Men's B 800m						
1	George Dixon	U20	Havering AC	2:05.1	4	aw
2	Tim Ayres	SM	Blackheath & Bromley	2:12.8	3	
3	Romero Landsmark	U20	Luton	2:26.8	2	
4	Peter Le Rossignol	SM	Ashford	2:37.6	1	

Men's A 1500m						
1	Paul Grange	SM	Havering AC	4:06.4	4	aw
2	Angus Harrington	U17	Blackheath & Bromley	4:31.3	3	aw
3	Lee Carey	SM	Luton	6:00.6	2	
4					1	

Men's B 1500m						
1	Ben Davis	U20	Havering AC	4:07.9	4	aw
2	Gareth Evans	SM	Blackheath & Bromley	5:01.2	3	
3					2	
4					1	

Men's A 3000m						
1	Peter Tucker	SM	Blackheath & Bromley	9:17.4	4	aw
2	Matthew Bland	M45	Havering AC	9:34.9	3	aw
3	Oliver Prior	U17	Ashford	9:38.9	2	aw
4					1	

Men's B 3000m						
1	Gareth Evans	SM	Blackheath & Bromley	9:59.2	4	
2	Ian Anthony	SM	Havering AC	10:28.1	3	
3	Peter Le Rossignol	SM	Ashford	12:48.4	2	
4					1	

<b>Men's A 110mH</b>		<b>Wind=</b>				
1	Peter Davey	M40	Ashford	16.6	4	aw
2	Karl Tucker	U23	Havering AC	17.6	3	aw
3	Lewis Ely	SM	Blackheath & Bromley	26.9	2	
4					1	
<b>Men's B 110mH</b>		<b>Wind=</b>				
1	Luke Williams	SM	Ashford	19.9	4	
2					3	
3					2	
4					1	
<b>Men's A 400mH</b>						
1	Bailey Stickings	U20	Blackheath & Bromley	56.0	4	aw
2	Cameron Amedee	U20	Ashford	56.1	3	aw
3	Kieran Riddell	U17	Havering AC	66.7	2	
4	Luke Whitby	U20	Luton	DNF		
<b>Men's B 400mH</b>						
1	Peter Davey	M40	Ashford	64.8	4	
2	Tyriq Lafeuille	U17	Luton	66.4	3	
3	Tom Desborough	SM	Blackheath & Bromley	69.6	2	
4					1	
<b>Men's A 3000m Steeplechase</b>						
1	Robert Warner	SM	Havering AC	10:09.7	4	aw
2	Tom Desborough	SM	Blackheath & Bromley	11:08.4	3	
3					2	
4					1	
<b>Men's B 3000m Steeplechase</b>						
1	Jason Lendon	M40	Havering AC	10:31.5	4	aw
2	Gareth Evans	SM	Blackheath & Bromley	11:37.0	3	
3					2	
4					1	
<b>Men's A High Jump</b>						
1	Jamie Baughan	SM	Luton	1.90	4	aw
2	Lewis Ely	SM	Blackheath & Bromley	1.87	3	aw
3	Matthew Smiley	U20	Ashford	1.73	2	aw
4					1	
<b>Men's B High Jump</b>						
1	Ashley Buckman	U20	Ashford	1.73	4	aw
2	Aderian Bright	SM	Luton	1.63	3	
3	Tim Ayres	SM	Blackheath & Bromley	1.23	2	
4					1	
<b>Men's A Pole Vault</b>						
1	Matthew Harris	SM	Ashford	4.00	4	aw
2	Arron Bonning	M40	Havering AC	3.20	3	aw
3	Lewis Stickings	U17	Blackheath & Bromley	3.00	2	aw
4					1	
<b>Men's B Pole Vault</b>						
1	Luke Williams	SM	Ashford	3.40	4	aw
2	Jack Noons	U17	Havering AC	2.40	3	
3					2	
4					1	
<b>Men's A Long Jump</b>						Wind
1	Craig Andrew	SM	Luton	6.48	4	aw
2	Ben Sutton	U17	Blackheath & Bromley	6.21	3	aw
3	Ashley Buckman	U20	Ashford	6.13	2	aw
4	Shandell Taylor	U17	Havering AC	5.95	1	aw
<b>Men's B Long Jump</b>						Wind
1	Matthew Smiley	U20	Ashford	5.67	4	
2	Romero Landsmark	U20	Luton	5.34	3	
3	Callum Gardiner	U17	Blackheath & Bromley	5.31	2	
4	Arron Bonning	M40	Havering AC	5.25	1	
<b>Men's A Triple Jump</b>						Wind
1	Craig Andrew	SM	Luton	13.46	4	aw
2	Ashley Buckman	U20	Ashford	12.99	3	aw
3	Patrick Apatanku	SM	Blackheath & Bromley	12.62	2	aw
4	Arron Bonning	M40	Havering AC	11.08	1	aw

**Men's B Triple Jump**

Wind

1	Steve Lake	M40	Ashford	11.49	4	aw
2	Romero Landsmark	U20	Luton	11.30	3	
3	Lewis Ely	SM	Blackheath & Bromley	10.20	2	
4	Michael Duncan	U20	Havering AC	10.09	1	

**Men's A Shot Putt**

1	Alex Pope	SM	Blackheath & Bromley	12.76	4	aw
2	Duane Jibunoh	U23	Havering AC	11.68	3	aw
3	Jamie Potton-Burrell	U23	Luton	11.44	2	aw
4	Matthew Harris	SM	Ashford	10.95	1	aw

**Men's B Shot Putt**

1	Steve Timmins	SM	Blackheath & Bromley	12.10	4	aw
2	Aderian Bright	SM	Luton	10.49	3	aw
3	Alex Law	U23	Havering AC	10.34	2	aw
4	Ben Roberts	SM	Ashford	9.28	1	

**Men's A Discus**

1	Duane Jibunoh	U23	Havering AC	43.59	4	aw
2	Matthew Harris	SM	Ashford	38.06	3	aw
3	Steve Timmins	SM	Blackheath & Bromley	37.67	2	aw
4	Jamie Potton-Burrell	U23	Luton	34.29	1	aw

**Men's B Discus**

1	Alex Pope	SM	Blackheath & Bromley	37.64	4	aw
2	Michael Duncan	U20	Havering AC	30.36	3	aw
3	Ben Roberts	SM	Ashford	27.42	2	
4	Geoff Grinstead	M45	Luton	25.49	1	

**Men's A Hammer**

1	Jamie Potton-Burrell	U23	Luton	54.42	4	aw
2	Steve Timmins	SM	Blackheath & Bromley	43.55	3	aw
3	Duane Jibunoh	U23	Havering AC	21.64	2	
4	Matthew Harris	SM	Ashford	16.31	1	

**Men's B Hammer**

1	Alex Pope	SM	Blackheath & Bromley	41.44	4	aw
2	Geoff Grinstead	M45	Luton	20.90	3	
3	Jason Lendon	M40	Havering AC	14.35	2	
4	Ben Roberts	SM	Ashford	13.72	1	

**Men's A Javelin**

1	Matthew Harris	SM	Ashford	53.37	4	aw
2	Duane Jibunoh	U23	Havering AC	45.57	3	aw
3	Angus Harrington	U17	Blackheath & Bromley	42.65	2	aw
4	Jamie Potton-Burrell	U23	Luton	33.57	1	

**Men's B Javelin**

1	Sam Harrison	SM	Havering AC	44.91	4	aw
2	Alex Pope	SM	Blackheath & Bromley	37.37	3	aw
3	Luke Williams	SM	Ashford	36.09	2	
4	Geoff Grinstead	M45	Luton	21.10	1	

**Men's 4x100m**

1	Luton	SM		45.8	4
2	Ashford	SM		45.9	3
3	Blackheath & Bromley	SM		46.5	2
4	Havering AC	SM		47.3	1

**Men's 4x400m**

1	Havering AC	SM		3:36.6	4
2	Blackheath & Bromley	SM		3:42.2	3
3	Luton	SM		3:44.4	2
4	Ashford	SM		3:54.2	1

<b>Women's A 100m</b>			<b>Wind=</b>			
1	Vivien Olatunji	U20	Blackheath & Bromley	12.4	4	aw
2	Grace Sullivan	U20	Ashford	13.0	3	aw
3	Holly Nash	U17	Havering AC	13.2	2	aw
4	Kristal Lister	U17	Luton	13.3	1	aw
<b>Women's B 100m</b>			<b>Wind=</b>			
1	Modupe Shokunbi	U20	Blackheath & Bromley	12.6	4	aw
2	Lauren Myrie-Formstone	U20	Luton	13.4	3	
3	Zoe Young	SW	Havering AC	13.9	2	
4	Kate Pinnegar	W35	Ashford	14.8	1	
<b>Women's A 200m</b>			<b>Wind=</b>			
1	Immanuela Aliv	U20	Blackheath & Bromley	25.3	4	aw
2	Eleanor Griffin	U20	Luton	26.4	3	aw
3	Katie Dawson	U20	Havering AC	27.2	2	aw
4	Kate Pinnegar	W35	Ashford	31.0	1	
<b>Women's B 200m</b>			<b>Wind=</b>			
1	Isio Orogun	U20	Blackheath & Bromley	26.7	4	aw
2	Kristal Lister	U17	Luton	27.4	3	aw
3	Rachel Kerr	SW	Havering AC	29.0	2	
4					1	
<b>Women's A 400m</b>			<b>Wind=</b>			
1	Becky McLinden	SW	Blackheath & Bromley	58.5	4	aw
2	Anna Bright	U20	Luton	60.7	3	aw
3	Katie Dawson	U20	Havering AC	61.7	2	aw
4	Kate Pinnegar	W35	Ashford	71.7	1	
<b>Women's B 400m</b>			<b>Wind=</b>			
1	Krystal Galley	U20	Blackheath & Bromley	58.5	4	aw
2	Eleanor Griffin	U20	Luton	61.4	3	aw
3	Nina Brennan	SW	Havering AC	67.5	2	
4					1	
<b>Women's A 800m</b>			<b>Wind=</b>			
1	Leah Everson	U20	Blackheath & Bromley	2:24.3	4	aw
2	Georgia Nunn	U17	Luton	2:35.4	3	
3	Sophie Rand	U17	Havering AC	2:36.7	2	
4	Rebecca Dyer	SW	Ashford	3:11.6	1	
<b>Women's B 800m</b>			<b>Wind=</b>			
1	Clare Davies	SW	Havering AC	2:39.3	4	
2	Natasha Hayman	U17	Luton	2:40.8	3	
3					2	
4					1	
<b>Women's A 1500m</b>			<b>Wind=</b>			
1	Alexa Joel	SW	Havering AC	5:00.2	4	aw
2	Jessica Jones	SW	Blackheath & Bromley	5:08.1	3	
3	Isabel Dickinson	SW	Ashford	7:07.8	2	
4					1	
<b>Women's B 1500m</b>			<b>Wind=</b>			
1	Vicky Smith	SW	Havering AC	5:09.4	4	
2	Danielle Critchley	SW	Blackheath & Bromley	5:38.8	3	
3					2	
4					1	
<b>Women's A 3000m</b>			<b>Wind=</b>			
1	Alexa Joel	SW	Havering AC	17:57.8	4	aw
2	Carole Penlington	W40	Blackheath & Bromley	18:25.1	3	
3	Claire McMahon-Adie	W35	Luton	18:27.6	2	aw
4	Isabel Dickinson	SW	Ashford	24:25.0	1	
<b>Women's B 3000m</b>			<b>Wind=</b>			
1	Vicky Smith	SW	Havering AC	19:04.1	4	aw
2	Amber Reed	SW	Blackheath & Bromley	19:42.8	3	aw
3					2	
4					1	
<b>Women's A 100mH</b>			<b>Wind=</b>			
1	Anastasia Davies	U20	Blackheath & Bromley	14.5	4	aw
2	Grace Sullivan	U20	Ashford	16.3	3	aw
3	Claire Brennan	W35	Havering AC	17.8	2	aw
4					1	

<b>Women's B 100mH</b>		Wind=				
1	Kate Cowley	SW	Havering AC	18.7	4	
2					3	
3					2	
4					1	
<b>Women's A 400mH</b>						
1	Isabella Woods	U23	Havering AC	68.9	4	aw
2	Anna Bright	U20	Luton	70.0	3	aw
3	Abigail Kingston	SW	Blackheath & Bromley	83.3	2	
4					1	
<b>Women's B 400mH</b>						
1	Claire Brennan	W35	Havering AC	69.0	4	aw
2	Jazmine Barnett	U20	Luton	70.4	3	aw
3					2	
4					1	
<b>Women's A 1500m Steeplechase</b>						
1	Vicky Smith	SW	Havering AC	5:55.4	4	aw
2	Natasha Hayman	U17	Luton	6:08.9	3	aw
3	Amber Reed	SW	Blackheath & Bromley	6:19.6	2	aw
4					1	
<b>Women's B 1500m Steeplechase</b>						
1					4	
2					3	
3					2	
4					1	
<b>Women's A High Jump</b>						
1	Bethan Siddons	SW	Havering AC	1.68	4	aw
2	Tabitha Lisciotto	U17	Blackheath & Bromley	1.58	3	aw
3	Deborah Martin	SW	Ashford	1.58	2	aw
4	Rebecca Hawtin	U20	Luton	1.58	1	aw
<b>Women's B High Jump</b>						
1	Jamiyla Robinson Pascal	U20	Blackheath & Bromley	1.58	4	aw
2	Katie Hamilton	SW	Ashford	1.48	3	
3	Katie Dawson	U20	Havering AC	1.18	2	
4	Eleanor Griffin	U20	Luton	1.03	1	
<b>Women's A Pole Vault</b>						
1	Jackie Montgomery	W50	Blackheath & Bromley	2.70	4	aw
2	Claire Brennan	W35	Havering AC	1.95	3	
3					2	
4					1	
<b>Women's B Pole Vault</b>						
1	Caitlin Chick	U17	Blackheath & Bromley	2.30	4	aw
2	Emma Selby	SW	Havering AC	1.85	3	
3					2	
4					1	
<b>Women's A Long Jump</b>						
1	Shanara Hibbert	SW	Luton	5.57	4	Wind aw
2	Jamiyla Robinson Pascal	U20	Blackheath & Bromley	5.36	3	aw
3	Bethan Siddons	SW	Havering AC	4.82	2	aw
4	Katie Hamilton	SW	Ashford	4.43	1	
<b>Women's B Long Jump</b>						
1	Toyin Olatungi	U20	Blackheath & Bromley	5.15	4	Wind aw
2	Zoe Young	SW	Havering AC	4.62	3	
3	Natasha Hayman	U17	Luton	4.24	2	
4	Deborah Martin	SW	Ashford	4.14	1	
<b>Women's A Triple Jump</b>						
1	Anastasia Davies	U20	Blackheath & Bromley	11.90	4	Wind aw
2	Shanara Hibbert	SW	Luton	11.83	3	aw
3	Grace Sullivan	U20	Ashford	11.37	2	aw
4	Kate Cowley	SW	Havering AC	11.22	1	aw
<b>Women's B Triple Jump</b>						
1	Toyin Olatungi	U20	Blackheath & Bromley	10.39	4	Wind aw
2	Bethan Siddons	SW	Havering AC	10.36	3	aw
3	Katie Hamilton	SW	Ashford	8.88	2	
4					1	

**Women's A Shot Putt**

1	Shaunagh Brown	SW	Blackheath & Bromley	13.16	4
2	Kate Cowley	SW	Havering AC	10.19	3
3	Victoria Hill	U20	Luton	8.62	2
4	Emilie Knights-Toomer	U17	Ashford	7.67	1

aw  
aw  
aw  
aw**Women's B Shot Putt**

1	Elysha Thatcher-Gray	U17	Havering AC	9.91	4
2	Suzanna Wise	SW	Luton	8.01	3
3	Rebecca Cock	U20	Ashford	6.40	2
4	Eve Keith	U17	Blackheath & Bromley	6.35	1

aw

**Women's A Discus**

1	Shaunagh Brown	SW	Blackheath & Bromley	47.45	4
2	Georgie Taylor	U23	Havering AC	41.49	3
3	Suzanna Wise	SW	Luton	31.21	2
4	Rebecca Cock	U20	Ashford	23.07	1

aw  
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aw**Women's B Discus**

1	Rachel Evans	SW	Havering AC	33.49	4
2	Anna Barnett	U17	Blackheath & Bromley	33.22	3
3	Victoria Hill	U20	Luton	18.20	2
4	Gemma Coales	U17	Ashford	14.01	1

aw  
aw**Women's A Hammer**

1	Shaunagh Brown	SW	Blackheath & Bromley	53.75	4
2	Suzanna Wise	SW	Luton	40.96	3
3	Rachel Evans	SW	Havering AC	21.92	2
4	Katie Hamilton	SW	Ashford	16.45	1

aw  
aw**Women's B Hammer**

1	Victoria Hill	U20	Luton	36.35	4
2	Nina Brennan	SW	Havering AC	20.65	3
3	Emilie Knights-Toomer	U17	Ashford	16.15	2
4	Jackie Montgomery	W50	Blackheath & Bromley	13.26	1

aw

**Women's A Javelin**

1	Emilie Knights-Toomer	U17	Ashford	37.58	4
2	Emma Christmas	SW	Havering AC	33.57	3
3	Ellie Moore	U17	Blackheath & Bromley	23.02	2
4	Victoria Hill	U20	Luton	10.43	1

aw  
aw  
aw**Women's B Javelin**

1	Kate Cowley	SW	Havering AC	32.96	4
2	Gemma Coales	U17	Ashford	22.49	3
3	Shaunagh Brown	SW	Blackheath & Bromley	22.46	2
4					1

aw

**Women's 4x100m**

1	Luton	SW		52.3	4
2	Havering AC	SW		54.8	3
3					2
4					1

**Women's 4x400m**

1	Blackheath & Bromley	SW		4:11.1	4
2	Luton	SW		4:20.7	3
3	Havering AC	SW		4:23.8	2
4	Ashford	SW		4:59.8	1

aw