

	Team	Score	
1	Herts Phoenix	202.5	P
2	Dacorum & Tring	177.5	D
3	Stevenage & North Herts	179	S
4	Havering AC	159	H

Men's A 100m		Wind=				
1	Peter De'Ath	U23	Stevenage & North Herts	11.1	4	aw
2	Lewis Bailey	U20	Havering AC	11.5	3	aw
3	Nathan Burke	U20	Herts Phoenix	11.6	2	aw
4	Jon Rendell	SM	Dacorum & Tring	12.2	1	

Men's B 100m		Wind=				
1	Nathan Steele	SM	Havering AC	11.3	4	aw
2	Craig Dension	SM	Stevenage & North Herts	11.8	3	
3	Alfie Perring	U17	Herts Phoenix	12.4	2	
4	Ben McGuinness	SM	Dacorum & Tring	12.6	1	

Men's A 200m		Wind=				
1	Peter De'Ath	U23	Stevenage & North Herts	22.4	4	aw
2	Lewis Bailey	U20	Havering AC	22.5	3	aw
3	Ben Lloyd	U17	Herts Phoenix	23.6	2	aw
4	Ben McGuinness	SM	Dacorum & Tring	25.1	1	

Men's B 200m		Wind=				
1	Fraser Boston	U20	Havering AC	23.2	4	aw
2	Craig Dension	SM	Stevenage & North Herts	24.4	3	
3	Alex Cloona	SM	Herts Phoenix	25.2	2	
4	Matthew Woodhouse	SM	Dacorum & Tring	25.9	1	

Men's A 400m						
1	Peter De'Ath	U23	Stevenage & North Herts	49.2	4	aw
2	Ben Lloyd	U17	Herts Phoenix	52.0	3	aw
3	Jon Rendell	SM	Dacorum & Tring	52.6	2	aw
4	Matthew Owers	U20	Havering AC	53.1	1	aw

Men's B 400m						
1	Sydney Conteh	U23	Havering AC	53.2	4	
2	Ben McGuinness	SM	Dacorum & Tring	54.6	3	
3	Adam Hughes	U17	Herts Phoenix	54.7	2	aw
4	Kit Kerr	U17	Stevenage & North Herts	55.7	1	

Men's A 800m						
1	Alex Cloona	SM	Herts Phoenix	2:01.1	4	aw
2	Thomas Sloan	SM	Stevenage & North Herts	2:02.1	3	aw
3	Rhys Rowlands	U20	Dacorum & Tring	2:07.4	2	
4	Michael Duncan	U20	Havering AC	2:08.2	1	

Men's B 800m						
1	Adam Hughes	U17	Herts Phoenix	2:01.5	4	aw
2	James Beddall	U20	Stevenage & North Herts	2:05.9	3	aw
3	James Stewart	U20	Havering AC	2:18.2	2	
4	Joshua Van Heiningen	U17	Dacorum & Tring	2:27.7	1	

Men's A 1500m						
1	Harry Pateman	U23	Herts Phoenix	4:19.6	4	aw
2	Joshua Van Heiningen	U17	Dacorum & Tring	4:22.8	3	aw
3	James Beddall	U20	Stevenage & North Herts	4:39.3	2	
4	James Stewart	U20	Havering AC	4:43.8	1	

Men's B 1500m						
1	Steve Prosser	SM	Herts Phoenix	4:37.4	4	
2	Rhys Rowlands	U20	Dacorum & Tring	4:43.3	3	
3	Jack Gladman	U20	Stevenage & North Herts	4:45.7	2	
4	Paul Berrett	M40	Havering AC	4:52.0	1	

Men's A 5000m						
1	Andy Cracknell	SM	Dacorum & Tring	16:23.1	4	aw
2	Ryan Faulkner	U23	Herts Phoenix	16:30.5	3	aw
3	Matthew Bland	M45	Havering AC	16:47.1	2	aw
4	Paul Spicer	SM	Stevenage & North Herts	20:10.7	1	

**Men's B 5000m**

1	Nick Doyle	U23	Herts Phoenix	17:46.2	4
2	Ian Anthony	SM	Havering AC	18:03.9	3
3	Paul Pickard	M45	Stevenage & North Herts	20:53.5	2
4					1

**Men's A 110mH**

Wind=

1	Elior Harris	SM	Stevenage & North Herts	16.7	4
2	Joe Gaynor	SM	Herts Phoenix	24.5	3
3	Shaun Wall	SM	Dacorum & Tring	32.8	2
4					1

aw

**Men's B 110mH**

Wind=

1					4
2					3
3					2
4					1

**Men's A 400mH**

1	Joe Gaynor	SM	Herts Phoenix	65.2	4
2	Matthew Woodhouse	SM	Dacorum & Tring	66.4	3
3	Mathew Spicer	U17	Stevenage & North Herts	68.3	2
4					1

**Men's B 400mH**

1	David Stephens	SM	Herts Phoenix	68.5	4
2	Paul Spicer	SM	Stevenage & North Herts	69.8	3
3	Shaun Wall	SM	Dacorum & Tring	94.4	2
4					1

**Men's A 2000m Steeplechase**

1	Peter Townsend	SM	Herts Phoenix	6:32.5	4
2	Rhys Rowlands	U20	Dacorum & Tring	7:10.6	3
3	Martin Chester	M40	Havering AC	7:15.1	2
4	Aaron Hadfield	U17	Stevenage & North Herts	7:49.7	1

aw

**Men's B 2000m Steeplechase**

1	Steve Prosser	SM	Herts Phoenix	7:10.2	4
2	Michael Duncan	U20	Havering AC	7:58.7	3
3	Paul Pickard	M45	Stevenage & North Herts	9:06.8	2
4	Vince Clarke	M40	Dacorum & Tring	9:42.8	1

**Men's A High Jump**

1	Elior Harris	SM	Stevenage & North Herts	2.00	4
2	John Adekoya	SM	Havering AC	1.80	3
3	Tom Wright	U17	Dacorum & Tring	1.70	2
4	David Stephens	SM	Herts Phoenix	1.20	1

aw

aw

aw

**Men's B High Jump**

1	Kashif Jones	SM	Stevenage & North Herts	1.95	4
2	Shandell Taylor	U17	Havering AC	1.65	2.5
3	Michael Garden	SM	Dacorum & Tring	1.65	2.5
4	Joe Gaynor	SM	Herts Phoenix	1.20	1

aw

aw

**Men's A Pole Vault**

1	Lee Brown	U17	Stevenage & North Herts	4.00	4
2	Michael Garden	SM	Dacorum & Tring	3.60	3
3	Elliot Breen	U17	Herts Phoenix	3.40	2
4	Arron Bonning	M40	Havering AC	3.20	1

aw

aw

aw

aw

**Men's B Pole Vault**

1	Oscar Jopp	U17	Stevenage & North Herts	3.40	4
2	Andy Cracknell	SM	Dacorum & Tring	3.00	3
3	David Stephens	SM	Herts Phoenix	1.90	2
4					1

aw

aw

**Men's A Long Jump**

1	Alex Law	U23	Havering AC	6.35	4
2	Elior Harris	SM	Stevenage & North Herts	6.18	3
3	Nathan Burke	U20	Herts Phoenix	6.08	2
4	Rhys Rowlands	U20	Dacorum & Tring	3.79	1

Wind

aw

aw

aw

<b>Men's B Long Jump</b>					Wind	
1	Richard Holland	SM	Havering AC	6.24	4	aw
2	David Stephens	SM	Herts Phoenix	5.16	3	
3	Mathew Spicer	U17	Stevenage & North Herts	4.75	2	
4					1	

<b>Men's A Triple Jump</b>					Wind	
1	Nathan Burke	U20	Herts Phoenix	13.39	4	aw
2	Jackson Cowans	U17	Dacorum & Tring	12.79	3	
3	John Adekoya	SM	Havering AC	12.48	2	
4	Elior Harris	SM	Stevenage & North Herts	12.47	1	

<b>Men's B Triple Jump</b>					Wind	
1	Nathan Steele	SM	Havering AC	11.58	4	aw
2	Oscar Jopp	U17	Stevenage & North Herts	11.39	3	
3	David Stephens	SM	Herts Phoenix	9.78	2	
4	Shaun Wall	SM	Dacorum & Tring	8.50	1	

<b>Men's A Shot Putt</b>						
1	Shaun Wall	SM	Dacorum & Tring	11.33	4	aw
2	Jason Kingwell	M45	Herts Phoenix	11.22	3	
3	Alex Law	U23	Havering AC	10.38	2	
4	Matthew Mardle	U23	Stevenage & North Herts	7.79	1	

<b>Men's B Shot Putt</b>						
1	John Garner	M50	Dacorum & Tring	10.86	4	aw
2	Arron Bonning	M40	Havering AC	9.36	3	
3	James Grove	SM	Herts Phoenix	9.12	2	
4	Paul Spicer	SM	Stevenage & North Herts	6.12	1	

<b>Men's A Discus</b>						
1	Jason Kingwell	M45	Herts Phoenix	34.12	4	aw
2	John Garner	M50	Dacorum & Tring	30.77	3	
3	Michael Duncan	U20	Havering AC	30.70	2	
4	Matthew Mardle	U23	Stevenage & North Herts	18.85	1	

<b>Men's B Discus</b>						
1	James Grove	SM	Herts Phoenix	30.62	4	aw
2	Trevor Ratcliffe	M50	Dacorum & Tring	28.11	3	
3	Arron Bonning	M40	Havering AC	26.70	2	
4	Paul Spicer	SM	Stevenage & North Herts	15.56	1	

<b>Men's A Hammer</b>						
1	Jason Kingwell	M45	Herts Phoenix	41.12	4	aw
2	Trevor Ratcliffe	M50	Dacorum & Tring	29.00	3	
3	Aaron Bonning	M40	Havering AC	20.13	2	
4	Steve Feely	M45	Stevenage & North Herts	18.28	1	

<b>Men's B Hammer</b>						
1	James Grove	SM	Herts Phoenix	33.44	4	aw
2	Shaun Wall	SM	Dacorum & Tring	27.18	3	
3	Matthew Mardle	U23	Stevenage & North Herts	17.96	2	
4	Ed Brinton-Quinn	U20	Havering AC	17.40	1	

<b>Men's A Javelin</b>						
1	Trevor Ratcliffe	M50	Dacorum & Tring	51.05	4	aw
2	Alex Law	U23	Havering AC	40.98	3	
3	Matthew Mardle	U23	Stevenage & North Herts	38.38	2	
4	Alfie Perring	U17	Herts Phoenix	36.72	1	

<b>Men's B Javelin</b>						
1	Shaun Wall	SM	Dacorum & Tring	43.49	4	aw
2	Jason Kingwell	SM	Herts Phoenix	33.95	3	
3	Michael Duncan	U20	Havering AC	31.59	2	
4	Mathew Spicer	U17	Stevenage & North Herts	26.94	1	

<b>Men's 4x100m</b>					
1	Havering AC	SM		44.1	4
2	Herts Phoenix	SM		46.8	3
3	Dacorum & Tring	SM		48.3	2
4					1

<b>Men's 4x400m</b>					
1	Havering AC	SM		3:35.3	4
2	Stevenage & North Herts	SM		3:47.0	3
3	Dacorum & Tring	SM		3:47.6	2
4					1

<b>Women's A 100m</b>		<b>Wind=</b>				
1	Phillipa Lowe	SW	Dacorum & Tring	12.1	4	aw
2	Hannah Lloyd	SW	Herts Phoenix	13.0	3	aw
3	Bethany Harley	U20	Stevenage & North Herts	13.2	2	aw
4	Zoe Young	SW	Havering AC	13.6	1	
<b>Women's B 100m</b>		<b>Wind=</b>				
1	Remi Bishop	U17	Dacorum & Tring	12.8	4	aw
2	Sandra Reed	W50	Stevenage & North Herts	14.2	3	aw
3	Rachel Kerr	SW	Havering AC	14.3	2	
4	Megan Fielding	U17	Herts Phoenix	15.3	1	
<b>Women's A 200m</b>		<b>Wind=</b>				
1	Phillipa Lowe	SW	Dacorum & Tring	24.5	4	aw
2	Emily Saunders	U20	Stevenage & North Herts	26.6	3	aw
3	Georgia Mckenzie	U17	Herts Phoenix	27.8	2	
4	Zoe Young	SW	Havering AC	28.9	1	
<b>Women's B 200m</b>		<b>Wind=</b>				
1	Remi Bishop	U17	Dacorum & Tring	26.7	4	aw
2	Rebecca Pickard	U20	Stevenage & North Herts	27.0	3	aw
3	Louise Reilly	U17	Herts Phoenix	28.6	2	
4	Rachel Kerr	SW	Havering AC	29.6	1	
<b>Women's A 400m</b>						
1	Alex Hill	SW	Herts Phoenix	57.6	4	aw
2	Emily Saunders	U20	Stevenage & North Herts	58.6	3	aw
3	Sarah Grover	SW	Dacorum & Tring	62.6	2	aw
4	Nina Brennan	SW	Havering AC	66.2	1	
<b>Women's B 400m</b>						
1	Zoe Williams	U20	Dacorum & Tring	61.7	4	aw
2	Georgia McKenzie	U17	Herts Phoenix	61.9	3	aw
3	Rebecca Beddall	U20	Stevenage & North Herts	68.9	2	
4	Rachel Kerr	SW	Havering AC	88.8	1	
<b>Women's A 800m</b>						
1	Sarah Grover	SW	Dacorum & Tring	2:20.1	4	aw
2	Katie Saunders	U17	Stevenage & North Herts	2:27.1	3	aw
3	Hannah Booth	U20	Herts Phoenix	2:36.3	2	
4	Clare Davies	SW	Havering AC	2:40.3	1	
<b>Women's B 800m</b>						
1	Molly Astill	U17	Stevenage & North Herts	2:28.0	4	aw
2	Sophie Morris	U20	Dacorum & Tring	2:29.9	3	
3	Abigail Griffiths	SW	Herts Phoenix	2:52.7	2	
4					1	
<b>Women's A 1500m</b>						
1	Sophie Morris	U20	Dacorum & Tring	5:08.8	4	
2	Alicia Found	U20	Herts Phoenix	5:11.7	3	
3	Sarah Feely	U20	Stevenage & North Herts	5:13.8	2	
4	Clare Davies	SW	Havering AC	5:35.3	1	
<b>Women's B 1500m</b>						
1	Grace Birdseye	U17	Dacorum & Tring	5:22.4	4	
2	Ella Taylor	U17	Herts Phoenix	5:34.5	3	
3	Erin Oliver	U17	Stevenage & North Herts	5:39.6	2	
4					1	
<b>Women's A 3000m</b>						
1	Elizabeth Roberts	SW	Dacorum & Tring	12:45.5	4	
2	Alex Hill	SW	Herts Phoenix	12:54.6	3	
3	Charlotte Astill	W40	Stevenage & North Herts	12:58.1	2	
4					1	
<b>Women's B 3000m</b>						
1	Eleanor Found	U17	Herts Phoenix	13:23.7	4	
2	Christine Feely	W50	Stevenage & North Herts	14:54.3	3	
3					2	
4					1	
<b>Women's A 100mH</b>		<b>Wind=</b>				
1	Chloe Van-Wulven	SW	Havering AC	15.2	4	aw
2	Hayley Kruse	SW	Herts Phoenix	16.8	3	aw
3	Janet Browne	U23	Stevenage & North Herts	16.8	2	aw
4	Jessica O'Sullivan	U20	Dacorum & Tring	19.5	1	

<b>Women's B 100mH</b>		Wind=				
1	Bethany Harley	U20	Stevenage & North Herts	17.1	4	aw
2	Claire Brennan	W35	Havering AC	17.6	3	aw
3	Charlotte Radcliffe	U20	Dacorum & Tring	18.0	2	aw
4	Gemma Armorgie	U23	Herts Phoenix	20.1	1	
<b>Women's A 400mH</b>						
1	Rebecca Pickard	U20	Stevenage & North Herts	64.7	4	aw
2	Alex Hill	SW	Herts Phoenix	65.2	3	aw
3	Claire Brennan	W35	Havering AC	70.8	2	aw
4	Charlotte Radcliffe	U20	Dacorum & Tring	78.6	1	
<b>Women's B 400mH</b>						
1	Chloe Van Wulven	SW	Havering AC	72.8	4	aw
2	Rebecca Beddall	U20	Stevenage & North Herts	76.6	3	
3	Phoebe Love	U20	Herts Phoenix	80.1	2	
4					1	
<b>Women's A 2000m Steeplechase</b>						
1	Sarah Grover	SW	Dacorum & Tring	7:51.9	4	aw
2	Elizabeth Doyle	SW	Herts Phoenix	9:26.4	3	
3	Lisa Barber	U17	Stevenage & North Herts	9:42.2	2	
4					1	
<b>Women's B 2000m Steeplechase</b>						
1	Grace Birdseye	U17	Dacorum & Tring	8:22.9	4	aw
2	Megan Breen	U20	Herts Phoenix	9:48.6	3	
3					2	
4					1	
<b>Women's A High Jump</b>						
1	Bethan Siddons	SW	Havering AC	1.70	4	aw
2	Janet Browne	U23	Stevenage & North Herts	1.65	3	aw
3	Hayley Kruse	SW	Herts Phoenix	1.55	2	aw
4	Amy Thurgood	U17	Dacorum & Tring	1.50	1	aw
<b>Women's B High Jump</b>						
1	Grace Mee	U17	Stevenage & North Herts	1.60	4	aw
2	Louise Reilly	U17	Herts Phoenix	1.55	3	aw
3	Sarah Grover	SW	Dacorum & Tring	1.50	2	aw
4	Chloe Van Wulven	SW	Havering AC	1.45	1	
<b>Women's A Pole Vault</b>						
1	Erin Breen	U20	Herts Phoenix	3.10	4	aw
2	Jessica O'Sullivan	U20	Dacorum & Tring	2.80	3	aw
3	Claire Brennan	W35	Havering AC	2.00	2	aw
4					1	
<b>Women's B Pole Vault</b>						
1	Amy Thurgood	U17	Dacorum & Tring	2.40	4	aw
2	Gemma Armorgie	U23	Herts Phoenix	1.32	2.5	
3	Zoe Young	SW	Havering AC	1.32	2.5	
4					1	
<b>Women's A Long Jump</b>						Wind
1	Megan Fielding	U17	Herts Phoenix	5.27	4	aw
2	Zoe Williams	U20	Dacorum & Tring	4.92	3	aw
3	Martina Barber	U23	Stevenage & North Herts	4.82	2	aw
4	Bethan Siddons	SW	Havering AC	4.73	1	
<b>Women's B Long Jump</b>						Wind
1	Hayley Kruse	SW	Herts Phoenix	4.96	4	aw
2	Abigail Pickard	U17	Stevenage & North Herts	4.51	3	
3	Summer Clarke	U17	Dacorum & Tring	3.22	2	
4					1	
<b>Women's A Triple Jump</b>						Wind
1	Mayi Hughes	U17	Havering AC	11.22	4	aw
2	Kara Peck	U23	Herts Phoenix	10.56	3	aw
3	Jessica O'Sullivan	U20	Dacorum & Tring	10.04	2	aw
4	Abigail Pickard	U17	Stevenage & North Herts	9.72	1	aw
<b>Women's B Triple Jump</b>						Wind
1	Bethan Siddons	SW	Havering AC	10.34	4	aw
2	Abigail Griffiths	SW	Herts Phoenix	9.67	3	aw
3	Charlotte Radcliffe	U20	Dacorum & Tring	9.66	2	aw
4	Sandra Reed	W50	Stevenage & North Herts	9.15	1	aw

**Women's A Shot Putt**

1	Rachel Evans	SW	Havering AC	10.11	4
2	Hayley Kruse	SW	Herts Phoenix	9.33	3
3	Martina Barber	U23	Stevenage & North Herts	8.15	2
4	Jessica O'Sullivan	U20	Dacorum & Tring	7.30	1

aw

aw

**Women's B Shot Putt**

1	Mayi Hughes	U17	Havering AC	9.33	4
2	Hannah Lloyd	SW	Herts Phoenix	8.38	3
3	Natasha Tendy	U17	Dacorum & Tring	6.87	2
4	Siobhan Rapacchi	U20	Stevenage & North Herts	6.83	1

aw

aw

**Women's A Discus**

1	Rachel Evans	SW	Havering AC	34.14	4
2	Amelia Royce	U17	Stevenage & North Herts	26.87	3
3	Natasha Tendy	U17	Dacorum & Tring	19.29	2
4	Eleanor Moss	U20	Herts Phoenix	17.67	1

aw

aw

**Women's B Discus**

1	Nina Brennan	SW	Havering AC	24.31	4
2	Siobhan Rapacchi	U20	Stevenage & North Herts	20.76	3
3	Louise Reilly	U17	Herts Phoenix	15.41	2
4	Summer Clarke	U17	Dacorum & Tring	12.56	1

**Women's A Hammer**

1	Frances Gross	SW	Stevenage & North Herts	37.26	4
2	Megan Breen	U20	Herts Phoenix	22.18	3
3	Nina Brennan	SW	Havering AC	20.49	2
4	Natasha Tendy	U20	Dacorum & Tring	18.65	1

aw

**Women's B Hammer**

1	Laura Feely	U23	Stevenage & North Herts	31.7	4
2	Rachel Evans	SW	Havering AC	20.43	3
3	Eleanor Moss	U20	Herts Phoenix	19.11	2
4	Cathie Woolfrey	W55	Dacorum & Tring	16.50	1

aw

**Women's A Javelin**

1	Eloise Meakins	SW	Herts Phoenix	42.25	4
2	Emma Christmas	SW	Havering AC	35.80	3
3	Siobhan Rapacchi	U20	Stevenage & North Herts	29.95	2
4	Zoe Williams	U20	Dacorum & Tring	12.03	1

aw

aw

aw

**Women's B Javelin**

1	Mayi Hughes	U17	Havering AC	30.01	4
2	Eleanor Moss	U20	Herts Phoenix	25.78	3
3	Rebecca Pickard	U20	Stevenage & North Herts	17.54	2
4	Summer Clarke	U17	Dacorum & Tring	8.31	1

aw

aw

**Women's 4x100m**

1	Dacorum & Tring	SW		51.7	4
2	Stevenage & North Herts	SW		53.7	3
3	Havering AC	SW		54.5	2
4	Herts Phoenix	SW		54.9	1

aw

**Women's 4x400m**

1	Stevenage & North Herts	SW		4:10.9	4
2	Dacorum & Tring	SW		4:15.1	3
3	Herts Phoenix	SW		4:27.0	2
4	Havering AC	SW		4:30.1	1

aw