

Sweatshop Southern Athletics League: Division 1 - Round 3 - Hornchurch - 16 June 2013

Team		Score				
1	Havering Mayesbrook		200.5			V
2	Nene Valley Harriers		195			N
3	Worthing & District		187			X
4	Herts Phoenix		134.5			H
Men's A 100m		Wind=				
1	Noel Butler	SM	Worthing & District	11.6	4	587
2	Joe Gaynor	U23	Herts Phoenix	11.8	3	533
3	James Thomas	SM	Nene Valley Harriers	11.9	2	507
4	Volkan Isikgun	U23	Havering Mayesbrook	12.7	1	328
Men's B 100m		Wind=				
1	Jimmy Seacombe	U17	Worthing & District	11.7	4	560 aw
2	Simon Turnock	SM	Nene Valley Harriers	11.8	3	533
3	Patrick Chiminhi	U20	Havering Mayesbrook	12.2	2	435
4	Dave Stephens	SM	Herts Phoenix	12.8	1	309
Men's A 200m		Wind=				
1	Josh Olawore	U20	Havering Mayesbrook	22.7	4	715 aw
2	Joe Gaynor	U23	Herts Phoenix	23.4	3	614 aw
3	Noel Bulter	SM	Worthing & District	23.6	2	586
4	James Thomas	SM	Nene Valley Harriers	24.0	1	534
Men's B 200m		Wind=				
1	John Adekoya	U20	Havering Mayesbrook	24.3	4	497
2	Simon Turnock	SM	Nene Valley Harriers	24.8	3	438
3	Joshua Jenkins	U17	Worthing & District	25.3	2	383
4	Liam Cloona	U20	Herts Phoenix	26.8	1	244
Men's A 400m						
1	Ashley Sandall	U17	Nene Valley Harriers	50.2	4	751 aw
2	Joe Gaynor	U23	Herts Phoenix	50.4	3	739 aw
3	Charlie Baldwin	U20	Worthing & District	51.1	2	698 aw
4	Paul Kavanagh	SM	Havering Mayesbrook	57.2	1	398
Men's B 400m						
1	David Brown	SM	Nene Valley Harriers	51.1	4	698 aw
2	Mark Burchett	U20	Worthing & District	51.6	3	670 aw
3	Aaron Cooper	U17	Herts Phoenix	54.1	2	538 aw
4	Jeremy Watson	SM	Havering Mayesbrook	60.6	1	271
Men's A 800m						
1	Mark Burchett	SM	Worthing & District	1:56.6	4	756 aw
2	Aaron Cooper	U17	Herts Phoenix	1:59.0	3	694 aw
3	Sean Reidy	SM	Nene Valley Harriers	1:59.9	2	671 aw
4	Paul Grange	SM	Havering Mayesbrook	2:01.9	1	623 aw
Men's B 800m						
1	John Morrey	U23	Worthing & District	1:58.9	4	696 aw
2	Paul Kavanagh	SM	Havering Mayesbrook	2:05.7	3	536
3	Liam Cloona	U20	Herts Phoenix	2:06.8	2	513
4	Callum Reid	U20	Nene Valley Harriers	2:13.4	1	385
Men's A 1500m						
1	John Morrey	U23	Worthing & District	4:04.0	4	705 aw
2	Hoseah Gikungu	U20	Havering Mayesbrook	4:06.7	3	675 aw
3	Louis Walshe	SM	Herts Phoenix	4:12.6	2	612 aw
4	James McCrae	U17	Nene Valley Harriers	4:13.1	1	607 aw

Men's B 1500m

1	Martin Footman	SM	Worthing & District	4:07.8	4	663 aw
2	Alex Cloona	U23	Herts Phoenix	4:16.9	3	569 aw
3	Matt Bland	M45	Havering Mayesbrook	4:17.3	2	565 aw
4	Tom Rodgers	U23	Nene Valley Harriers	4:27.0	1	474

Men's A 5000m

1	Daryl Hards	SM	Worthing & District	15:33.4	4	682 aw
2	Adam Birch	SM	Nene Valley Harriers	16:06.7	3	594 aw
3	Peter Townsend	SM	Herts Phoenix	16:26.3	2	545 aw
4	Steve Rand	M40	Havering Mayesbrook	16:35.4	1	522 aw

Men's B 5000m

1	Michael Moore	SM	Nene Valley Harriers	16:23.9	4	550 aw
2	Ian Anthony	SM	Havering Mayesbrook	17:16.7	3	427
3	Geoff Hill	M50	Worthing & District	19:46.3	2	159
4	Richard Bloom	M60	Herts Phoenix	20:50.4	1	82

Men's A 110mH

Wind=

1	Jack Edgar Hill	U23	Havering Mayesbrook	16.2	4	695 aw
2	Sean Reidy	SM	Nene Valley Harriers	16.6	3	655 aw

Men's B 110mH

Wind=

1	Jeremy Watson	SM	Havering Mayesbrook	16.6	4	655 aw
2	David Bush	U23	Nene Valley Harriers	19.3	3	413

Men's A 400mH

1	David Bush	U23	Nene Valley Harriers	57.2	4	731 aw
2	Joe Gaynor	U23	Herts Phoenix	60.0	3	643 aw
3	Jeremy Watson	SM	Havering Mayesbrook	61.8	2	590 aw
4	Alan Easey	M45	Worthing & District	90.4	1	43

Men's B 400mH

1	Simon Wake	U20	Herts Phoenix	59.7	4	653 aw
2	Jack Edgar Hill	U23	Havering Mayesbrook	63.1	3	552
3	Tom Rodgers	U23	Nene Valley Harriers	67.7	2	429

Men's A 2000m Steeplechase

1	Rob Warner	SM	Havering Mayesbrook	6:14.0	4	824 aw
2	Martin Footman	SM	Worthing & District	6:39.5	3	673
3	Callum Reid	SM	Nene Valley Harriers	6:50.0	2	616
4	Simon Wake	U20	Herts Phoenix	7:21.4	1	460 aw

Men's B 2000m Steeplechase

1	Jason Lendon	SM	Havering Mayesbrook	6:31.7	4	718
2	Callum Reid	U20	Nene Valley Harriers	7:36.7	3	393
3	Dave Stephens	SM	Herts Phoenix	8:30.8	2	201

Men's A High Jump

1	Laurie Pirie	SM	Nene Valley Harriers	1.92	4	777 aw
2	Aiden Coree	U20	Worthing & District	1.85	3	719 aw
3=	Patrick Barrett	SM	Herts Phoenix	1.75	1.5	636 aw
3=	Alex Law	U17	Havering Mayesbrook	1.75	1.5	636 aw

Men's B High Jump

1	Tomas Saunorious	SM	Nene Valley Harriers	1.85	4	719 aw
2	Ryan Smith	U20	Worthing & District	1.80	3	678 aw
3	John Adekoya	U20	Havering Mayesbrook	1.70	2	595 aw
4	Dave Stephens	SM	Herts Phoenix	1.10	1	88

Men's A Pole Vault

1	Peter Lewis	SM	Nene Valley Harriers	3.70	4	634 aw
2	Ryan Smith	U20	Worthing & District	3.60	3	612 aw
3	Mark Bishop	M45	Havering Mayesbrook	2.80	2	438
4	Dave Stephens	SM	Herts Phoenix	1.50	1	136

Men's B Pole Vault

1	Joe Evling-White	SM	Nene Valley Harriers	3.00	4	482 aw
2	Alan Easey	M45	Worthing & District	3.00	3	482 aw
3	Arron Bonning	SM	Havering Mayesbrook	2.80	2	438

Men's A Long Jump

1	Josh Olawore	U20	Havering Mayesbrook	6.84	4	821 aw
2	Noel Butler	U23	Worthing & District	6.69	3	791 aw
3	Mathew Hudson	U17	Nene Valley Harriers	6.14	2	682 aw
4	Alex Cloona	U23	Herts Phoenix	4.84	1	428

Men's B Long Jump

1	Alex Law	U17	Havering Mayesbrook	6.67	4	787 aw
2	Aiden Coree	U20	Worthing & District	6.32	3	718 aw
3	Laurie Pirie	SM	Nene Valley Harriers	5.66	2	587
4	Liam Cloona	U20	Herts Phoenix	4.35	1	334

Men's A Triple Jump

1	Aiden Coree	U20	Worthing & District	12.62	4	686 aw
2	Laurie Pirie	SM	Nene Valley Harriers	12.55	3	679 aw
3	John Adekoya	SM	Havering Mayesbrook	11.83	2	609 aw
4	Dave Stephens	SM	Herts Phoenix	10.35	1	457

Men's B Triple Jump

1	Noel Butler	U20	Worthing & District	12.19	4	644 aw
2	Jeremy Watson	SM	Havering Mayesbrook	11.73	3	599
3	Jonathon Woodcock	U17	Nene Valley Harriers	11.56	2	582 aw

Men's A Shot Putt

1	Ken Baker	SM	Nene Valley Harriers	13.48	4	821 aw
2	Emmanuel Quarshie	U23	Havering Mayesbrook	13.27	3	808 aw
3	Robert Duke	U23	Worthing & District	12.02	2	726 aw
4	Patrick Barrett	SM	Herts Phoenix	10.38	1	610 aw

Men's B Shot Putt

1	Martin Tinkler	U23	Nene Valley Harriers	12.86	4	781 aw
2	Mark Bishop	M45	Havering Mayesbrook	10.38	3	610 aw
3	Simon Wake	U20	Herts Phoenix	9.90	2	573
4	Matthew Evans	U23	Worthing & District	9.80	1	566

Men's A Discus

1	Martin Tinkler	U23	Nene Valley Harriers	37.98	4	728 aw
2	Richard Buckingham	M45	Worthing & District	35.13	3	681 aw
3	Mark Bishop	M45	Havering Mayesbrook	32.62	2	638 aw
4	James Grove	U23	Herts Phoenix	28.80	1	569 aw

Men's B Discus

1	Ken Baker	SM	Nene Valley Harriers	34.37	4	668 aw
2	Emmanuel Quarshie	U23	Havering Mayesbrook	28.02	3	554 aw
3	Robert Duke	U23	Worthing & District	26.06	2	515

Men's A Hammer

1	Matthew Evans	U23	Worthing & District	49.49	4	822 aw
2	Ken Baker	SM	Nene Valley Harriers	33.11	3	624 aw
3	James Grove	U23	Herts Phoenix	29.29	2	570 aw
4	Arron Bonning	SM	Havering Mayesbrook	20.04	1	419

Men's B Hammer

1	Simon Evans	U23	Worthing & District	47.81	4	803 aw
2	Martin Tinkler	SM	Nene Valley Harriers	29.71	3	576 aw
3	Emmanuel Quarshie	U23	Havering Mayesbrook	19.20	2	403

Men's A Javelin

1	Tomas Saunorious	SM	Nene Valley Harriers	62.04	4	908 aw
2	Conor Martin	U20	Herts Phoenix	48.46	3	733 aw
3	Noel Butler	U23	Worthing & District	40.32	2	620 aw
4	Arron Bonning	SM	Havering Mayesbrook	37.58	1	579 aw

Men's B Javelin

1	Simon Wake	U20	Herts Phoenix	45.32	4	690 aw
2	Robert Duke	U23	Worthing & District	39.26	3	604 aw
3	David Bush	U23	Nene Valley Harriers	38.08	2	587 aw
4	Paul Berrett	M50	Havering Mayesbrook	25.23	1	381

Men's 4x100m

1	Nene Valley Harriers	SM		45.3	4	467
2	Worthing & District	SM		45.6	3	443
3	Havering Mayesbrook	SM		46.6	2	368
4	Herts Phoenix	SM		52.8	1	66

Men's 4x400m

1	Nene Valley Harriers	SM		3:27.9	4	577
2	Worthing & District	SM		3:31.2	3	524
3	Herts Phoenix	SM		3:33.6	2	487
4	Havering Mayesbrook	SM		3:38.8	1	412

Women's A 100m

Wind=

1	Emily Maltby	U20	Nene Valley Harriers	12.4	4	775 aw
2	Ella Chalmers	U17	Worthing & District	13.1	3	624 aw
3	Ellie Bandy	U17	Herts Phoenix	13.1	2	624 aw
4	Emma Christmas	SW	Havering Mayesbrook	13.6	1	527

Women's B 100m

Wind=

1	Lily Hughes	U17	Nene Valley Harriers	12.7	4	708 aw
2	Nina Olatunbosun	U20	Havering Mayesbrook	13.7	3	509
3	Phoebe Love	U17	Herts Phoenix	14.2	2	424
4	Alison Duke	W45	Worthing & District	15.6	1	233

Women's A 200m

Wind=

1	Lily Hughes	U17	Nene Valley Harriers	25.6	4	746 aw
2	Michelle Hughes	U17	Havering Mayesbrook	26.2	3	685 aw
3	Daizy Lee	U17	Herts Phoenix	26.4	2	665 aw
4	Ella Chalmers	U17	Worthing & District	27.3	1	580 aw

Women's B 200m

Wind=

1	Deborah Willis	SW	Herts Phoenix	26.2	4	685 aw
2	Natasha Segal	U20	Nene Valley Harriers	27.0	3	607 aw
3	Felicity Clarke	U23	Havering Mayesbrook	28.0	2	519
4	Eloise Marshall	U20	Worthing & District	31.8	1	259

Women's A 400m

1	Deborah Willis	SW	Herts Phoenix	57.0	4	801 aw
2	Paige Lambert	U20	Nene Valley Harriers	61.1	3	639 aw
3	Rachel Gifford	U23	Worthing & District	68.1	2	409
4	Ellie Watson	U23	Haverling Mayesbrook	73.0	1	280

Women's B 400m

1	Laura Gallagher	SW	Herts Phoenix	60.4	4	666 aw
2	Helen Chapman	U20	Nene Valley Harriers	68.2	3	406
3	Rachel Kerr	U23	Haverling Mayesbrook	84.3	2	80

Women's A 800m

1	Mary Gough	U20	Herts Phoenix	2:22.8	4	648 aw
2	Sarah Wilson	U17	Haverling Mayesbrook	2:24.3	3	625 aw
3	Rachel Gifford	U23	Worthing & District	2:29.0	2	556
4	Elisha Reid	U17	Nene Valley Harriers	2:42.5	1	380

Women's B 800m

1	Vicky Smith	SW	Haverling Mayesbrook	2:25.3	4	610 aw
2	Florence Stansell-Seiller	U17	Herts Phoenix	2:27.1	3	583 aw
3	Aimee Renton	U17	Nene Valley Harriers	3:06.6	2	152

Women's A 1500m

1	Emma Taylor-Gooby	SW	Worthing & District	4:39.0	4	754 aw
2	Vicky Smith	SW	Haverling Mayesbrook	5:07.4	3	547
3	Elisha Reid	U17	Nene Valley Harriers	5:26.7	2	426
4	Phoebe Love	U17	Herts Phoenix	6:15.7	1	186

Women's B 1500m

1	Rachel Gifford	U23	Worthing & District	5:18.2	4	477
2	Annie Gray	U17	Nene Valley Harriers	5:41.1	3	345
3	Claire Davies	SW	Haverling Mayesbrook	5:42.5	2	338

Women's A 3000m

1	Lauren Deadman	SW	Haverling Mayesbrook	9:36.7	4	861 aw
2	Cat Foley	SW	Nene Valley Harriers	10:36.6	3	642 aw
3	Mary Gough	U20	Herts Phoenix	11:40.8	2	441 aw

Women's B 3000m

1	Gemma Phillips	U23	Haverling Mayesbrook	11:02.9	4	555 aw
2	Chloe Pavey	U20	Nene Valley Harriers	12:12.5	3	356
3	Megan Breen	U17	Herts Phoenix	13:49.6	2	149

Women's A 100mH**Wind=**

1	Chloe Van Wulven	SW	Haverling Mayesbrook	15.3	4	741 aw
2	Emma Perkins	SW	Worthing & District	16.1	3	665 aw
3	Rosie Jacobs	U20	Nene Valley Harriers	19.1	2	414

Women's B 100mH**Wind=**

1	Claire Brennan	SW	Haverling Mayesbrook	17.1	4	575 aw
2	Laura Duke	SW	Worthing & District	17.2	3	567 aw

Women's A 400mH

1	Felicity Clarke	U23	Haverling Mayesbrook	63.5	4	781 aw
2	Melanie Grigg	U20	Herts Phoenix	64.2	3	762 aw
3	Cat Foley	SW	Nene Valley Harriers	90.8	2	182

Women's B 400mH

1	Claire Brennan	SW	Haverling Mayesbrook	69.8	4	614 aw
2	Hayley Kruse	SW	Herts Phoenix	72.7	3	543 aw

Women's A 1500m Steeplechase

1	Emma Taylor-Gooby	SW	Worthing & District	5:10.1	4	895 aw
2	Florence Stansell-Seiller	U17	Herts Phoenix	5:36.2	3	754
3	Vicky Smith	SW	Havering Mayesbrook	5:40.2	2	733 aw
4	Elisha Reid	U17	Nene Valley Harriers	6:32.9	1	491

Women's B 1500m Steeplechase

1	Isabella Woods	U20	Havering Mayesbrook	5:54.8	4	661 aw
2	Rachel Gifford	U23	Worthing & District	6:11.1	3	585 aw
3	Megan Breen	U17	Herts Phoenix	6:18.3	2	553

Women's A High Jump

1	Emma Perkins	SW	Worthing & District	1.76	4	936 aw
2	Bethan Siddons	SW	Havering Mayesbrook	1.73	3	903 aw
3	Hayley Kruse	SW	Herts Phoenix	1.50	2	651 aw
4	Katy Robinson	U20	Nene Valley Harriers	1.50	1	651 aw

Women's B High Jump

1	Chloe Van Wulven	SW	Havering Mayesbrook	1.55	4	706 aw
2	Imogen Marshal	U17	Worthing & District	1.45	3	597 aw
3	Laura Gallagher	SW	Herts Phoenix	1.45	2	597
4	Rosie Jacobs	U20	Nene Valley Harriers	1.40	1	542

Women's A Pole Vault

1	Laura Duke	SW	Worthing & District	2.80	4	580 aw
2	Leanne Butler	SW	Havering Mayesbrook	2.70	3	554 aw

Women's B Pole Vault

1	Alison Duke	W45	Worthing & District	2.50	4	503 aw
2	Claire Brennan	SW	Havering Mayesbrook	2.30	3	451 aw

Women's A Long Jump

1	Emma Perkins	SW	Worthing & District	5.51	4	777 aw
2	Emma Hornsby	U17	Nene Valley Harriers	5.18	3	701 aw
3	Zoe Young	SW	Havering Mayesbrook	5.03	2	667 aw
4	Hayley Kruse	SW	Herts Phoenix	4.86	1	628 aw

Wind

Women's B Long Jump

1	Ella Chalmers	U17	Worthing & District	4.86	4	628 aw
2	Michelle Hughes	U17	Havering Mayesbrook	4.74	3	601 aw
3	Devon Spencer	U23	Nene Valley Harriers	4.66	2	583
4	Daizy Lee	U17	Herts Phoenix	4.61	1	572 aw

Wind

Women's A Triple Jump

1	Emma Perkins	SW	Worthing & District	11.81	4	801 aw
2	Emily Maltby	U20	Nene Valley Harriers	11.28	3	746 aw
3	Bethan Siddons	SW	Havering Mayesbrook	10.48	2	662 aw
4	Hayley Kruse	SW	Herts Phoenix	10.10	1	621 aw

Wind

Women's B Triple Jump

1	Ellie-Mae Stokes	U17	Nene Valley Harriers	10.29	4	642 aw
2	Laura Duke	SW	Worthing & District	9.96	3	606 aw
3	Ellie Watson	U23	Havering Mayesbrook	9.28	2	533
4	Laura Gallagher	SW	Herts Phoenix	9.00	1	502

Wind

Women's A Shot Putt

1	Laura Duke	SW	Worthing & District	11.03	4	793 aw
2	Deborah Knight	U20	Havering Mayesbrook	10.69	3	770 aw
3	Andrea Jenkins	W35	Nene Valley Harriers	10.25	2	740 aw
4	Emma Phillipson	U17	Herts Phoenix	8.49	1	612 aw

Women's B Shot Putt

1	Imogen Marshal	U17	Worthing & District	10.11	4	731 aw
2	Kelly Lawrence	U23	Nene Valley Harriers	7.66	3	545
3	Nina Brennan	SW	Havering Mayesbrook	7.52	2	533
4	Phoebe Love	U17	Herts Phoenix	5.85	1	378

Women's A Discus

1	Rachel Forder	U17	Havering Mayesbrook	41.36	4	893 aw
2	Andrea Jenkins	W35	Nene Valley Harriers	40.40	3	880 aw
3	Emma Phillipson	U17	Herts Phoenix	30.51	2	738 aw
4	Laura Duke	SW	Worthing & District	28.74	1	709 aw

Women's B Discus

1	Sophie Baggs	U20	Havering Mayesbrook	35.82	4	818 aw
2	Kelly Lawrence	U23	Nene Valley Harriers	25.69	3	656 aw
3	Eloise Marshall	U20	Worthing & District	19.96	2	543
4	Olivia Harry	U20	Herts Phoenix	11.26	1	289

Women's A Hammer

1	Andrea Jenkins	W35	Nene Valley Harriers	48.46	4	839 aw
2	Laura Duke	SW	Worthing & District	47.64	3	830 aw
3	Emma Christmas	SW	Havering Mayesbrook	21.53	2	479
4	Emma Phillipson	U17	Herts Phoenix	18.15	1	419

Women's B Hammer

1	Kelly Lawrence	U23	Nene Valley Harriers	42.49	4	770 aw
2	Eloise Marshall	U20	Worthing & District	40.21	3	743 aw
3	Nina Brennan	SW	Havering Mayesbrook	21.03	2	470

Women's A Javelin

1	Emma Christmas	SW	Havering Mayesbrook	38.57	4	855 aw
2	Hayley Kruse	SW	Herts Phoenix	27.32	3	686 aw
3	Laura Duke	SW	Worthing & District	26.96	2	680 aw
4	Andrea Jenkins	W35	Nene Valley Harriers	26.65	1	675 aw

Women's B Javelin

1	Deborah Knight	U20	Havering Mayesbrook	37.18	4	836 aw
2	Eleanor Moss	U17	Herts Phoenix	26.32	3	669 aw
3	Ellie-Mae Stokes	U17	Nene Valley Harriers	23.38	2	617 aw
4	Imogen Marshal	U17	Worthing & District	14.08	1	411

Women's 4x100m

1	Nene Valley Harriers	SW		50.3	4	635 aw
2	Herts Phoenix	SW		52.4	3	527
3	Havering Mayesbrook	SW		52.6	2	517
4	Worthing & District	SW		55.3	1	390

Women's 4x400m

1	Herts Phoenix	SW		4:05.0	4	639 aw
2	Havering Mayesbrook	SW		4:07.4	3	617 aw
3	Nene Valley Harriers	SW		4:24.1	2	469
4	Worthing & District	SW		4:24.3	1	468

Men Non-scoring events							
Event	Pos	Name	Cat	Club	Perf.	Wind	aw
100	1	Sam Lawrence	U23	Nene Valley Harriers	11.7		
100	2	Sam Heaward	SM	Worthing & District	12.0		
100	3	Joshua Jenkins	U17	Worthing & District	12.0		aw
100	4	David Bush	U23	Nene Valley Harriers	12.1		
400H	4	Paul Berrett	M50	Havering Mayesbrook	71.8		aw
800	6	Ryan Todd	U20	Worthing & District	2:05.3		aw
SP		James Grove	U23	Herts Phoenix	7.93		
SP		Arron Bonning	SM	Havering Mayesbrook	9.33		
SP		Simon Evans	U23	Worthing & District	10.65		aw
SP		Richard Buckingham	M45	Worthing & District	10.15		aw
HJ		Noel Butler	SM	Worthing & District	1.80		aw
HT		Robert Duke	SM	Worthing & District	45.14		aw
LJ		Ryan Smith	U20	Worthing & District	6.58		
LJ		Joshua Jenkins	U17	Worthing & District	5.24		
LJ		Mark Bishop	M45	Havering Mayesbrook	6.06		aw
5000		Simon Hart	m45	Havering Mayesbrook	16:57.3		aw
5000		John Nash	SM	Nene Valley Harriers	17:54.9		
5000		Sam Jackson	SM	Havering Mayesbrook	18:42.8		
200	1	David Brown	SM	Nene Valley Harriers	23.7		
200	2	Charlie Baldwin	U20	Worthing & District	24.1		
200	3	Patrick Chiminhi	u20	Havering Mayesbrook	25.1		
200	4	Matthew Hudson	U17	Nene Valley Harriers	25.1		
200	5	Ryan Todd	U20	Worthing & District	25.8		
1500	5	Kev Mason	SM	Worthing & District	4:13.0		
1500	10	Abdul Mohamed	u17	Havering Mayesbrook	4:42.3		
1500	11	Matthew Braybrook	u17	Havering Mayesbrook	4:48.0		
1500	12	Bradley West	u17	Havering Mayesbrook	4:50.7		
1500	13	Tony Collins	SM	Havering Mayesbrook	5:25.7		
2000SC	6	Paul Berrett	M50	Havering Mayesbrook	7:21.6		
PV		Tristan Cheek	U23	Nene Valley Harriers	3.00		aw

Women Non-scoring events							
Event	Pos	Name	Cat	Club	Perf.	Wind	aw
100	1	Michelle Hughes	U17	Havering Mayesbrook	12.7		aw
100	2	Natasha Segal	U20	Nene Valley Harriers	12.8		aw
100	3	Lucy Bailey	U17	Havering Mayesbrook	13.4		
100	4	Helen Chapman	U20	Nene Valley Harriers	13.5		
100	5	Zoe Young	SW	Havering Mayesbrook	13.9		
LJ		Natasha Segal	U20	Nene Valley Harriers	4.80		aw
200	1	Paige Lambert	U20	Nene Valley Harriers	27.0		aw
200	2	Ellie Bandy	U17	Herts Phoenix	27.2		aw
200	3	Laura Gallagher	SW	Herts Phoenix	27.4		
200	4	Helen Chapman	U20	Nene Valley Harriers	28.4		
TJ		Aimee Renton	U17	Nene Valley Harriers	9.06		aw
TJ		Devon Spencer	U23	Nene Valley Harriers	10.35		aw
JTW		Zoe Young	SW	Havering Mayesbrook	29.41		aw
JTW		Aimee Renton	U17	Nene Valley Harriers	15.98		

Man of the Match Awards

Men

Women