

	Team	Score	
1	Havering Mayesbrook	100	H
2	Braintree	79	J
3	Huntingdon AC	58	I
4	Belgrave Harriers	103	G

Senior A 100m		Wind=			
1	Mitchell Jarvis	SM	Braintree	11.5	4
2	Nathan Steele	U20	Havering Mayesbrook	11.7	3
3	Dave Leadbitter	SM	Huntingdon AC	11.9	2
4					1

Senior B 100m		Wind=			
1	Ryan Palmer	U17	Huntingdon AC	11.2	4
2	Loic Malroux	SM	Belgrave Harriers	11.7	3
3	Andrew Gallacher	U17	Braintree	11.8	2
4	Jordan Brown	U20	Havering Mayesbrook	12.0	1

Senior A 200m		Wind=			
1	Mitchell Jarvis	SM	Braintree	23.0	4
2	Richard Aspden	SM	Belgrave Harriers	23.7	3
3	Jordan Brown	U20	Havering Mayesbrook	25.0	2
4					1

Senior B 200m		Wind=			
1	Pierre Walker	SM	Belgrave Harriers	23.2	4
2	Dave Leadbitter	SM	Huntingdon AC	23.3	3
3	Scott Spencer	M35	Havering Mayesbrook	23.9	2
4	Andrew Gallacher	U17	Braintree	24.4	1

Senior A 400m					
1	Richard Aspden	SM	Belgrave Harriers	50.8	4
2	Matt Leadbitter	SM	Huntingdon AC	51.1	3
3	Scott Spencer	M35	Havering Mayesbrook	52.6	2
4	Richard Pollitt	U20	Braintree	53.4	1

Senior B 400m					
1	Christian Roberts	SM	Huntingdon AC	51.2	4
2	Simon Richards	SM	Havering Mayesbrook	52.0	3
3	Jolyon Hutchings	U20	Belgrave Harriers	54.0	2
4	Daniel Baldock	U17	Braintree	62.6	1

Senior A 800m					
1	Ian Price	U20	Havering Mayesbrook	2:06.3	4
2	Robert Norville	SM	Belgrave Harriers	2:07.0	3
3	Damien Hartshorn	SM	Braintree	2:08.1	2
4	Luke Scott	U17	Huntingdon AC	2:13.5	1

Senior B 800m					
1	Anthony Soar	U20	Havering Mayesbrook	2:12.8	4
2	Pete Downhill	M40	Huntingdon AC	2:17.1	3
3	D Sorrell	SM	Braintree	2:21.3	2
4	Richard McMillan	SM	Belgrave Harriers	2:24.3	1

Senior A 1500m					
1	Joseph Waked	U20	Havering Mayesbrook	4:28.4	4
2	Lander Eguia	SM	Belgrave Harriers	4:38.2	3
3	Geof Brewster	M50	Huntingdon AC	4:44.4	2
4	Richard Pollitt	U20	Braintree	5:24.7	1

Senior B 1500m					
1	Robert Norville	SM	Belgrave Harriers	4:46.3	4
2	Anthony Soar	U20	Havering Mayesbrook	4:48.0	3
3	Damien Hartshorn	SM	Braintree	5:43.6	2
4					1

Senior A 5000m

1	Steve Rand	M35	Havering Mayesbrook	16:41.8	4
2	Lander Eguia	SM	Belgrave Harriers	16:46.8	3
3	Dave Connell	M35	Huntingdon AC	18:14.0	2
4	Simon Mennell	M45	Braintree	20:59.2	1

Senior B 5000m

1	Barry Wild	SM	Huntingdon AC	19:45.9	4
2	Dan Miller	SM	Havering Mayesbrook	21:20.5	3
3	N Speed	SM	Braintree	23:25.4	2
4					1

Senior A 110mH

Wind=

1	N Speed	SM	Braintree	17.6	4
2	Tony Hartis	SM	Belgrave Harriers	17.7	3
3	Kieran Nelson	U20	Havering Mayesbrook	21.3	2
4	Richard Phelan	M45	Huntingdon AC	22.8	1

Senior B 110mH

Wind=

1	Arron Bonning	SM	Havering Mayesbrook	20.7	4
2	Leighton Green	SM	Braintree	24.4	3
3					2
4					1

Senior A 400mH

1	Pete Downhill	M40	Huntingdon AC	63.7	4
2	D Sorrell	SM	Braintree	67.2	3
3	Simon Lewis	SM	Belgrave Harriers	67.9	2
4	Kieran Nelson	U20	Havering Mayesbrook	71.7	1

Senior B 400mH

1	Karl Jackson	SM	Huntingdon AC	68.9	4
2	Arron Bonning	SM	Havering Mayesbrook	72.1	3
3	Pete Mayfield	SM	Belgrave Harriers	74.6	2
4					1

Senior A 3000m Steeplechase

1	Dan Miller	SM	Havering Mayesbrook	13:40.7	4
2	Leighton Green	SM	Braintree	14:56.4	3
3					2
4					1

Senior B 3000m Steeplechase

1	N Speed	SM	Braintree	16:05.3	4
2					3
3					2
4					1

Senior A High Jump

1	Richard Aspden	SM	Belgrave Harriers	1.80	4
2	Jake Nelson	U17	Havering Mayesbrook	1.75	3
3	Leighton Green	SM	Braintree	1.65	2
4	Richard Phelan	M45	Huntingdon AC	1.50	1

Senior B High Jump

1	Arron Bonning	SM	Havering Mayesbrook	1.60	4
2	Pete Mayfield	SM	Belgrave Harriers	1.50	3
3	Richard Pollitt	U20	Braintree	1.40	2
4	Karl Jackson	SM	Huntingdon AC	1.30	1

Senior A Pole Vault

1	Loic Malroux	SM	Belgrave Harriers	3.20	4
2	Stuart Tufton	M55	Havering Mayesbrook	3.20	3
3	Richard Phelan	M45	Huntingdon AC	2.00	2
4					1

Senior B Pole Vault

1	Pete Mayfield	SM	Belgrave Harriers	3.20	4
2	Arron Bonning	SM	Havering Mayesbrook	3.00	3
3	Wayne Dubose	M55	Huntingdon AC	1.10	2
4					1

Senior A Long Jump

Wind

1	Boris Bozhinov	SM	Belgrave Harriers	7.27	4
2	Mitchell Jarvis	SM	Braintree	6.38	3
3	Dere Coker	U20	Havering Mayesbrook	5.87	2
4	Ryan Palmer	U17	Huntingdon AC	4.84	1

Senior B Long Jump

Wind

1	Simon Lewis	SM	Belgrave Harriers	5.81	4
2	Connor Mennell	U20	Braintree	5.45	3
3	Jake Nelson	U17	Havering Mayesbrook	5.37	2
4	Richard Phelan	M45	Huntingdon AC	4.62	1

Senior A Triple Jump

Wind

1	Nathan Steele	U20	Havering Mayesbrook	11.77	4
2	Simon Lewis	SM	Belgrave Harriers	10.45	3
3	Mitchell Jarvis	SM	Braintree	10.29	2
4	Richard Phelan	M45	Huntingdon AC	9.59	1

Senior B Triple Jump

Wind

1	Kieran Nelson	U20	Havering Mayesbrook	10.53	4
2	Connor Mennell	U20	Braintree	10.02	3
3	Chris Privett	M50	Belgrave Harriers	7.47	2
4					1

Senior A Shot Putt

1	Loic Malroux	SM	Belgrave Harriers	11.86	4
2	Leighton Green	SM	Braintree	10.52	3
3	Darron Keevil	M35	Havering Mayesbrook	9.92	2
4	Wayne Dubose	M55	Huntingdon AC	8.87	1

Senior B Shot Putt

1	John Osazuwa	SM	Belgrave Harriers	11.75	4
2	Arron Bonning	SM	Havering Mayesbrook	9.69	3
3	Damien Hartshorn	SM	Braintree	7.58	2
4	Dave Connell	M35	Huntingdon AC	6.95	1

Senior A Discus

1	Pete Mayfield	SM	Belgrave Harriers	33.34	4
2	Darron Keevil	M35	Havering Mayesbrook	28.88	3
3	Wayne Dubose	M55	Huntingdon AC	24.20	2
4	Leighton Green	SM	Braintree	24.01	1

Senior B Discus

1	Chris Privett	M50	Belgrave Harriers	31.12	4
2	Arron Bonning	SM	Havering Mayesbrook	27.30	3
3	Dave Connell	M35	Huntingdon AC	17.97	2
4	Daniel Baldock	U17	Braintree	17.10	1

Senior A Hammer

1	John Osazuwa	SM	Belgrave Harriers	59.17	4
2	Leighton Green	SM	Braintree	30.42	3
3	Arron Bonning	SM	Havering Mayesbrook	21.64	2
4	Wayne Dubose	M55	Huntingdon AC	16.93	1

Senior B Hammer

1	Chris Privett	M50	Belgrave Harriers	40.95	4
2	Danny Perkins	SM	Braintree	20.34	3
3	Darron Keevil	M35	Havering Mayesbrook	17.83	2
4	Dave Connell	M35	Huntingdon AC	15.87	1

Senior A Javelin

1	Leighton Green	SM	Braintree	43.77	4
2	Loic Malroux	SM	Belgrave Harriers	42.80	3
3	Arron Bonning	SM	Havering Mayesbrook	41.57	2
4	Dave Connell	M35	Huntingdon AC	27.76	1

Senior B Javelin

1	Pete Mayfield	SM	Belgrave Harriers	41.68	4
2	Darron Keevil	M35	Havering Mayesbrook	34.22	3
3	Daniel Baldock	U17	Braintree	33.92	2
4	Wayne Dubose	M55	Huntingdon AC	24.02	1

Senior 4x100m

1	Belgrave Harriers	SM	Belgrave Harriers	45.5	4
2	Braintree	SM	Braintree	46.1	3
3	Havering Mayesbrook	SM	Havering Mayesbrook	46.7	2
4	Huntingdon AC	SM	Huntingdon AC	48.4	1

Senior 4x400m

1	Havering Mayesbrook	SM	Havering Mayesbrook	3:41.2	4
2	Belgrave Harriers	SM	Belgrave Harriers	3:42.5	3
3	Braintree	SM	Braintree	3:44.4	2
4	Huntingdon AC	SM	Huntingdon AC	3:44.6	1