

100m A	Wind -2.6 m/s	100m B	Wind -2.9 m/s
1 Dwayne Grant	B&B 10.86	1 James Alaka	B&B 10.94
2 Robert Graham	HHH 11.02	2 Othroy Marsh	HRW 11.08
3 William De Torvy	TVH 11.06	3 Idris Ojuriye	HHH 11.16
4 Leroy Slue	HRW 11.10	4 Wyn Roberts	SWS 11.22
5 Gareth Hopkins	U20 CDF 11.44	5 Nigel Thomas	TVH 11.24
6 Dan Gardner	U20 LDS 11.45	6 Andre Nemshard	K&P 11.32
7 David Cook	K&P 11.49	7 Phil Doorgachurn	CDF 11.43
8 Odadele Bamisaye	SWS 12.13	8 Umar Hammed	LDS 11.63
200m A	Wind +1.2 m/s	200m B	Wind +0.0 m/s
1 Femi Owolade	B&B 21.89	1 Lawrence Mensah	HHH 22.07
2 Leroy Slue	HRW 22.35	2 Lloyd Raffell	CDF 22.27
3 Tom Mosley	U20 LDS 22.39	3 Ed Harrison	B&B 22.34
4 Idris Ojuriye	HHH 22.41	4 Andre Williams	TVH 22.62
5 Chris Hall	K&P 22.41	5 Othroy Marsh	HRW 22.86
6 Gareth Hopkins	U20 CDF 22.47	6 Matt Hudson	LDS 22.91
7 Jason Commissions	TVH 22.59	7 Andre Nemshard	K&P 22.96
8 Jon Simonson	SWS 23.81	8 Chris Kilner	SWS 27.10
400m A		400m B	
1 James Alaka	B&B 48.28	1 Matt Elias	CDF 49.28
2 Ben Carne	HRW 48.54	2 Lloyd King	TVH 50.03
3 Lawrence Mensah	HHH 48.70	3 Samuel Adeyemi	HHH 50.51
4 Rhys Smith	LDS 48.95	4 Jon Butler	SWS 50.82
5 Shane Christie	TVH 49.32	5 Lemar Charles	B&B 50.94
6 Gareth Warburton	CDF 49.43	6 Sam Lowry	U20 LDS 50.97
7 Gareth Dodd	SWS 50.03	7 Jason Louis Bernard	K&P 51.80
8 Adam Bellis	K&P 51.00	8 Chad McLeod	HRW 53.87
800m A		800m B	
1 Michael Salter	U20 LDS 1.55.63	1 James Mills	CDF 1.55.11
2 Joe Maynard	CDF 1.55.84	2 Ben Craddock	LDS 1.56.59
3 Scott Overall	B&B 1.56.67	3 Russell Bentley	B&B 1.57.92
4 Michael Hobson	K&P 1.57.63	4 Craig Price	K&P 1.58.40
5 Louis William	TVH 1.57.82	5 Steve Richards	SWS 2.01.76
6 Harry Webb	HRW 1.57.87	6 Chris Smith	TVH 2.02.46
7 John Carlisle	HHH 2.00.33	7 Mike Cummings	HHH 2.02.63
8 Chris Davies	SWS 2.00.76	8 Ben Warren	HRW 2.44.61
1500m A		1500m B	
1 Scott Overall	B&B 3.57.29	1 Russell Bentley	B&B 4.01.72
2 Nick Hooker	LDS 3.58.43	2 Joe Townsend	U20 LDS 4.02.49
3 Andrew Hennessy	TVH 4.00.84	3 Paul Whitelam	TVH 4.08.89
4 Guy Smith	SWS 4.02.03	4 Martin Matthews	HRW 4.10.32
5 Harry Jones	CDF 4.05.34	5 Sam Walsh	SWS 4.11.88
6 Michael Hobson	K&P 4.06.02	6 Simon Coombes	HHH 4.13.11
7 Matthew Carey	HRW 4.07.67	7 Ed Takata	CDF 4.14.03
8 Jonny Henderson	HHH 4.08.15	8 Craig Price	K&P 4.28.67
5000m A		5000m B	
1 Andy Rayner	B&B 14.42.34	1 James Smith	LDS 14.47.73
2 Rob Russell	TVH 14.44.75	2 Peter Tucker	B&B 14.50.81
3 James Walsh	LDS 14.45.90	3 Ben Warren	HRW 15.04.54
4 Dave Branfoot	HRW 14.55.52	4 Chris Smith	TVH 15.09.69
5 James Mills	CDF 15.06.86	5 Sullivan Smith	SWS 15.10.27
6 Marc Hobbs	SWS 15.09.09	6 Ben Paviour	HHH 15.30.23
7 Tim Elsey	HHH 15.10.89	7 Julian Hough	K&P 15.32.00
8 Tony Beedell	K&P 15.24.14	8 Harry Jones	CDF 18.55.62

110mH A	Wind -3.0 m/s	110mH B	Wind -2.5 m/s
1 Matt Hudson	LDS 14.64	1 Tom Nichols	HRW 16.83
2 Matt Field	K&P 15.17	2 Chris Hall	K&P 17.08
3 David Guest	U20 CDF 15.17	3 Alex Pope	B&B 18.23
4 Thomas Ashby	HHH 15.20	4 Matt Ledger	CDF 18.26
5 Myles Fisher	TVH 15.70	5 Tom Lindsey	U17 LDS 18.92
6 Steve Boyles	SWS 16.64	6 Chris Smith	TVH 21.62
7 Simon Botchey	HRW 17.03	7 Blade Ashby	HHH 25.08
8 Richard Holt	B&B 18.29	8	SWS DNS
400mH A		400mH B	
1 Ed Harrison	B&B 53.22	1 Gareth Wiltshire	CDF 54.53
2 Danny Eckersley	K&P 55.80	2 Matt Field	K&P 55.55
3 Sam Parsons	HHH 55.98	3 Richard Holt	B&B 59.52
4 Delroy Mitchell	TVH 56.78	4 Tom Lindsey	U20 LDS 59.57
5 Nick Hooker	LDS 57.84	5 Didier Sorel	HHH 60.10
6 Chad McLeod	HRW 58.74	6 Matthew Carey	HRW 60.15
7 Jamie Gutteridge	CDF 59.54	7 Andrew Hennessy	TVH 65.40
8 Chris Kilner	SWS 70.49	8 Steve Davies	SWS 73.93
3000m SC A		3000m SC B	
1 James Wilkinson	U20 LDS 9.13.29	1 Andy Friend	CDF 9.48.33
2 Chris Discombe	CDF 9.16.52	2 James Lavin	U20 LDS 9.56.71
3 Andrew Hennessy	TVH 9.30.84	3 Peter Norris	HRW 10.02.06
4 Sullivan Smith	SWS 9.32.74	4 Alex Bruce Littlewood	B&B 10.02.36
5 Alan Wray	HRW 9.39.04	5 Steve Norris	TVH 10.07.71
6 Alex Gibbons	B&B 9.43.86	6 Keith Newton	HHH 10.21.30
7 Andrew Donno	HHH 9.53.17	7 Steve Davies	SWS 10.29.09
8 James Robertson	K&P 10.23.51	8 Andy Arbour	K&P 10.50.61
Discus Throw A		Discus Throw B	
1 Dave Coleman	CDF 47.67	1 Jake Matthews	U20 CDF 42.43
2 Gavin Johnson-Assoon	HHH 44.31	2 Garry Power	HHH 38.45
3 Steve Whyte	TVH 42.58	3 Mark Gulliver	LDS 35.93
4 Alex Pope	B&B 40.50	4 Ali Mortimore	TVH 32.77
5 Matt Allison	LDS 37.79	5 Kyle Stevens	K&P 31.90
6 Peter Roberts	SWS 36.72	6 Jonathan Clarke	SWS 26.43
7 Gareth Cook	K&P 36.27	7 Colin Brand	B&B 23.28
8 Alan French	HRW 17.03	8 Dave Branfoot	HRW 13.62
Hammer Throw A		Hammer Throw B	
1 Steve Whyte	TVH 59.80	1 Kyle Stevens	K&P 48.53
2 Gareth Cook	K&P 52.92	2 Mark Harrison	LDS 37.08
3 Mark Gulliver	LDS 46.85	3 Ali Mortimore	TVH 34.34
4 Alan French	HRW 34.08	4 Jake Matthews	U20 CDF 20.58
5 Peter Roberts	SWS 30.36	5 Richard Holt	B&B 15.85
6 Alex Pope	B&B 29.75	6 Stuart Thurgood	HHH 14.38
7 Garry Power	HHH 28.76	7 David Jones	V60 SWS 13.68
8 Matt Ledger	CDF 23.08	8 Chad McLeod	HRW 13.02
High Jump A		High Jump B	
1 James Heaton	LDS 1.88	1 Tom Nichols	HRW 1.78
2 Myles Fisher	TVH 1.88	2 Alex Pope	B&B 1.73
3 Lewis Ely	B&B 1.83	3=Steve Linsell	LDS 1.73
4 Tim Maitland	HRW 1.83	3=Thomas Ashby	HHH 1.73
5 Matt Ledger	CDF 1.78	5 Robby Wells	SWS 1.73
6 Ben Davies	SWS 1.78	6 Lewis Long	CDF 1.68
7 Blade Ashby	HHH 1.73	7 Bilen Ahmet	K&P 1.68
8 Chris Dack	K&P 1.68	8 Delroy Mitchell	TVH 1.53

Javelin Throw A

1 Dave Sketchley	HRW	57.82
2 Darrell Brand	B&B	54.65
3 Matt Allison	LDS	54.04
4 Jonathan Clarke	SWS	53.92
5 Allandre Johnson	HHH	51.85
6 Jonathan Harvey	TVH	51.09
7 Chris Dack	K&P	49.30
8 Josh Williams	CDF	41.66

Javelin Throw B

1 Sam Allen	LDS	52.19
2 Alex Pope	B&B	46.41
3 Jamie Payne	HRW	45.16
4 Gavin Johnson-Assoon	HHH	40.06
5 Steve Whyte	TVH	38.31
6 Humphrey Waddington	K&P	37.63
7 Matt Ledger	CDF	32.78
8 Stuart Loughran	SWS	31.78

Long Jump A

1 David Cook	K&P	7.08
2 Matt Morsia	TVH	6.78
3 Dan Gardner	U20 LDS	6.71
4 David Guest	U20 CDF	6.69
5 Stefan Greenidge	HRW	6.58
6 Wyn Roberts	SWS	6.54
7 Paul Oluyemi	HHH	6.34
8 Alex Pope	B&B	5.79

Long Jump B

1 Humphrey Waddington	K&P	6.68
2 Felix Maisey Curtis	HRW	6.57
3 Anthony Timms	U20 LDS	6.42
4 Nav Childs	TVH	6.33
5 Robby Wells	SWS	6.09
6 Blade Ashby	HHH	6.03
7 Lewis Long	CDF	5.11
8 Richard Holt	B&B	4.90

Pole Vault A

1 David Guest	U20 CDF	4.23
2 Ian Smart	HRW	4.03
3 Nick Moore	B&B	3.83
4 Bilen Ahmet	K&P	3.63
5 Thomas Ashby	HHH	3.43
6 Tom Wagner	U20 LDS	3.43
7 Morgan Atkins	U17 SWS	2.63

Pole Vault B

1 Stephen Guest	CDF	3.63
2 Mark Fuszard	U17 LDS	3.23
3 Didier Sorel	HHH	3.03
4=Matt Weaver	HRW	2.23
4=Gareth Dodd	SWS	2.23
4=Gordon Lester	K&P	2.23
8 J Harvey	TVH	2.23

Shot Putt A

1 Kyle Stevens	K&P	15.15
2 Steve Whyte	TVH	15.12
3 Dave Coleman	CDF	13.47
4 Darrell Brand	B&B	12.97
5 Matt Allison	LDS	12.31
6 Thomas Ashby	HHH	12.04
7 Jon Simonson	SWS	10.81
8 Jamie Payne	HRW	7.71

Shot Putt B

1 Jake Matthews	U20 CDF	13.20
2 Alex Pope	B&B	12.06
3 Ali Mortimore	TVH	11.60
4 Gareth Cook	K&P	11.25
5 Gavin Johnson-Assoon	HHH	11.21
6 Mark Gulliver	LDS	11.13
7 Peter Roberts	SWS	10.54
8 Dave Branfoot	HRW	6.57

Triple Jump A

1 Matt Barton	LDS	14.83
2 Nav Childs	TVH	14.11
3 Humphrey Waddington	K&P	12.85
4 Matt Ledger	CDF	12.41
5 Wyn Roberts	SWS	12.15
6 Dwayne Bovell	B&B	11.99
7 Matt Sadoh	HRW	11.87
8 Aj Boyce	HHH	11.31

Triple Jump B

1 Matt Morsia	TVH	13.91
2 David Cook	K&P	12.83
3 Tom Lindsey	U20 LDS	11.93
4 Felix Maisey Curtis	HRW	11.83
5 Gareth Wiltshire	CDF	11.27
6 Robby Wells	SWS	10.64
7 Femi Owolade	B&B	10.47

4x100M Relay

1	LDS 42.50	1 Matt Hudson	2 Tom Mosley
		3 Umar Hamed	4 Dan Gardner
2	HHH 42.52	1 Bryon Robinson	2 Jeffrey Ocrach
		3 Idris Ojuriye	4 Robert Graham
3	B&B 42.75	1 Ed Harrison	2 Dwayne Bovell
		3 Femi Owolade	4 Dwayne Grant
4	TVH 42.80	1 Nigel Thomas	2 Andre Williams
		3 Jason Commissions	4 William De Torvy
5	CDF 43.51	1 Phil Doorgachurn	2 Lloyd Raffell
		3 Gareth Hopkins	4 Milton Baker
6	K&P 44.28	1 Humphrey Waddington	2 David Cook
		3 Chris Hall	4 Andre Nemshard
7	SWS 44.28	1 Steve Boyles	2 Jon Simonson
		3 Ben Davies	4 Wyn Roberts
8	HRW DNF		

4x400M Relay

1	CDF 3.17.78	1 Gareth Warburton	2 Joe Maynard
		3 David Guest	4 Matt Elias
2	B&B 3.19.06	1 Lemar Charles	2 Ed Harrison
		3 Femi Owolade	4 James Alaka
3	TVH 3.21.61	1 Louis William	2 Delroy Mitchell
		3 Lloyd King	4 Shane Christie
4	LDS 3.22.04	1 Sam Lowry	2 Jack Mosley
		3 Ben Craddock	4 Rhys Smith
5	K&P 3.24.25	1 Danny Eckersley	2 Matt Field
		3 Jason Louis Bernard	4 Adam Bellis
6	SWS 3.32.18	1 Gareth Dodd	2 Jon Butler
		3 Sam Walsh	4 Steve Richards
7	HRW 3.40.56	1 Ben Carne	2 Ben Warren
		3 Chad McLeod	4 Peter Norris
8	HHH DISQ		

PRIOR STANDINGS		MATCH RESULT		LEAGUE STANDINGS			
Event	Lge	Event	Lge	Event	Lge	Event	Lge
1 CDF 618	12	1 LDS 351	8	1 Blackheath & Bromley H&AC	939	19	
2 B&B 606	12	2 B&B 333	7	2 Cardiff AC	925	18	
3 HHH 601	12	3 CDF 307	6	3 Thames Valley Harriers	851	16	
4 TVH 555	11	4 TVH 296	5	4 Herne Hill Harriers	833	14	
5 HRW 595	10	5 K&P 255.33	4	5 Harrow AC	845.33	13	
6 K&P 527	8	6 HRW 250.33	3	6 Kingston & Polytechnic	782.33	12	
7 SWS 434	4	7 HHH 232	2	7 Leeds City AC	782	11	
8 LDS 431	3	8 SWS 169.33	1	8 Swansea Harriers	603.33	5	

Athlete of the Match: Steve Whyte TVH Hammer 59.80

100 a		100b	
1 Jason Comissione	TVH 11.18	1 Femi Owolade	B&B 11.25
2 Lawrence Mensah	HHH 11.32	2 William De Tolly	TVH 11.30
3 Jeffrey Ocrach	HHH 11.34	3 Andrew Williams	TVH 11.36
4 Josh Wood	HAR 11.39	4 Yomi Adeyemi	HHH 11.49
5 Duayne Covell	B&B 11.51	5 Ashley Noble	HHH 11.52
6 Byrom Robinson	HHH 11.62	6 Aj Boyce	HHH 11.64
7 Milton Baker	CAR 11.75		