

100m A		100m B		Wind
+0.0 m/s				
1	Steffan Mitchell CBG 10.98	1	George Kenyon TSN 11.11	TSN 11.11
2	Ben Richardson TSN 11.02	2	Mufaro Mashauiro BFD 11.39	BFD 11.39
3	Luke Smallwood M&M 11.16	3	Jamie Gill DBY 11.39	DBY 11.39
4	Judah Simpson DBY 11.21	4	Jake King STD 11.41	STD 11.41
5	James McLean STD 11.31	5	Luke Sargeant CWL 11.43	CWL 11.43
6	El-Houssine Azzaoui CWL 11.44	6	Scott Craddock M&M 11.54	M&M 11.54
7	Richard Reeks BMT 11.52	7	Olu Baptist BMT 11.58	BMT 11.58
8	Richard Elliott BFD 11.60	8	Kevin Kwareng CBG 11.97	CBG 11.97
200m A		Wind -0.4 m/s	200m B	
+1.2 m/s				
1	Steffan Mitchell CBG 22.07	1	Jake King STD 22.14	STD 22.14
2	Jon Hornblow DBY 22.22	2	Luke Sargeant CWL 22.39	CWL 22.39
3	James McLean STD 22.39	3	Ben Parnell TSN 22.45	TSN 22.45
4	Ben Richardson TSN 22.40	4	Judah Simpson DBY 22.49	DBY 22.49
5	El-Houssine Azzaoui CWL 22.60	5	Scott Craddock M&M 22.95	M&M 22.95
6	Andre Wright M&M 22.92	6	Donamar Smith CBG 23.23	CBG 23.23
7	James Warsop BMT 22.93	7	Bradley Pickup BMT 23.31	BMT 23.31
8	Richard Elliott BFD 24.10	8	Damian Larrington BFD 27.09	BFD 27.09
400m A		400m B		
1	Paul Goodall TSN 48.01	1	Seb Rodger CWL 49.08	CWL 49.08
2	Jon Hornblow DBY 48.06	2	Darryn Campbell TSN 49.63	TSN 49.63
3	Luke Smallwood M&M 48.07	3	Martin Cook DBY 49.76	DBY 49.76
4	Matt Sinclair CWL 50.61	4	Tim Alexander M&M 52.20	M&M 52.20
5	Adam Omisore BMT 50.96	5	Andrew Knight CBG 52.70	CBG 52.70
6	Alan Cooper BFD 51.47	6	Rob Heaney BFD 53.28	BFD 53.28
7	Donamar Smith CBG 51.50	7	Graham Eastly STD 54.23	STD 54.23
8	Greg Goodrem STD 54.43	8	Conor Mugan BMT 55.76	BMT 55.76
800m A		800m B		
1	Matt Furber CWL 1.55.03	1	Nick Duggan CWL 1.55.77	CWL 1.55.77
2	Richard Weir DBY 1.55.49	2	Tom Phillips DBY 1.55.91	DBY 1.55.91
3	John Slade TSN 1.55.58	3	Gareth Beech TSN 1.56.44	TSN 1.56.44
4	Andy Sheridan CBG 1.55.61	4	Michael Goodwin BFD 1.57.53	BFD 1.57.53
5	David Gibbon STD 1.56.08	5	Andrejs Safrin M&M 1.58.06	M&M 1.58.06
6	Rob Heaney BFD 1.57.93	6	Adam Hickey STD 2.00.98	STD 2.00.98
7	Tim Alexander M&M 2.02.81	7	Robert Macdonald CBG 2.01.73	CBG 2.01.73
8	Conor Mugan BMT 2.04.14			
1500m A		1500m B		
1	Richard Weir DBY 3.58.44	1	Luke Gunn DBY 3.58.69	DBY 3.58.69
2	Ben Tyler M&M 4.00.44	2	Scott Harris CWL 4.01.64	CWL 4.01.64
3	Chris Johnson CWL 4.00.62	3	Jack Tyler M&M 4.02.54	M&M 4.02.54
4	Tom Frith STD 4.00.94	4	David Gibbon STD 4.04.28	STD 4.04.28
5	Ryan Saunders BMT 4.01.71	5	Martin Johnson TSN 4.04.90	TSN 4.04.90
6	Gareth Kaplacz TSN 4.04.71	6	Fergus O'Reilly BMT 4.08.59	BMT 4.08.59
7	Alex Bellew BFD 4.04.82	7	Michael Goodwin BFD 4.12.07	BFD 4.12.07
8	Andy Sheridan CBG 4.23.15			

5000m A

1	Luke Gunn	DBY	14.40.14
2	Matt Janes	BFD	14.45.26
3	Mike Coleman	M&M	14.50.70
4	Ben Hunter	STD	14.57.23
5	Dean Lacy	CBG	15.18.55
6	Joel Clewett	CWL	15.38.63
7	Alex Wall-Clarke	TSN	15.43.07
8	Rob McTaggart	BMT	15.51.69

5000m B

1	Neil Renault	M&M	14.58.69
2	Jonny Gilby	DBY	15.03.55
3	Adam Hickey	STD	15.30.66
4	Luke Humphreys	BFD	15.46.30
5	Chris Thompson	CWL	15.52.83
6	Martin Johnson	TSN	16.01.48
7	Ian Habgood	BMT	16.04.97
8	Alistar Macdonald	CBG	18.15.62

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110mH A

Wind +0.7 m/s

110mH B

Wind -

0.6 m/s

1	Ben Richardson	TSN	14.41
2	Richard Reeks	BMT	14.96
3	Francis Baker	DBY	15.40
4	Ben McIlroy	CWL	15.76
5	James McLean	STD	16.30
6	Adam Brett	CBG	20.66
7	Mark Bridges	BFD	25.55
8	Alex Beech	M&M	31.20

1	Nigel Hayman	BMT	16.07
2	Greg Goodrem	STD	16.77
3	Chris Minn	CWL	18.87
4	Peter Benedickter	BFD	18.90
5	Philip Coker	TSN	18.91
6	Alex Wharfe	M&M	19.15
7	Kevin Kwarteng	CBG	20.58
8	Sam Worrall	DBY	29.16

400mH A

400mH B

1	Alan Cooper	BFD	54.10
2	Ben McIlroy	CWL	55.88
3	John Bell	DBY	56.83
4	Gareth Price	TSN	58.23
5	Nigel Hayman	BMT	60.25
6	Alex Wharfe	M&M	60.29
7	Graham Eastly	STD	60.47

1	Peter Benedickter	BFD	59.48
2	Mark Cryer	M&M	59.65
3	Chris Minn	CWL	59.76
4	Scott Partridge	DBY	59.77
5	Liam Peoples	STD	61.78
6	Philip Coker	TSN	64.08
7	Robert Hardiman	BMT	66.86
8	Adam Brett	CBG	74.74

3000m SC A

3000m SC B

1	Dean Lacy	CBG	9.07.36
2	David Westbury	DBY	9.08.29
3	Tom Collins	M&M	9.49.13
4	Jack Swallow	CWL	9.50.77
5	Steven Tuttle	BFD	9.53.43
6	Roy Scott	STD	10.08.19
7	John Slade	TSN	10.20.52
8	Jon Sharkey	BMT	10.20.64

1	Sam Wallbank	BFD	9.56.64
2	Chris Davison	DBY	10.14.36
3	Rob Creed	CWL	10.15.47
4	James Hogg	M&M	10.29.82
5	Robert Hardiman	BMT	10.36.07
6	Aaron Bennett	TSN	10.52.52
7	Alistar Macdonald	CBG	10.56.77
8	Kyle Aldridge	STD	10.59.61

Discus Throw A

Discus Throw B

1	Andrew Krutzewski	CBG	43.13
2	Simon Wells	CWL	42.52
3	Andy Turner	BMT	38.69
4	Pat Halcrow	STD	38.42
5	Marcus Francis	DBY	36.56
6	Damian Larrington	BFD	34.20
7	Jake Lewis	TSN	29.18
8	Alex Wharfe	M&M	27.84

1	Neil Mansbridge	CWL	40.62
2	Anthony Tipping	CBG	36.28
3	Simon Armstrong	BMT	32.08
4	Sam Worrall	DBY	32.06
5	Dave Condon	STD	31.24
6	Darren Kerr	BFD	30.15
7	Adam Richardson	TSN	29.13
8	Stuart Hitchcock	M&M	26.17

Hammer Throw A

1	Glen Kerr	BFD	56.86
2	Matt Frampton	BMT	55.15
3	Malcolm Fenton	STD	48.12
4	Jason Robinson	DBY	45.52
5	Neil Mansbridge	CWL	44.53
6	Anthony Tipping	CBG	37.01
7	Adam Richardson	TSN	30.89
8	Alex Beech	M&M	18.00

Hammer Throw B

1	Darren Kerr	BFD	46.74
2	Andy Turner	BMT	43.98
3	Nathan Harland-Smith	CWL	43.75
4	Chris Jack	DBY	40.79
5	Dave Condon	STD	35.30
6	Jake Lewis	TSN	18.88
7	Morgan Wass	CBG	14.87
8	Luke Smallwood	M&M	13.78

High Jump A

1	Scott Johnson	BFD	2.08
2	Jonathon Heath	DBY	1.95
3	Richard Reeks	BMT	1.90
4	George Simpkins	CWL	1.80
5	Kevin Kwarteng	CBG	1.75
6	Kevin Brown	STD	1.75
7	Paul Goodall	TSN	1.65
8	Mark Cryer	M&M	1.60

High Jump B

1	Francis Baker	DBY	1.85
2	Bradley Hall	CWL	1.75
3	Bradley Pickup	BMT	1.75
4	Greg Goodrem	STD	1.75
5	Ashley George	CBG	1.65
6	Ben Parnell	TSN	1.60
7	Stuart Hitchcock	M&M	1.50

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Javelin Throw A

1	Craig Lacy	CBG	54.49
2	Neil Mansbridge	CWL	54.34
3	Jake Lewis	TSN	48.38
4	Richard Reeks	BMT	43.81
5	Ryan Winson	DBY	43.76
6	Dave Condon	STD	43.59
7	Stuart Hitchcock	M&M	41.58
8	Simon Eastwood	BFD	34.15

Javelin Throw B

1	Simon Wells	CWL	48.33
2	Liam Peoples	STD	43.36
3	Anthony Tipping	CBG	37.83
4	Jason Robinson	DBY	36.40
5	Alex Wharfe	M&M	35.85
6	Simon Armstrong	BMT	33.86
7	Darren Kerr	BFD	33.42
8	Adam Richardson	TSN	30.74

Long Jump A

1	Seb Rodger	CWL	6.89
2	Nnaemka Ezenwa	CBG	6.75
3	Bradley Pickup	BMT	6.71
4	Simon Roper	DBY	6.70
5	George Kenyon	TSN	6.41
6	Stuart Hitchcock	M&M	6.33
7	Mark Bridges	BFD	6.21
8	Jake King	STD	6.00

Long Jump B

1	Francis Baker	DBY	6.49
2	James Warsop	BMT	6.44
3	Chris Morgan	CWL	6.29
4	Josh Brown	M&M	6.00
5	Chris Bull	TSN	5.88
6	Kevin Kwarteng	CBG	5.85
7	Kevin Brown	STD	5.84
8	Darren Kerr	BFD	3.59

Pole Vault A

1	Matt Devereux	BFD	4.90
2	Andy Marsh	CWL	4.40
3	Jason Fry	STD	4.20
4	Francis Baker	DBY	4.00
5	Alex Wharfe	M&M	2.60
6	Jake Lewis	TSN	2.20
7	Adam Brett	CBG	1.54

Pole Vault B

1	Aaron Kaye	STD	4.00
2	Bradley Hall	CWL	3.60
3	Simon Eastwood	BFD	3.60
4	Matt Kirkland	DBY	3.20
5	Ben Parnell	TSN	2.20
6	Mark Cryer	M&M	2.20
7	Ashley George	CBG	1.54

Shot Putt A

1	Dave Condon	STD	14.39
2	James Cottrell	DBY	13.22
3	Neil Mansbridge	CWL	12.85
4	Andy Turner	BMT	12.76
5	Andrew Krutzewski	CBG	11.62
6	Damian Larrington	BFD	11.20
7	Ben Richardson	TSN	9.87
8	Alex Beech	M&M	7.64

Shot Putt B

1	Pat Halcrow	STD	13.82
2	Simon Armstrong	BMT	11.97
3	Marcus Francis	DBY	11.74
4	Simon Wells	CWL	11.26
5	Anthony Tipping	CBG	11.16
6	Glen Kerr	BFD	11.07
7	Adam Richardson	TSN	7.88
8	Stuart Hitchcock	M&M	7.40

Triple Jump A

1	Nnaemka Ezenwa	CBG	14.73
2	Dave Smith	DBY	13.72
3	Josh Brown	M&M	13.43
4	Kevin Brown	STD	13.27
5	Bradley Pickup	BMT	12.89
6	Chris Bull	TSN	12.85
7	Matt Devereux	BFD	12.65
8	Bradley Hall	CWL	12.49

Triple Jump B

1	Martin Cook	DBY	12.94
2	Chris Morgan	CWL	12.01
3	Mark Bridges	BFD	11.92
4	Gareth Price	TSN	11.91
5	James Warsop	BMT	11.87
6	Liam Peoples	STD	11.74
7	Kevin Kwarteng	CBG	10.05

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4x100M Relay

1	TSN 42.72	1	George Kenyon	2	Ben Parnell
		3	Darryn Campbell	4	Gareth Price
2	DBY 42.78	1	Judah Simpson	2	Jamie Gill
		3	Martin Cook	4	Francis Baker
3	STD 44.18	1	Jake King	2	Kevin Brown
		3	Greg Goodrem	4	James McLean
4	CBG 44.27	1	Ben Reid	2	Kevin Kwareng
		3	Nnaemka Ezenwa	4	Steffan Mitchell
5	CWL 44.42	1	Chris Morgan	2	El-Houssine Azzaoui
		3	Seb Rodger	4	Luke Sargent
6	BMT 44.55	1	James Warsop	2	Richard Reeks
		3	Adam Omisore	4	Olu Baptist
7	M&M 45.07	1	Alex Wharfe	2	Andre Wright
		3	Josh Brown	4	Scott Craddock
8	BFD 45.54	1	Mufaro Mashauiro	2	Richard Elliott
		3	Mark Bridges	4	Alan Cooper

4x400M Relay

1	TSN 3.17.14	1	Darryn Campbell	2	John Slade
		3	Ben Parnell	4	Paul Goodall
2	DBY 3.18.75	1	Martin Cook	2	Niall Maguire
		3	Tom Alldread	4	Jon Hornblow
3	CWL 3.20.31	1	Craig Cox	2	Matt Sinclair
		3	Matt Furber	4	Seb Rodger
4	STD 3.27.05	1	James McLean	2	David Gibbon
		3	Ben Hunter	4	Jake King
5	M&M 3.33.66	1	Andrejs Safrin	2	Ben Tyler
		3	Tom Collins	4	Tim Alexander
6	CBG 3.35.20	1	Donamar Smith	2	Andrew Knight
		3	Ashley George	4	Steffan Mitchell
7	BFD 4.33.87	1	Rob Heaney	2	Darren Kerr
		3	Luke Humphreys	4	Glen Kerr

MATCH RESULT

	Event	Lge
1 Derby AC	377	8
2 Crawley AC	354	7
3 Southend on Sea AC	274	6
4 Team Southampton	258	5
5 Bedford & County AC	247	4
6 Cambridge Harriers	237	3
7 Bournemouth AC	226	2
8 Medway & Maidstone AC	217	1

LEAGUE STANDINGS

	Event	Lge
1.Derby	1340	30
2.Crawley	1311	30
3.Cambridge H.	1126	20
4.Southend on Sea	1036	17
5.T.Southampton	984	14
6.Bournemouth AC	1004	12
7.Medway & M	997	11
8.Bedford & C.	934	10

Athlete of the Match: Matt Devereux, Pole Vault - 4.90

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