

100m A	Wind +2.8 m/s	100m B	Wind +2.6 m/s
1 Joel Fearon	COV 10.6	1 Martin Browne	COV 11.0
2 Dale Garland	CNI 10.8	2 Richard Morrissey	HVG 11.1
3 Luke Stott	HVG 11.1	3 Glen Etherington	CNI 11.3
4 Greg Turnbull	EDN 11.1	4 Tim Sayers	YVL 11.5
5 Nick Clements	YVL 11.1	5 Kieran Congdon	EDN 11.5
6 George Robinson	EXR 11.2	6 Byron Fitzgerald	EXR 11.7
200m A	Wind +0.3 m/s	200m B	Wind +2.9 m/s
1 Luke Stott	HVG 22.4	1 Glen Etherington	CNI 22.5
2 Tom Druce	CNI 22.6	2 Nick Clements	YVL 22.8
3 Martin Browne	COV 22.8	3 Dwight Fenton	COV 22.8
4 Andrew Faulkner	YVL 23.0	4 Garry McKay	EDN 22.9
5 Greg Turnbull	EDN 23.1	5 Stephen Bailey	EXR 23.3
6 Byron Fitzgerald	EXR 23.9	6 Joseph Ramie	HVG 24.0
400m A		400m B	
1 Tom Druce	CNI 48.0	1 Andrew Lewis	HVG 49.6
2 Stewart Marshall	COV 49.5	2 Brett Rund	EDN 50.0
3 Richard Morrissey	HVG 49.8	3 Andrew Mapstone	YVL 50.8
4 Sam Peters	EXR 50.1	4 Hywel Robinson	CNI 51.1
5 Tim Sayers	YVL 50.5	5 Matthew Timothy	COV 52.1
6 John Dunlop	EDN 50.8	6 Paul Hindle	EXR 52.6
800m A		800m B	
1 Steve Emery	COV 1.56.9	1 Phil Almond	EXR 1.56.6
2 James Ansell	EXR 1.57.7	2 Dominic Henry	YVL 1.59.4
3 Davey Platt	YVL 1.57.8	3 Tom Madden	COV 2.01.7
4 Toby Edwards	CNI 1.58.8	4 Callum Sutton	HVG 2.02.4
5 Paul Adair	HVG 1.59.8	5 Tom Brown	CNI 2.10.3
6 Keith Dunlop	EDN 2.03.0	6 Darren Steel	EDN 2.21.8
1500m A		1500m B	
1 Matt Almond	COV 4.01.8	1 Ryan Kenny	COV 4.02.6
2 Jack Bancroft	EXR 4.03.4	2 Phil Almond	EXR 4.12.5
3 Mark Wiscombe	YVL 4.08.6	3 Callum Sutton	HVG 4.20.5
4 Matthew Bland	HVG 4.08.9	4 Robbie Hawkins	YVL 4.22.4
5 Toby Edwards	CNI 4.21.8	5 Darren Steel	EDN 5.03.9
6 Keith Dunlop	EDN 4.31.1	6 Jason Fox	CNI 6.10.6
5000m A		5000m B	
1 Ben Jones	COV 14.46.9	1 Richard Taylor	COV 14.54.6
2 Tom Brown	CNI 15.32.3	2 Stephens Dawes	CNI 15.41.9
3 Glen Hill	HVG 15.34.8	3 Graham Hogan	HVG 16.28.2
4 Tristan Cooper	YVL 15.57.9	4 Nick Woollett	EXR 16.48.3
5 James Denne	EXR 16.23.1	5 Pete Darton	YVL 17.33.4
6 Adam Priestley	EDN 16.46.6	6 Steve Wales	EDN 18.56.3
110mH A	Wind +1.0 m/s	110mH B	Wind +0.4 m/s
1 Glen Etherington	CNI 15.5	1 Peter Irving	CNI 16.0
2 Richard Scott	EXR 15.9	2 James Cooke	EXR 16.5
3 Anthony Williams	HVG 16.3	3 Mark Bishop	HVG 17.1
4 Toby Harris	EDN 16.6	4 Chris Hewitson	YVL 17.9
5 Ben Gibb	YVL 16.8	5 Sean Connerton	EDN 19.6
6 Nick Fellows	COV 20.1	6 Michael Thompson	COV 22.9

400mH A

1 Dale Garland	CNI 53.1
2 Richard Scott	EXR 54.2
3 Andrew Faulkner	YVL 56.7
4 Toby Harris	EDN 59.0
5 Adam McCarthy	HVG 59.9
6 Nick Fellows	COV 61.3

400mH B

1 Peter Irving	CNI 54.7
2 Lee Salter	EXR 57.6
3 Simon Davies	YVL 58.4
4 Mark Bishop	HVG 61.8
5 Michael Thompson	COV 64.7
6 Sean Connerton	EDN 69.3

3000m SC A

1 Matt Almond	COV 9.29.4
2 Charlie Maclean	YVL 9.37.3
3 Stephens Dawes	CNI 9.44.5
4 Robert Warner	HVG 9.48.7
5 Ollie Berry	EXR 10.24.5
6 Steve Wales	EDN 10.54.3

3000m SC B

1 Nigel Marley	COV 10.13.9
2 Jason Lendon	HVG 10.18.5
3 Lee Salter	EXR 10.37.3
4 Toby Edwards	CNI 10.55.9
5 Alex Wiltshire	YVL 11.07.5

Discus Throw A

1 Zane Duquemin	CNI 49.32
2 Glyn Hollingworth	COV 38.32
3 Jon Milum	EXR 37.42
4 Ben Rendall	YVL 33.69
5 Bradley Reece	HVG 31.77
6 Matt Peerless	EDN 29.27

Discus Throw B

1 Matt Smith	EXR 37.06
2 Joeseeph Okpoti	COV 31.00
3 Mark Bishop	HVG 29.23
4 Ben Gibb	YVL 28.52
5 Dave Collard	EDN 27.92
6 Dale Garland	CNI 26.48

Hammer Throw A

1 Adam Beauford	YVL 50.21
2 Jon Millum	EXR 48.04
3 Daniel Gamester	HVG 44.69
4 Karl Robertson	EDN 40.69
5 Nigel Marley	COV 28.88
6 Zane Duquemin	CNI 25.17

Hammer Throw B

1 Bradley Reece	HVG 39.75
2 Rob Woodger	EXR 37.54
3 Ben Gibb	YVL 31.89
4 Matt Peerless	EDN 25.03
5 Joeseeph Okpoti	COV 24.41
6 Peter Irving	CNI 19.72

High Jump A

1 Simon Herron	EDN 2.03
2 Ben Rendall	YVL 2.00
3 Jason Fox	CNI 1.95
4 Mark Brown	COV 1.95
5 Ian Allen	EXR 1.80
6 Mark Bishop	HVG 1.70

High Jump B

1 Ross Jeffs	CNI 1.85
2 Dave Singleton	EDN 1.85
3 Nathan Petch	COV 1.80
4 James Quirk	YVL 1.80
5 Tom Elworthy	EXR 1.80
6 Jake Nelson	HVG 1.65

Javelin Throw A

1 Matt Smith	EXR 67.86
2 Glyn Hollingworth	COV 61.83
3 Ben Gibb	YVL 55.10
4 Sam Harrison	HVG 53.54
5 Dave Collard	EDN 51.49
6 Dale Garland	CNI 47.13

Javelin Throw B

1 Georgie Bean	HVG 52.13
2 Gregor Maclean	EDN 49.09
3 Ben Conibear	EXR 48.01
4 Mikey Gibson	YVL 47.46
5 Howard Stapleton	COV 41.60
6 Ross Jeffs	CNI 26.71

Long Jump A

1 Jamie Blundell	COV 7.47
2 Garry McKay	EDN 6.93
3 David Martin	CNI 6.83
4 Ben Rendall	YVL 6.67
5 Joseph Ramie	HVG 6.67
6 Ian Allen	EXR 6.26

Long Jump B

1 Allan Hamilton	EDN 6.78
2 Anthony Williams	HVG 6.44
3 Nick Clements	YVL 6.41
4 Ross Jeffs	CNI 6.27
5 Tom Elworthy	EXR 6.26
6 Michael Thompson	COV 6.07

Pole Vault A

1 Gregor Maclean	EDN 4.40
2 Neil Price	YVL 4.20
3 Dale Garland	CNI 3.80
4 Alex Macgregor	EXR 3.60
5 Mark Bishop	HVG 3.40
6 Freddie Pask	COV 3.00

Pole Vault B

1 Dougie Graham	EDN 4.00
2 Stuart Tufton	HVG 3.20
3 Stuart Richards	YVL 3.00
4 Ben Conibear	EXR 3.00
5 Lee Garland	CNI 2.20

Shot Putt A

1 Zane Duquemin	CNI 14.83
2 Matt Peerless	EDN 11.87
3 Joeseph Okpoti	COV 11.49
4 Rob Woodger	EXR 11.29
5 Adam Beauford	YVL 11.00
6 Mark Bishop	HVG 10.46

Shot Putt B

1 Jon Milum	EXR 10.66
2 Ben Gibb	YVL 10.35
3 Dale Garland	CNI 9.64
4 Karl Robertson	EDN 9.55
5 Bradley Reece	HVG 9.53
6 Mark Powell	COV 8.14

Triple Jump A

1 Dale Garland	CNI 14.50
2 Allan Hamilton	EDN 14.34
3 Joseph Ramie	HVG 13.76
4 Jamie Blundell	COV 13.50
5 Chris Hewitson	YVL 12.41
6 James Cook	EXR 12.28

Triple Jump B

1 Simon Herron	EDN 13.85
2 Anthony Williams	HVG 13.32
3 David Martin	CNI 12.81
4 Michael Thompson	COV 12.45
5 Nick Clements	YVL 11.95
6 Rob Woodger	EXR 10.81

4x100M Relay

1 COV 43.2	1 Dwight Fenton	2 Stewart Marshall
	3 Aiden Twomey	4 Martin Browne
2 CNI 43.2	1 Ross Jeffs	2 Tom Druce
	3 Glen Etherington	4 David Martin
3 YVL 43.3	1 Ben Rendall	2 Tim Sayers
	3 Nick Clements	4 Andrew Faulkner
4 HVG 43.7	1 Andrew Lewis	2 Richard Morrissey
	3 Joseph Ramie	4 Luke Stott
5 EDN 43.7	1 Allan Hamilton	2 Garry McKay
	3 Dave Singleton	4 Greg Turnbull
6 EXR 45.1	1 Byron Fitzgerald	2 James Cook
	3 Stephen Bailey	4 George Robinson

4x400M Relay

1 CNI 3.22.6	1 Hywel Robinson	2 Peter Irving
	3 Tom Druce	4 Dale Garland
2 EXR 3.23.5	1 Richard Scott	2 James Ansell
	3 Paul Hindle	4 Sam Peters
3 HVG 3.25.1	1 Paul Adair	2 Richard Morrissey
	3 Andrew Lewis	4 Luke Stott
4 COV 3.25.7	1 Matthew Timothy	2 Steve Emery
	3 Brian Darby	4 Stewart Marshall
5 YVL 3.26.6	1 Davey Platt	2 Tim Sayers
	3 Andrew Faulkner	4 Andrew Mapstone
6 EDN 3.32.0	1 Toby Harris	2 Allan Hamilton
	3 Brett Rund	4 John Dunlop

MATCH RESULT

LEAGUE STANDINGS Not Available

	Event	Lge
1 Channel Islands AC	242	6
2 Coventry Godiva Harriers	229	5
3 Havering Mayesbrook AC	205	4
4 Exeter Harriers	204	3
5 Yeovil Olympiads	198	2
6 City of Edinburgh AC	183	1