

**HERTFORDSHIRE ASSOCIATION OF ATHLETIC AND RUNNING CLUBS
TRACK & FIELD CHAMPIONSHIPS - Sunday 11 May 2008 at Woodside Stadium Watford**

UNDER 13 GIRLS

100 Metres - Heat 1 -0.9 m/s

1	C Horne	BAR	14.17
2	A Tymon-McEwan	StA	14.19
3	H Rance	D&T	15.87
4	C Courquin	D&T	16.66
5	S Feely	SNH	16.83

100 Metres - Heat 2 -3.5 m/s

1	M Smith	D&T	14.11
2	N Allen	HPX	15.15
3	H Rudman	BAR	15.55
4	J Haill	D&T	15.85
5	C Lancey	D&T	17.67

100 Metres - FINAL -2.0 m/s

1	M Smith	D&T	13.38
2	C Horne	BAR	13.87
3	A Tymon-McEwan	StA	14.11
4	N Allen	HPX	14.80
5	J Haill	D&T	15.14
6	H Rudman	BAR	15.28
7	H Rance	D&T	15.84
8	C Courquin	D&T	16.22

200 Metres +0.1 m/s

1	M Smith	D&T	27.86
2	C Horne	BAR	28.40
3	C Gray	D&T	29.31
4	J Haill	D&T	31.24
5	C Courquin	D&T	35.11

800 Metres

1	D Newman	SBH	2:27.01
2	B Carter	BAR	2:39.39
3	R Graham	SBH	2:40.11
4	N Hudson	StA	2:45.27
5	M Breen	HPX	2:45.70
6	S Bentley	WAT	2:50.49
7	J Latchford	BAR	2:56.73
8	L Herridge	BAR	2:58.37
9	H Rudman	BAR	2:59.18
10	S Keeble	SNH	3:11.47

70 Metres Hurdles - Heat 1 -0.3 m/s

1	N Allen	HPX	12.12
2	S Feely	SNH	15.81
3	S Rapacchi	SNH	16.67
4	K Stevens	D&T	21.56

70 Metres Hurdles - Heat 2 -2.6 m/s

1	A Tymon-McEwan	StA	12.43
2	S Bentley	WAT	14.34
3	C Gray	D&T	15.07
4	C Lancey	D&T	17.35
5	J Latchford	SNH	17.66

70 Metres Hurdles - FINAL -1.0 m/s

1	N Allen	HPX	11.70	=CBP
2	A Tymon-McEwan	StA	11.78	
3	C Gray	D&T	15.19	
4	S Bentley	WAT	15.20	
5	S Feely	SNH	15.47	
6	S Rapacchi	SNH	17.01	
7	J Latchford	BAR	18.61	

High Jump

1	M Smith	D&T	1.45m	CBP
2	S Bentley	WAT	1.20m	
3	S Keeble	SNH	1.10m	

Long Jump

1	C Horne	BAR	4.34m	-0.7
2	A Tymon-McEwan	StA	4.23m	+1.4
3	C Gray	D&T	4.04m	+0.9
4	H Rudman	BAR	3.89m	+0.2
5	H Rance	D&T	3.51m	+0.9
6	C Courquin	D&T	3.40m	+1.0
7	H Jackson	D&T	3.28m	+2.2
8	C Lancey	D&T	2.75m	+1.3
9	K Stevens	D&T	2.49m	+0.8

Shot

1	S Rapacchi	SNH	6.05m
2	H Jackson	D&T	5.75m
3	E Holland	BAR	5.56m

Javelin

1	S Rapacchi	SNH	19.27m
2	E Courquin	D&T	11.15m

UNDER 15 GIRLS

100 Metres - Heat 1 -1.0 m/s

1	D Town	D&T	13.64
2	E Pickering	SBH	13.87
3	P Mills	D&T	13.89
4	S Dowling	HPX	14.18
5	H Page	HPX	15.65

100 Metres - Heat 2 -3.0 m/s

1	J Williams	HPX	12.24
2	C Wingfield	BAR	13.21
3	S Rukin	StA	14.12
4	M Hamilton	SNH	14.28
5	A Morris	D&T	15.53

100 Metres - FINAL -2.4 m/s

1	J Williams	HPX	12.16	CBP
2	C Wingfield	BAR	13.05	
3	D Town	D&T	13.34	
4	P Mills	D&T	13.85	
5	E Pickering	SBH	13.86	
6	S Rukin	StA	14.14	
7	M Hamilton	SNH	14.25	
8	S Dowling	HPX	14.34	

200 Metres +0.8 m/s

1	J Williams	HPX	24.76	CBP
2	C Wingfield	BAR	26.68	
3	E Pickering	SBH	28.00	
4	M Steer	StA	28.16	
5	S Rukin	StA	28.52	
6	M Hamilton	SNH	30.17	
7	H Page	HPX	30.63	
8	A Morris	D&T	31.10	

300 Metres

1	A Gates	SNH	44.09	
2	A Griffith	HPX	44.32	
3	E Pickering	SBH	47.46	
4	C Baird	SNH	50.47	

800 Metres - Heat 1

1	M Steer	StA	2:30.56	
2	S Morris	D&T	2:36.22	
3	K Conway	BAR	2:41.04	
4	C Mackintosh	StA	2:41.90	
5	S Kinley	D&T	2:44.17	
6	C Micheal	BAR	2:45.21	
7	H Hull	StA	2:46.11	

800 Metres - Heat 2

1	L Farrar	StA	2:26.09	
2	B Allison	StA	2:30.48	
3	E Lloyd	HPX	2:33.74	
4	A Eykelbosch	D&T	2:39.04	
5	C Baird	SNH	2:49.59	
6	C Bentley	WAT	2:51.37	
7	L Feely	SNH	3:12.26	

800 Metres - Heat 3

1	L Brown	D&T	2:31.76	
2	K Barber	BAR	2:31.88	
3	R Armorgie	D&T	2:33.38	
4	H Dewhurst	SNH	2:39.16	
5	S Grover	D&T	2:40.07	
6	K Burr	HPX	2:41.14	
7	P Bryant	D&T	2:44.80	
DQ	S Olah	D&T		

800 Metres - FINAL (Hand timing)

1	K Barber	BAR	2:23.4	
2	M Steer	StA	2:24.7	
3	L Farrar	StA	2:26.9	
4	L Brown	D&T	2:29.1	
5	E Lloyd	HPX	2:29.9	
6	B Allison	StA	2:30.4	
7	R Armorgie	D&T	2:31.2	

75 Metres Hurdles -3.8 m/s

1	H Copley	StA	13.48	
2	C Williams	D&T	15.07	
3	P Bryant	D&T	17.39	

High Jump

1	H Copley	StA	1.50m	
2	A Rackham	SNH	1.45m	
3	S Grover	D&T	1.40m	

Long Jump (partial wind readings only)

1	J Williams	HPX	5.20m	=CBP
2	C Wingfield	BAR	5.08m	+1.8
3	A Gates	SNH	4.81m	
4	R Parke	StA	4.47m	
5	D Town	D&T	4.45m	
6	S Dowling	HPX	4.37m	-1.4
7	P Mills	D&T	4.17m	-1.1
8	C Bentley	WAT	3.62m	+0.8
9	H Page	HPX	3.61m	+1.0
10	L Feely	SNH	3.39m	+0.3

Triple Jump

1	S Dowling	HPX	9.54m	+1.7
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Shot

1	S Miller	HPX	9.61m	
2	A Awokoya	SNH	8.63m	
3	A Smith	StA	8.53m	

Discus

1	S Miller	HPX	26.31m	
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Javelin

1	A Wilde	StA	24.23m	
2	S Miller	HPX	21.36m	

UNDER 17 WOMEN**100 Metres -3.4 m/s**

1	K Caulfield	HPX	12.91	
2	C Humphries	HPX	12.99	
3	C Cullen	HPX	13.22	
4	S Meikle	WAT	14.08	

200 Metres +0.6 m/s

1	A Holman	StA	26.83	
2	M Phelan	HPX	28.38	

400 Metres

1	P Lowe	HARR	59.10	
2	C Vernon-Hamilton	SNH	61.14	
3	D Willis	HPX	61.18	
4	A Kelly	D&T	62.86	
5	A Marshall	StA	63.20	
6	A Hampton	D&T	67.02	
7	J White	SNH	67.82	

800 Metres

1	P Lowe	HARR	2:17.50	
2	S Connor	SBH	2:17.76	
3	L Graham	SBH	2:24.05	
4	A Kelly	D&T	2:26.82	
5	V Walker	WAT	2:30.90	
6	A Hampton	D&T	2:36.08	
7	D Yeomans	StA	2:39.74	
8	A Cattle	HPX	2:39.98	
9	A Smith	StA	2:40.71	

80 Metres Hurdles -1.0 m/s

1	C Humphries	HPX	12.17	
2	V Dixon	SBH	12.77	
3	N Lee	D&T	13.19	

300 Metres Hurdles

1	C Vernon-Hamilton	SNH	46.68	
2	R Hore	HPX	46.68	
3	V Dixon	SBH	49.87	

High Jump

1	A Rees	SNH	1.50m	
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Pole Vault

1	A Rees	SNH	3.20m	CBP
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Long Jump (no wind readings)

1	K Caulfield	HPX	5.70m	CBP
2	A Holman	StA	5.22m	
3	S Meikle	WAT	5.02m	
4	M Phelan	HPX	5.00m	

Triple Jump

1	C-A Currie	HPX	8.89m	+1.1
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Shot

1	A Clayden	Luton	7.97m
2	C Humphries	HPX	7.13m

Discus

1	S Burke	WAT	30.77m
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2	C Brookes	D&T	29.87m
3	F Gross	SNH	24.02m
4	B Knapp	SNH	19.78m

Hammer

1	B Knapp	SNH	34.00m
2	F Gross	SNH	28.52m

Javelin

1	E Meakins	HPX	33.43m
2	K Grehan	HPX	33.10m
3	M Lundgren	HPX	26.99m
4	A Rees	SNH	19.53m
5	M Phelan	HPX	16.64m
6	A Clayden	Luton	16.16m

SENIOR & UNDER 20 WOMEN**100 Metres -1.1 m/s**

1	B Awokoya U20	SNH	12.71
1	H-J Cone	TVH	12.78
2	R Wilcock U20	WAT	13.38
3	A Connaughton U20	StA	13.51

200 Metres +0.6 m/s

1	L Wake U20	HPX	25.38
2	B Awokoya U20	SNH	25.44
1	L Jones	HPX	26.19
3	M Cuttler U20	StA	27.88

400 Metres

1	J Forde	SNH	61.05
2	L Gale	D&T	61.06
1	A Lambden U20	SBH	61.39
2	M Chapple U20	StA	64.12

800 Metres

1	N Silva	HPX	2:16.46
2	J Forde	SNH	2:17.61
1	J Mansell U20	SNH	2:21.39
2	S Proffitt U20	SBH	2:24.73

100 Metres Hurdles -0.2 m/s

1	L Jones	HPX	15.23
2	N Farman	HPX	16.28
3	J Nissel	SBH	16.49

400 Metres Hurdles

1	C Silva	HPX	63.53
1	E Stevens U20	HPX	69.31

High Jump

1	N Farman	HPX	1.58m
2	J Nissel	SBH	1.55m
1	S Hawkins U20	D&T	1.45m

Pole Vault

1	L Shortland	SNH	3.40m	CBP
2	M Clarke	WSEH	3.20m	
3	S Yeomans	WAT	2.40m	
4	F Mudd	D&T	2.20m	

Long Jump (no wind readings)

1	H-J Cone	TVH	5.68m
1	A Bushell U20	StA	4.68m

Triple Jump

1	K Streatfield	HPX	12.23m	+3.0	CBP
1	D Currie U20	HPX	10.98m	-0.4	
2	A Connaughton U20	StA	9.57m	-1.6	

Shot

1	S McLellan	SNH	11.80m
2	B Awokoya U20	SNH	10.56m

Discus

1	J Botwright U20	WSEH	32.05m
2	L Capicotto U20	WAT	27.89m

Hammer

1	E Miller	HPX	27.94m
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Javelin

1	P Lundgren U20	HPX	36.94m
2	L Capicotto U20	WAT	27.32m

7	G Lilley	D&T	16.41
8	C Nash	BAR	16.75

100 Metres - FINAL -0.4 m/s

1	H Town	D&T	13.78
2	C Scutt	HPX	14.11
3	R Thompson	BAR	14.18
4	S Inns	D&T	14.27
5	J Downes	StA	14.41
6	J Foo	D&T	14.66
7	V Saroye	SNH	14.92
8	D Spicer	SNH	15.21

UNDER 13 BOYS**100 Metres - Heat 1 -1.8 m/s**

1	J Foo	D&T	14.42
2	S Inns	D&T	14.69
3	R Thompson	BAR	14.80
4	V Saroye	SNH	15.14
5	W Martin	BAR	15.49
6	O Lloyd	D&T	16.17

100 Metres - Heat 2 -1.3 m/s

1	H Town	D&T	13.96
2	C Scutt	HPX	14.24
3	J Downes	StA	14.52
4	D Spicer	SNH	15.36
5	S Segameglio	SNH	15.43
6	C Murchison	BAR	15.61

200 Metres +0.3 m/s

1	H Town	D&T	29.06
2	R Thompson	BAR	29.17
3	J Durrant	D&T	31.16
4	J Foo	D&T	31.64
5	S Inns	D&T	33.34
6	O Lloyd	D&T	34.31
7	G Lilley	D&T	34.92

800 Metres

1	M Baggio	D&T	2:27.48
2	S Jones	HPX	2:28.40
3	M Cloke	StA	2:36.37
4	S Segameglio	SNH	2:43.95
5	B Parsons	D&T	2:48.43
6	A Atkinson	BAR	2:53.20

75 Metres Hurdles -1.9 m/s

1	S Inns	D&T	16.81
2	D Spicer	SNH	16.86

UNDER 15 BOYS**100 Metres - Heat 1 -1.8 m/s**

1	J Awe	StA	12.46
2	B Vernon-Hamilton	SNH	13.08
3	J Rendell	D&T	13.67
4	F Smith	StA	13.88

100 Metres - Heat 2 -1.5 m/s

1	B Young	WAT	12.49
2	L Vooght	SNH	13.10
3	P De'Ath	SNH	13.63
4	T Church	StA	13.67
5	M Halliwell	D&T	13.86

100 Metres - FINAL -1.4 m/s

1	B Young	WAT	12.25
2	J Awe	StA	12.31
3	B Vernon-Hamilton	SNH	12.85
4	L Vooght	SNH	13.02
5	T Church	StA	13.37
6	P De'Ath	SNH	13.57
7	M Halliwell	D&T	13.78

200 Metres - Heat 1 -1.7 m/s

1	R Gayler	SBH	25.43
2	L Vooght	SNH	26.32
3	J McMurray	StA	26.97
4	P De'Ath	SNH	27.11
5	L Huntingford	D&T	31.04

200 Metres - Heat 2 -0.5 m/s

1	C Palin	StA	25.39
2	B Vernon-Hamilton	SNH	25.93
3	M Halliwell	D&T	28.67
4	A Lloyd	D&T	33.90

200 Metres - FINAL -1.9 m/s

1	R Gayler	SBH	23.65
2	C Palin	StA	25.48
3	B Vernon-Hamilton	SNH	25.93
4	L Vooght	SNH	26.08
5	J McMurray	StA	27.16
6	P De'Ath	SNH	27.25

400 Metres

1	A Walshe	HPX	53.17	CBP
2	S Wake	HPX	56.25	
3	J Smith	StA	69.50	

High Jump

1	V Saroye	SNH	1.20m
2	B Parsons	D&T	1.05m

Long Jump

1	R Thompson	BAR	4.18m	-1.7
2	J Downes	StA	4.17m	-1.2
3	V Saroye	SNH	3.93m	+0.3
4	S Segameglio	SNH	3.81m	-0.7
5	O Lloyd	D&T	3.62m	+0.4
6	G Lilley	D&T	3.39m	-0.4
7	C Nash	BAR	3.29m	-0.2
8	B Parsons	D&T	3.25m	-0.6

Shot

1	C Inns	D&T	5.76m
2	F Briffitt	UNA	5.39m

Discus

1	C Inns	D&T	15.32m
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800 Metres

1	J McMurray	StA	2:08.54
2	S Byrne	HARR	2:09.07
3	E Shepherd	HPX	2:12.34
4	C Hilton	StA	2:16.85
5	O Glyn	D&T	2:20.77

80 Metres Hurdles nwi (Hand timing)

1	C Gaddes	D&T	12.9
2	P Spicer	SNH	15.9

High Jump

1	S Maile	StA	1.75m
2	L Levy	SNH	1.60m
3	C Gaddes	StA	1.60m
4	P Spicer	SNH	1.55m
5	H Draine	StA	1.45m

Pole Vault

1	D Gardner	SNH	3.40m	CBP
2	O Poulain	StA	1.60m	

Long Jump (no wind readings)

1	R Gaylor	SBH	5.81m
2	D Gardner	SNH	5.20m
3	S Higgins	HPX	5.17m
4	J Awe	StA	5.12m
5	PDe'ath	SNH	4.49m
6	A Bevan	D&T	4.38m
7	J Smith	StA	4.28m
8	L Huntingford	D&T	4.14m
9	D Pullman	D&T	4.01m
10	A Lloyd	D&T	3.90m

Triple Jump (no wind readings)

1	D Gardner	SNH	11.21m
2	A Bevan	D&T	9.73m

Shot

1	C Line	D&T	11.04m
2	L Levy	SNH	10.35m
3	C Gaddes	StA	9.37m
4	S Moskofian	StA	8.93m
5	D Pullman	D&T	8.08m

Discus

1	C Line	D&T	31.39m
2	S Moskofian	StA	21.52m

Hammer

1	C Line	D&T	37.00m
2	L Levy	SNH	29.83m
3	S Moskofian	StA	20.04m

Javelin

1	J Exton	SNH	38.09m
2	B Vernon-Hamilton	SNH	35.41m
3	D Pullman	D&T	29.13m
4	J Howarth	StA	24.92m

UNDER 17 MEN**100 Metres -1.1 m/s**

1	M London	WAT	12.12
2	L Keeble	SNH	12.28
3	T Chowdhury	SNH	12.57
4	L Koll	D&T	12.72

200 Metres +0.1 m/s

1	L Daniel	E&H	24.66
2	M London	WAT	24.67
3	D Pickett	SNH	25.76
4	L Koll	D&T	26.20

400 Metres

1	S Rogers	Chilt	52.43
2	L Keeble	SNH	53.58
3	D Pickett	SNH	56.55

800 Metres

1	J Gaynor	HPX	2:07.52
2	T Barfoot	HPX	2:08.00
3	K Al-Abaidy	StA	2:10.42
4	D Wilson	HPX	2:15.33
5	T Sloan	SNH	2:25.38

100 Metres Hurdles -0.2 m/s

1	M Francois	D&T	15.08
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UNDER 20 MEN**100 Metres -0.5 m/s**

1	A Infantino	E&H	11.07
2	J Hamilton	D&T	11.73
3	A Wing	HPX	12.47

200 Metres +0.1 m/s

1	J Rossini	D&T	24.40
2	D Spike	HPX	24.74

400 Metres

1	N Choudhury	LUT	49.12
2	R Gow	HPX	51.23
3	C Webb	SNH	51.48
4	J Rossini	D&T	52.80
5	D Spike	HPX	53.37

800 Metres

1	B Nagy	E&H	1:58.19
2	J Moss	SNH	1:59.95
3	S Poulton	SNH	2:02.20
4	L Walshe	HPX	2:04.06
5	B Collins Pallett	SBH	2:07.10

110 Metres Hurdles -3.4 m/s

1	Z Saucedo	E&H	15.26
2	S Barnard	E&H	16.02

400 Metres Hurdles

1	Z Saucedo	E&H	53.62	CBP
2	J Saydraouten	HPX	57.80	
3	A Wing	HPX	59.14	
4	D Hall	WAT	60.24	

400 Metres Hurdles

1	S Rogers	Chilt	60.77
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Pole Vault

1	S Clark	D&T	3.50m
2=	S Winters	SNH	2.80m
2=	M Williams	D&T	2.80m

Long Jump (no wind readings)

1	S Greenidge	HARR	6.54m
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Triple Jump (no wind readings)

1	K Moss	StA	11.93m
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Shot

1	R Humphries	HPX	9.65m
2	M Wadlow	D&T	8.30m

Discus

1	R Humphries	HPX	29.20m
2	M Wadlow	D&T	28.11m
3	J Bignell	D&T	26.02m

Hammer

1	R Humphries	HPX	47.93m
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Javelin

1	J Bignell	D&T	39.26m
2	M Williams	D&T	37.06m

2000 Metres Steeplechase

1	S Collins	E&H	6:02.16	CBP
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High Jump

1	J Hamilton	D&T	1.95m
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Pole Vault

1	L Cordell	D&T	4.20m
2	J Dombey	WAT	3.30m

Long Jump (no wind readings)

1	K Greenidge-Smith	HARR	6.88m
2	I Simson	D&T	6.58m
3	I Tobin	HPX	6.17m

Triple Jump (no wind readings)

1	I Simson	D&T	13.88m
2	L Lundgren	HPX	13.07m

Shot

1	B Flash	D&T	9.85m
2	A Ralph	StA	3.72m

Discus

1	S Watson	D&T	45.06m
2	A Ralph	StA	17.25m

Hammer

1	A Ralph	StA	41.70m
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Javelin

1	J Raineri	WAT	46.55m
2	J Constanou	StA	39.35m

SENIOR MEN

100 Metres -0.5 m/s

1	A Daish	E&H	11.14
2	M Collins	LUT	11.27
3	R Harle	Che	11.71
4	R Demaria	D&T	11.97

200 Metres -1.3 m/s

1	A Daish	E&H	22.55
2	R Harle	Che	23.34

400 Metres

1	T Tomu	SNH	48.01
2	O Keates	HPX	54.79
3	P Belgrave	StA	60.62

800 Metres

1	D Poulton	SNH	1:53.38
2	R Fowler	E&H	1:53.83
3	A Searle	SNH	1:59.41
4	D Digweed	SAS	2:07.90

5000 Metres

1	R Gamble	BAR	15:20.38
2	I Johnston	Shet	16:31.67
3	D Bowker	FVS	18:11.97

110 Metres Hurdles -3.4 m/s

3	S Wombwell	HPX	16.07
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400 Metres Hurdles

1	A Dombey	WAT	58.80
2	D Tarrant	WAT	68.95
3	D Stephens	HBS	73.43

High Jump

1	L Pirie	SNH	1.85m
2	D Tarrant	WAT	1.70m
3	B Mainstone	SNH	1.65m

Pole Vault

1	P Yeomans	WAT	3.60m
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Long Jump (no wind readings)

1	P Yeomans	WAT	5.55m
2	D Stephens	HBS	5.28m

Triple Jump (no wind readings)

1	J Lewis	HPX	12.67m
2	B Mainstone	SNH	10.95m
3	D Stephens	HBS	10.75m

Shot

1	D Lipscomb	Serp	8.85m
2	P Yeomans	WAT	8.78m
3	T Saunders-Mullins	WAT	8.71m

Discus

1	C Jackson	E&H	37.19m
2	D Lipscomb	Serp	26.62m
3	T Saunders-Mullins	WAT	19.68m

Hammer

1	T Saunders-Mullins	WAT	26.61m
2	D Lipscomb	Serp	21.88m

Javelin

1	N McLellan	SNH	61.72m
2	A Hull	SNH	45.54m
3	D Tarrant	WAT	30.93m