

# HERTFORDSHIRE ASSOCIATION OF ATHLETIC AND RUNNING CLUBS

## Track and Field Championships at Watford on 15 May 2011

### CLUB ABBREVIATIONS

Bar	Barnet & District AC
Bed	Bedford & County AC
Bhw	Borehamwood AC
Card	Cardiff AC
Chil	Chiltern Harriers
D&T	Dacorum & Tring AC
E&H	Enfield & Haringey AC
EVAC	Eastern Vets AC
FVS	Fairlands Valley Spartans
Harr	Harrow AC
HBS	Horsham Blue Star Harriers
HPx	Herts Phoenix AC
Pit	Pitreavie AAC
SBH	Shaftesbury Barnet Harriers
Shet	Shettlestone Harriers
SNH	Stevenage & N Herts AC
SAS	St Albans Striders
StA	St Albans AC
TVH	Thames Valley Harriers
Una	Unattached
VPTH	Victoria Park and Tower Hamlets AC
WatH	Watford Harriers
WSEH	Windsor, Slough, Eton and Hounslow AC

### UNDER 13 GIRLS

#### 100 Metres

		<b>+1.1m/s</b>	
1	Bethany Harley	SNH	14.42
2	Charley Dowsell	StA	14.57
3	Bethany Dean	SNH	14.76
4	Chloe Nichol	StA	15.08

#### 200 Metres

		<b>+1.2m/s</b>	
1	Pia Davis	D&T	30.13
2	Imogen Walker	HPx	30.25
3	Charley Dowsell	StA	30.35
4	Bethany Dean	SNH	31.21
5	Abi Jones	Chil	33.90

#### 800 Metres

1	Marella Whitfield	Harr	2:30.03
2	Pia Davis	D&T	2:35.21
3	Eleanor Hobbs	StA	2:35.60
4	Tabitha Weddell	StA	2:37.82
5	Emily Hack	StA	2:41.29
6	Imogen Walker	HPx	2:43.79
7	Charlie Duke	SNH	2:46.00
8	Jessica Edwards	StA	2:48.33
9	Emily Bannister	D&T	2:51.51
10	Abi Jones	Chil	2:52.43
11	Emily Russell	Harr	2:57.26
12	Scarlett Wager-Leigh	D&T	2:59.72
13	Isobel Thomas	D&T	3:01.06
14	Erin Breen	HPx	3:01.10

#### 70 Metres Hurdles

		<b>-0.6m/s</b>	
1	Emily Russell	Harr	12.41
2	Alice Semark	HPx	13.18
3	Bethany Harley	SNH	13.75
4	Emily Bannister	D&T	17.03

#### High Jump

1	Emily Russell	Harr	1.25
2	Bethany Harley	SNH	1.25
3	Lauren Aldridge	SNH	1.10

#### Long Jump

1	Alice Semark	HPx	4.14/1.4
2	Chloe Nichol	StA	4.04/0.8
3	Marella Whitfield	Harr	3.90/1.7
4	Jessica Robinson	D&T	3.89/2.4
5	Lauren Aldridge	SNH	3.31/1.9
6	Bethany Dean	SNH	3.25/0.2
7	Summer Clarke	D&T	2.43/2.3

#### Shot

1	Alisha Levy	SNH	8.03
2	Rebecca Porter	Pit	7.29

#### Discus

1	Alisha Levy	SNH	23.16 CBP
2	Rebecca Porter	Pit	22.61
3	Isobel Thomas	D&T	15.76
4	Jessica Robinson	D&T	15.17

#### Javelin

1	Alisha Levy	SNH	28.48 CBP
2	Jessica Robinson	D&T	13.60

## UNDER 15 GIRLS

### 100 Metres Heat 1

		nwi	
1	Chloe McCarthy	WatH	13.10
2	Sophie Keeble	SNH	13.47
3	Ellie Welsh	Bar	13.80
4	Rebecca Pickard	SNH	14.16
5	Charlotte Bott	SNH	14.58
6	Gemma Wells	D&T	14.95
7	Daisy Dayton	StA	15.54

### 100 Metres Heat 2

		+1.9m/s	
1	Adunni Braithwaite	HPx	13.21
2	Emma Clarke	StA	13.86
3	Serena Clarke	Bar	14.06
4	Olive Curran	Bar	14.14
5	Freya Bolton	D&T	15.34

### 100 Metres Final

		+1.7m/s	
1	Sophie Keeble	SNH	12.94
2	Chloe McCarthy	WatH	13.13
3	Adunni Braithwaite	HPx	13.33
4	Ellie Welsh	Bar	13.56
5	Emma Clarke	StA	13.68
6	Olive Curran	Bar	13.87
7	Serena Clarke	Bar	13.90
8	Rebecca Pickard	SNH	13.99

### 200 Metres Heat 1

		+1.2m/s	
1	Emma Clarke	StA	27.62
2	Chloe McCarthy	WatH	27.65
3	Sophie Keeble	SNH	27.80
4	Amber Meakins	HPx	28.17
5	Millie Sandell	HPx	28.28
6	Serena Clarke	Bar	29.35

### 200 Metres Heat 2

		+0.5m/s	
1	Hetty Rudman	Bar	28.06
2	Ellie Welsh	Bar	29.32
3	Gemma Wells	D&T	31.04
4	Phoebe Durrant	D&T	31.98
5	Freya Bolton	D&T	32.69

### 200 Metres +0.9

1	Sophie Keeble	SNH	27.10
2	Chloe McCarthy	WatH	27.44
3	Emma Clarke	StA	27.59
4	Amber Meakins	HPx	28.11
5	Millie Sandell	HPx	28.37
6	Hetty Rudman	Bar	28.43
7	Ellie Welsh	Bar	29.24
8	Gemma Wells	D&T	30.55

### 300 Metres (Time trial)

1	Suzanne Bentley	WatH	44.01
2	Elena Cervi	SNH	44.69
3	Hetty Rudman	Bar	44.79
4	Lavinia Economu	WatH	45.13
5	Chloe Rixon	WatH	45.48
6	Megan Breen	HPx	45.81
7	Jenna Hail	D&T	47.29
8	Melissa Doran	SNH	47.77
9	Laura Edwards	StA	51.25

### 800 Metres

1	Natalie Connor	SBH	2:23.87
2	Laura Edwards	StA	2:29.36
3	Ellie Baker	HPx	2:29.97
4	Lavinia Economu	WatH	2:30.20
5	Philippa Bailey	StA	2:32.25
6	Hannah Morton	Chil	2:36.03
7	Sarah Feely	SNH	2:38.30
8	Alice Mulcahy	StA	2:38.36
9	Claire Baxter	D&T	2:41.00
10	Niamh Cloona	HPx	2:42.09
11	Naomi Baker	StA	2:42.76
12	Becky Farrow	D&T	2:47.71

### 75 Metres Hurdles Heat 1

		-1.3m/s	
1	Jenna Hoyte	HPx	12.73
2	Laura Nofer	StA	13.01
3	Rebecca Pickard	SNH	14.26
4	Phoebe Love	HPx	14.54
5	Ailsa McKie	StA	14.59
6	Millie Sandell	HPx	16.00

### 75 Metres Hurdles Heat 2

		nwi	
1	Suzanne Bentley	WatH	12.13
2	Anna Young	HPx	12.95
3	Joetta James	StA	13.57
4	Melissa Doran	SNH	13.63
5	Charlotte Bott	SNH	14.47
6	Louise Hall	WatH	16.11

### 75 Metres Hurdles Final

		+1.5m/s	
1	Suzanne Bentley	WatH	11.89
2	Jenna Hoyte	HPx	12.71
3	Laura Nofer	StA	12.76
4	Anna Young	HPx	12.80
5	Melissa Doran	SNH	13.42
6	Joetta James	StA	13.59
7	Rebecca Pickard	SNH	14.01
8	Charlotte Bott	SNH	14.37

### High Jump

1	Jenna Hoyte	HPx	1.45
2	Rebecca Pickard	SNH	1.40
3	Hannah Morton	Chil	1.35
4	Alice Townend	StA	1.35

### Long Jump

1	Chloe Rixon	WatH	4.54/1.0
2	Olive Curran	Bar	4.50/1.2
3	Catherine Brooks	StA	4.21/2.2
4	Ellie Welsh	Bar	4.13/1.4
5	Daisy Dayton	StA	3.93/1.2
6	Charlotte Bott	SNH	3.86/1.1
7	Phoebe Durrant	D&T	3.69/1.0
8	Gemma Wells	D&T	3.52/0.7

### Triple Jump

1	Fiona McQuire	WatH	8.91/-0.9
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**Shot**

1	Alice Townend	StA	9.48
2	Klaire Osuji	Harr	8.65
3	Sophie Macken	Bhw	8.52
4	Emma Phillipson	HPx	7.93
5	Louise Hall	WatH	5.35

**Discus**

1	Kelly Wright	StA	30.35
2	Emma Phillipson	HPx	25.70
3	Fiona McQuire	WatH	20.77
4	Melissa Doran	SNH	20.06
5	Siobhan Rapacchi	SNH	15.47

**Javelin**

1	Suzanne Bentley	WatH	22.64
2	Kirsty Bateman Foley	SNH	21.98
3	Siobhan Rapacchi	SNH	20.99
4	Fiona McQuire	WatH	20.29
5	Bonnie Wilde	StA	17.71
6	Olive Curran	Bar	16.40
7	Emma Phillipson	HPx	12.58
	Freya Bolton	D&T	ndr

**UNDER 17 WOMEN****100 Metres****-0.1 m/s**

1	Charlotte Wingfield	E&H	12.51
2	Philippa Mills	D&T	13.08
3	Natashia Hadley	HPx	13.13

**200 Metres****+1.0m/s**

1	Charlotte Wingfield	E&H	25.51
2	Natashia Hadley	HPx	26.85
3	Philippa Mills	D&T	27.09
4	Shannon Procter	HPx	27.32
5	Olivia Harry	HPx	27.45

**400 Metres**

1	Megan Steer	StA	59.59
2	Ella Lloyd	HPx	61.83
3	Helena Page	HPx	62.80
4	Chelcie Gray	D&T	67.34

**800 Metres**

1	Elizabeth Bird	HPx	2:14.68
2	Megan Steer	StA	2:19.07
3	Emily Ruane	HPx	2:22.53
4	Sarah Grover	D&T	2:32.81
5	Hannah Wardley	Chil	2:41.59

**80 Metres Hurdles****0.0m/s**

1	Natalie Allen	HPx	11.74
2	Alicia Tymon-McEwan	StA	12.15
3	Melanie Grigg	HPx	12.94
4	Lauren Dewar	StA	14.96

**300 Metres Hurdles**

1	Melanie Grigg	HPx	47.67
2	Georgia Willan	HPx	49.42
3	Shannon Rapacchi	SNH	55.43
4	Claire Bentley	WatH	56.22

**High Jump**

1	Megan Smith	D&T	1.65
2	Sarah Grover	D&T	1.50
3	Shannon Rapacchi	SNH	1.45
4	Jodie Haines	StA	1.35

**Pole Vault**

1	Shannon Rapacchi	SNH	2.20
2	Hannah Earnshaw	WatH	2.10
	Olivia Harry	HPx	nht

**Long Jump**

1	Hannah Wardley	Chil	3.94/0.5
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**Shot**

1	Melissa Hadley	HPx	9.31
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**Discus**

1	Renee Hector	SNH	38.86
2	Kim Osuji	Harr	29.90
3	Abi Wilde	StA	27.50
4	Melissa Hadley	HPx	26.98
5	Sophie Goddard	SNH	24.75

**Hammer**

1	Sophie Goddard	SNH	28.89
2	Emily Evans	SNH	27.52
3	Laura Feely	SNH	19.18

**Javelin**

1	Abi Wilde	StA	34.63
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**UNDER 20 WOMEN****100 Metres****0.0m/s**

1	Frances Slater	HPx	12.45
2	Abigail Griffiths	HPx	13.24

**200 Metres****+1.7m/s**

1	Abigail Griffiths	HPx	26.66
2	Catherine Mackintosh	StA	28.90

**400 Metres**

1	Deborah Willis	HPx	59.09
2	Chelsea Shurland	WatH	60.80
3	Catherine Mackintosh	StA	64.06
4	Kate Barber	SBH	65.44

**800 Metres**

1	Sian Harry	HPx	2:18.49
2	Laura Farrar	StA	2:18.77
3	Kate Barber	SBH	2:28.50
4	Hannah Dewhurst	SNH	2:29.07

**100 Metres Hurdles****+0.1m/s**

1	Claire Humphries	HPx	14.82
2	Claire Ward	SNH	16.60

**400 Metres Hurdles**

1	Hannah Lloyd	HPx	70.78
2	Rachel Bentley	WatH	73.46

**Pole Vault**

1	Anne Rees	SNH	3.30 =CBP
2	Tillie Farman	SNH	2.20

**Triple Jump**

1	Shimaala Harewood	WatH	11.89/1.5 CBP
2	Abigail Holman	Harr	11.22/1.0
3	Millie Phelan	SNH	10.78/0.9

**Shot**

1	Sarah Miller	HPx	9.21
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**Discus**

1	Sarah Miller	HPx	32.78
2	Beccy Knapp	SNH	26.07

**Hammer**

1	Beccy Knapp	SNH	38.03
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**Javelin**

1	Eloise Meakins	HPx	40.10
2	Claire Ward	SNH	28.46
3	Millie Phelan	SNH	28.03
	Rachel Bentley	D&T	ndr

**SENIOR WOMEN****100 Metres****0.0m/s**

1	Joanna Richards	StA	13.04
2	Elena Crompton	D&T	13.66
3	Helena Hooper	D&T	13.85

**200 Metres****+1.7m/s**

1	Emily Stevens	HPx	25.75
2	Lucy Spray	Bed	26.29
3	Joanna Richards	StA	27.32
4	Elena Crompton	D&T	28.27
5	Helena Hooper	D&T	28.62

**400 Metres Hurdles**

1	Lucy Spray	Bed	67.00
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**Pole Vault**

1	Louise Shortland	SNH	3.50 =CBP
2	Louise Kelly	WatH	2.30
	Natasha Brunning	D&T	nht

**Long Jump**

1	Elena Crompton	D&T	4.47/0.6
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**Shot**

1	Louise Kelly	WatH	9.16
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**Discus**

1	Rachel Williams	SNH	28.10
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**Javelin**

1	Rachel Williams	SNH	34.13
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**UNDER 13 BOYS****100 Metres****+0.1m/s**

1	Christopher Salmons	WatH	13.76
2	Morgan Baidoo	HPx	13.76
3	Robert Green	HPx	14.76
4	Daniel Stier	D&T	14.78
5	Alex Spilling	StA	15.41
6	Christopher Woodall	D&T	15.62
7	Jerome Lana	D&T	15.69
8	George Marvell	SNH	15.79

**200 Metres Heat 1****+2.0m/s**

1	George Groom	Bar	29.33
2	Christopher Salmons	WatH	29.37
3	Jake Alderson	D&T	31.20
4	Daniel Stier	D&T	32.22
5	Rufus Kent	Bar	32.56
6	George Marvell	SNH	32.76

**200 Metres Heat 2****+0.3m/s**

1	Morgan Baidoo	HPx	30.08
2	Daniel Macey	D&T	30.85
3	Alex Spilling	StA	32.20
4	Robert Green	HPx	32.30
5	Vincent Murray	D&T	33.08
6	Joe Healy	Bar	35.75

**200 Metres Final****+0.9m/s**

1	Christopher Salmons	WatH	28.81
2	George Groom	Bar	28.92
3	Morgan Baidoo	HPx	29.42
4	Daniel Macey	D&T	30.09
5	Jake Alderson	D&T	31.09
6	Robert Green	HPx	31.47
7	Alex Spilling	StA	31.94
	Daniel Stier	D&T	DNS

**800 Metres**

1	Thomas Conway	Chil	2:27.81
2	Aaron Forman	HPx	2:30.33
3	Ben Stone	SNH	2:30.93
4	Jamie Cohen	Harr	2:36.75
5	Daniel Macey	D&T	2:37.31
6	Samuel Howell	D&T	2:43.00
7	Jake Alderson	D&T	2:49.62
8	Rufus Kent	Bar	2:50.63
9	Vincent Murray	D&T	2:52.18
10	Joe Healy	Bar	3:03.10
11	Christopher Woodall	D&T	3:12.37
12	Luke Murphy	Bar	3:18.73

**75 Metres Hurdles****+1.6m/s**

1	Hector Chadwick	D&T	13.96
2	Ben Stone	SNH	14.12
3	Daniel Stier	D&T	14.36
4	Robert Green	HPx	14.83

**High Jump**

1	Jamie Cohen	Harr	1.30
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**Long Jump**

1	Ben Stone	SNH	4.19/0.9
2	Morgan Baidoo	HPx	4.13/1.7
3	Hector Chadwick	D&T	4.08/0.9
4	Jake Alderson	D&T	3.91/-0.7
5	Christopher Salmons	WatH	3.47/2.0
6	Rufus Kent	Bar	3.41/1.5
7	Joe Healy	Bar	3.26/1.0
8	Luke Murphy	Bar	2.90/0.8

**Shot**

1	George Marvell	SNH	7.04
2	Jerome Lana	D&T	6.73

**Discus**

	Jerome Lana	D&T	ndr
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**UNDER 15 BOYS****100 Metres****+1.5m/s**

1	Michael Forde	E&H	11.59 CBP
2	Kim Sobotie	SNH	11.79
3	Callum Scutt	SBH	12.17
4	Thomas Milton	D&T	13.74

**200 Metres****+0.2m/s**

1	Kim Sobotie	SNH	24.10
2	Callum Scutt	SBH	25.19
3	Tyler Osborne	D&T	26.07

**400 Metres**

1	Jasper Durrant	D&T	59.34
2	Jake Hitchcock	D&T	60.66
3	Jack Gentle	StA	62.10

**800 Metres**

1	Harvey O'Brart	WatH	2:05.20
2	Corey Keane	WatH	2:07.11
3	Robin O'Connor	StA	2:08.08
4	Jamie Dee	HPx	2:08.12
5	Jack Gentle	StA	2:13.80
6	Matt Simpson	D&T	2:16.81
7	Dominic Stevens	SNH	2:18.69
8	Jonty Wager-Leigh	D&T	2:26.13
9	Louis Glyn	D&T	2:30.46
10	Jake Williamson	D&T	2:36.17

**80 Metres Hurdles nwi**

1	Max Schopp	SNH	12.22
2	Matthew Hall	WatH	12.24
3	Harry Chadwick	D&T	13.06
4	Jasper Durrant	D&T	13.19

**High Jump**

1	Max Schopp	SNH	1.55
2	Matthew Hall	WatH	1.55
3	Nathan Gardner	SNH	1.50
4	Andy Perry	StA	1.40

**Pole Vault**

1	James Weller	D&T	3.10
2	Nathan Gardner	SNH	2.60

**Long Jump**

1	Max Schopp	SNH	5.11/0.6
2	Harry Chadwick	D&T	4.97/-0.4
3	James Weller	D&T	4.70/2.6
4	Gregory Goddard	SNH	4.69/-0.2
5	Nathan Gardner	SNH	4.51/1.6
6	Josh Brown	D&T	4.04/0.5

**Triple Jump**

1	Jasper Durrant	D&T	10.10/0.3
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**Shot**

1	Matthew Mardle	SNH	8.48
2	Gregory Goddard	SNH	7.96
3	Jack Gentle	StA	7.50

**Discus**

1	Patrick Semark	HPx	29.23
2	Josh Brown	D&T	26.38

**Javelin**

1	Tim Ashby	D&T	38.50
2	Matthew Mardle	SNH	37.00
3	Gregory Goddard	SNH	29.96
4	Josh Brown	D&T	28.34
5	Patrick Semark	HPx	28.32
6	Andy Perry	StA	24.17

## UNDER 17 MEN

### 100 Metres

		<b>+1.0m/s</b>	
1	Peter De'Ath	SNH	11.34
2	Eliot Copperwhite	D&T	11.34
3	Jake Awe	StA	11.53
4	Cameron McKie	StA	11.95
5	Liam Vooght	SNH	12.05
6	Ailton Raposo	Bhw	13.84

### 200 Metres

		<b>+2.2m/s</b>	
1	Luke Yaxley	StA	22.98
2	Jake Awe	StA	23.46
3	Eliot Copperwhite	D&T	23.59
4	Liam Vooght	SNH	24.01
5	Alex Curran	HPx	24.20

### 400 Metres

1	Peter De'Ath	SNH	51.10
2	Alex Curran	HPx	52.51
3	Liam Dee	HPx	52.79
4	William Ridgway	SNH	54.74

### 800 Metres

1	James McMurray	StA	1:52.52 CBP
2	Matt McLaughlin	SBH	1:54.92
3	Liam Dee	HPx	1:57.18
4	Nicholas Doyle	HPx	2:17.09

### 100 Metres Hurdles

		<b>+0.1m/s</b>	
1	Christian Gaddes	StA	14.03
2	Luke Yaxley	StA	14.11
3	Jason Tang	StA	14.89
4	Cameron McKie	StA	15.48

### 1500m Steeplechase

1	Andrew Wheatcroft	StA	5:32.41
2	Jack Quoroll	D&T	5:42.02

### High Jump

1	Tim Buckle	StA	1.90
2	Adam Sarginson	D&T	1.80
3	Christian Gaddes	StA	1.75
4	Oliver Morris	D&T	1.65
5	William Ridgway	SNH	1.55
	David Perry	StA	nht

### Long Jump

1	Oliver Morris	D&T	5.14/1.5
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### Triple Jump

1	Lemarr Jean-Jacques	Bed	12.91/1.0
	Jack Noone	WatH	ndr

### Shot

1	Jamie Wells	D&T	8.80
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### Discus

1	Jamie Wells	D&T	25.68
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### Javelin

1	Jamie Wells	D&T	33.57
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## UNDER 20 MEN

### 100 Metres

		<b>+1.0m/s</b>	
1	Shaquille Momoh	E&H	11.28
2	Connor Archer	StA	11.31

### 200 Metres

		<b>+2.2m/s</b>	
1	Koray Leamy	HPx	24.25

### 400 Metres

1	Carl Palin	StA	49.65
2	Tom Barfoot	HPx	50.39
3	Andrew Walshe	HPx	50.69
4	Jon Rendell	D&T	52.58
5	Matt Gibson	HPx	53.02

### 800 Metres

1	Khalid Al-Abaidy	WSEH	1:55.97
2	Benjamin Parry	HPx	1:58.31
3	Alex Cloona	HPx	2:01.79
4	Edward Shepherd	HPx	2:03.78
5	Ashley Kavanagh-King	WatH	2:10.65
	Oliver Laken	D&T	DQ

### 400 Metres Hurdles

1	Jon Rendell	D&T	59.77
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### 2000m Steeplechase

1	Gregory Bennett	D&T	7:22.39
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### High Jump

1	Sam Evans	D&T	1.70
2	Paul Spicer	SNH	1.70
3	Laurence Levy	SNH	1.70

### Pole Vault

1	Daniel Gardner	SNH	4.40 =CBP
2	Connor Winters	SNH	4.10

### Long Jump

1	Courtney Hart	D&T	6.53/0.8
2	Connor Winters	SNH	6.46/2.1
3	Josh Evans	D&T	5.91/0.2

### Triple Jump

1	Bradley Pike	D&T	14.83/0.6
2	Josh Evans	D&T	11.51/1.0

### Shot

1	Michael Wadlow	D&T	10.79
2	Christopher Line	D&T	10.37
3	Joshua Bignell	D&T	8.31

**Discus**

1	Christopher Line	D&T	41.38
2	Michael Wadlow	D&T	34.85
3	Joshua Bignell	D&T	26.84

**Hammer**

1	Laurence Levy	SNH	36.70
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**Javelin**

1	Jorge Davies	D&T	49.34
2	Joshua Bignell	D&T	44.94
3	Ryan Valentine	SNH	37.92
4	Michael Wadlow	D&T	32.01

**SENIOR MEN****100 Metres****+2.2m/s**

1	Lewis Clarke	D&T	11.07
2	Kwasi Adomakoh	WatH	11.20
3	Cameron Webb	SNH	11.21
4	Amon Warmann	WatH	11.63
5	Michael London	WatH	11.66
6	Craig Shearer	D&T	11.66
7	Matt Pollard	D&T	11.80
8	David Stephens	HBS	12.86

**200 Metres****+1.2m/s**

1	Matt Hamilton	HPx	22.30
2	Cameron Webb	SNH	22.50
3	Glyn Hawkes	Card	22.66
4	Kwasi Adomakoh	WatH	22.90
5	Craig Shearer	D&T	23.87
6	Amon Warmann	WatH	23.89
7	Matt Pollard	D&T	24.09
8	Adam Driscoll	D&T	24.90

**400 Metres**

1	Matt Hamilton	HPx	48.84
2	Alec Wing	VPTH	50.10

**800 Metres**

1	Joshua Moss	WSEH	1:55.51
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**5000 Metres**

1	Adam Searle	SNH	16:34.71
2	David Bowker	FVS	18:06.52

**110 Metres Hurdles****+1.9m/s**

1	Stephen Barnard	E&H	15.28
2	Pat Barrett	HPx	16.48

**400 Metres Hurdles**

1	Pat Barrett	HPx	58.55
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**High Jump**

1	Elior Harris	SNH	1.95
2	Mark Crowley	E&H	1.95
3	Pat Barrett	HPx	1.75

**Pole Vault**

1	Pat Barrett	HPx	3.00
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**Long Jump**

1	Pat Barrett	HPx	5.81/0.3
2	David Stephens	HBS	5.19/1.5

**Shot**

1	Ashley Ralph	HHH	11.58
2	Pat Barrett	HPx	11.20
3	Tim Saunders-Mullins	WatH	8.15
4	David Bowker	FVS	5.89

**Discus**

1	Ashley Ralph	HHH	40.82
2	Pat Barrett	HPx	32.77
3	David Bowker	FVS	12.07

**Hammer**

1	Nick Winwood	una	32.50
2	Tim Saunders-Mullins	WatH	26.45

**Javelin**

1	Neil McLellan	SNH	61.13
2	Trevor Ratcliffe	D&T	54.96
3	Jonathan Constaniou	MMK	53.05
4	Pat Barrett	HPx	41.08
5	David Bowker	FVS	20.40