



Premiership Match 1 - Barnet Copthall Stadium				Perf	Record	Wind	UKA	AW	5 June 2010				Perf	Wind	UKA	AW	
Men's 100m A				Wind=	+1.1 m/s				Men's 100m B				Wind=	-1.4 m/s			
1	5	Ryan Scott	Newham & Essex Beagles	10.37			186	☑	1	55	Mark Findlay	Newham & Essex Beagles	10.78		104	☑	
2	7	Deji Tobais (U20)	Windsor Slough Eton & Hounslow	10.48			164	☑	2	44	Elijah Winn	Enfield & Haringey	10.95		70	☑	
3	4	Hackeen Ogunyemi	Enfield & Haringey	10.50			160	☑	3	33	Carl Dickinson	City of Manchester	11.00		60	☑	
4	3	Andy Robertson	City of Manchester	10.54			152	☑	4	88	Daniel Davis	Woodford Green w Essex Ladies	11.05		50	☑	
5	1	Wade Bennett Jackson	Belgrave Harriers	10.61			138	☑	5	77	Alex Ojo	Windsor Slough Eton & Hounslow	11.19			☑	
6	6	Confidence Lawson	Shaftesbury Barnet Harriers	10.73			114	☑	6	22	Jermaine Downie	Birchfield Harriers	11.19			☑	
7	2	Julian Thomas	Birchfield Harriers	10.77			106	☑	7	11	Luke Giblin	Belgrave Harriers	11.22			☑	
8	8	Colin Wilson	Woodford Green w Essex Ladies	10.91			78	☑	8	66	Jerome Musa-Lawal	Shaftesbury Barnet Harriers	11.25			☑	
Men's 200m A				Wind=	-0.6 m/s				Men's 200m B				Wind=	-0.9 m/s			
1	5	Ryan Scott	Newham & Essex Beagles	21.23			152	☑	1	77	Deji Tobais (U20)	Windsor Slough Eton & Hounslow	21.65		110	☑	
2	3	Chris Craig	City of Manchester	21.43			132	☑	2	11	Set Osho	Belgrave Harriers	21.84		91	☑	
3	2	Julian Thomas	Birchfield Harriers	21.52			123	☑	3	66	Confidence Lawson	Shaftesbury Barnet Harriers	22.06		69	☑	
4	4	Elijah Winn	Enfield & Haringey	21.59			116	☑	4	44	John Simpson	Enfield & Haringey	22.09		66	☑	
5	7	Nigel Levine	Windsor Slough Eton & Hounslow	21.81			94	☑	5	22	Seb Tully-Middleton	Birchfield Harriers	22.15		60	☑	
6	8	Sam Watts	Woodford Green w Essex Ladies	21.84			91	☑	6	55	Harvey Byrne	Newham & Essex Beagles	22.21		53	☑	
7	1	Wade Bennett Jackson	Belgrave Harriers	22.11			64	☑	7	33	Debo Ademuyewo	City of Manchester	22.37			☑	
8	6	Stuart Benson	Shaftesbury Barnet Harriers	22.17			57	☑	8	88	Eugene Ayanful	Woodford Green w Essex Ladies	22.37			☑	
Men's 400m A									Men's 400m B								
1	7	Nigel Levine	Windsor Slough Eton & Hounslow	46.90			164	☑	1	88	Nathan Wake	Woodford Green w Essex Ladies	47.65		134	☑	
2	4	Darren Sinclair	Enfield & Haringey	46.92			163	☑	2	44	Aaron Trim	Enfield & Haringey	47.77		129	☑	
3	1	Set Osho	Belgrave Harriers	47.48			140	☑	3	77	Steve Johnson	Windsor Slough Eton & Hounslow	48.12		115	☑	
4	8	Nick Leavy	Woodford Green w Essex Ladies	47.63			134	☑	4	33	Patrick North	City of Manchester	48.45		102	☑	
5	3	Rhys Smith	City of Manchester	47.83			126	☑	5	55	Ben Higgins	Newham & Essex Beagles	48.65		94	☑	
6	2	Jordon McGrath	Birchfield Harriers	47.92			123	☑	6	11	Matt Threadgold	Belgrave Harriers	49.69		52	☑	
7	5	Mark Brown	Newham & Essex Beagles	48.11			115	☑	7	66	Matthew Webster	Shaftesbury Barnet Harriers	50.43			☑	
8	6	Hamiim Lubega	Shaftesbury Barnet Harriers	48.25			110	☑	8	22	Somto Eruchie	Birchfield Harriers	DQ				
Men's 800m A									Men's 800m B								
1	2	Mark Mitchel	Birchfield Harriers	01:51.60			80	☑	1	77	Rory Graham-Watson	Windsor Slough Eton & Hounslow	01:52.79		50	☑	
2	1	Paska Owor	Belgrave Harriers	01:51.71			77	☑	2	88	Chris Reynolds	Woodford Green w Essex Ladies	01:53.84			☑	
3	8	Kevin Kane	Woodford Green w Essex Ladies	01:52.78			50	☑	3	22	Adam Watt	Birchfield Harriers	01:53.99			☑	
4	3	Jack Hallas	City of Manchester	01:53.60				☑	4	11	John Blackledge	Belgrave Harriers	01:55.54			☑	
5	7	Alex Tovey	Windsor Slough Eton & Hounslow	01:53.93				☑	5	33	Dan Williams	City of Manchester	01:56.89			☑	
6	5	Nathan Riding	Newham & Essex Beagles	01:54.49				☑	6	66	Charles Gunning	Shaftesbury Barnet Harriers	01:59.50			☑	
7	4	Ibrahim Laanigui	Enfield & Haringey	01:55.79				☑	7	44	Dennis Healy	Enfield & Haringey	02:00.10				
8	6	Tadhg Grant	Shaftesbury Barnet Harriers	02:01.42					8	55	-	Newham & Essex Beagles	DNS				
Men's 1500m A									Men's 1500m B								
1	5	James Shane	Newham & Essex Beagles	03:48.74			102	☑	1	11	Nick Goulab	Belgrave Harriers	03:49.83		91	☑	
2	1	Paska Owor	Belgrave Harriers	03:49.40			95	☑	2	55	Moumin Geele	Newham & Essex Beagles	03:49.85		91	☑	
3	8	Kevin Kane	Woodford Green w Essex Ladies	03:50.36			86	☑	3	6	Richard Goodman	Shaftesbury Barnet Harriers	03:53.05		59	☑	
4	66	Ian Rawlinson	Shaftesbury Barnet Harriers	03:51.25			77	☑	4	88	Ron Sparke	Woodford Green w Essex Ladies	03:54.68			☑	
5	4	Robert Hidges	Enfield & Haringey	03:51.42			75	☑	5	44	Mark Sandford	Enfield & Haringey	03:56.48			☑	
6	3	James Bailey	City of Manchester	03:54.05				☑	6	77	Nick Lingley	Windsor Slough Eton & Hounslow	04:05.91			☑	
7	2	Ben Sherman	Birchfield Harriers	03:54.62				☑	7	22	Peter Whitehouse	Birchfield Harriers	04:06.32			☑	
8	7	Lee Reynolds	Windsor Slough Eton & Hounslow	04:00.18				☑	8	33	Colin Gell	City of Manchester	04:34.93				
Men's 3000m S/Chase A									Men's 3000m S/Chase B								
1	4	Ben Naggy	Enfield & Haringey	09:09.28			114	☑	1	5	Harun Abdi	Newham & Essex Beagles	09:21.74		83	☑	
2	3	James Bailey	City of Manchester	09:09.39			114	☑	2	44	Shaun Collins	Enfield & Haringey	09:27.12		69	☑	
3	55	Dave Mitchinson	Newham & Essex Beagles	09:14.97			100	☑	3	6	Jack Perry-Williams	Shaftesbury Barnet Harriers	09:56.41			☑	
4	66	Tommy Bryant	Shaftesbury Barnet Harriers	09:41.84				☑	4	8	Angus Holford	Woodford Green w Essex Ladies	10:21.58				
5	88	Gareth Lloyd	Woodford Green w Essex Ladies	10:05.57					5	11	David Mason	Belgrave Harriers	11:35.74				
6	1	Matthew Morgan	Belgrave Harriers	10:20.26					6	33	Colin Gell	City of Manchester	12:03.97				
7	7	Nathan Ditton	Windsor Slough Eton & Hounslow	10:21.88					7							X	
8	2	Nick Harvey	Birchfield Harriers	10:32.82					8								
Men's 3000m A									Men's 3000m B								
1	1	Dan Mulhare	Belgrave Harriers	08:06.97			846	☑	1	22	Biniam Ande	Birchfield Harriers	08:18.52		822	☑	
2	6	Tom Russell	Shaftesbury Barnet Harriers	08:11.41			837	☑	2	66	Niall Fleming	Shaftesbury Barnet Harriers	08:33.51		792	☑	
3	2	Jean Ndyasenga	Birchfield Harriers	08:16.45			827	☑	3	7	Owain Jones	Windsor Slough Eton & Hounslow	08:35.73		788	☑	
4	5	Sam Farrah	Newham & Essex Beagles	08:18.64			822	☑	4	11	James Fairbourne	Belgrave Harriers	08:42.79		774	☑	
5	77	Nathan White	Windsor Slough Eton & Hounslow	08:20.96			818	☑	5	88	Bertie Powell	Woodford Green w Essex Ladies	08:43.17		773	☑	
6	3	Dave Norman	City of Manchester	08:35.72			788	☑	6	55	Dave Mitchinson	Newham & Essex Beagles	09:00.62		738	☑	
7	8	Dan Augustus	Woodford Green w Essex Ladies	08:40.48			779	☑	7	44	John Scott	Enfield & Haringey	09:08.78		722	☑	
8	4	Paddy Hamilton	Enfield & Haringey	08:54.09			751	☑	8	33	Colin Gell	City of Manchester	10:00.52		618	☑	
Men's 400m Hurdles A									Men's 400m Hurdles B								
1	3	David Hughes	City of Manchester	50.35			196	☑	1	55	Tom Burton	Newham & Essex Beagles	51.46		168	☑	
2	5	Richard Davenport	Newham & Essex Beagles	50.71			187	☑	2	33	Chris Wakeford	City of Manchester	53.92		107	☑	
3	6	Tom Carey	Shaftesbury Barnet Harriers	52.74			136	☑	3	77	Andrew Clements	Windsor Slough Eton & Hounslow	54.29		97	☑	
4	4	Jon Lodowski	Enfield & Haringey	53.83			109	☑	4	88	Dan Bray	Woodford Green w Essex Ladies	54.69		87	☑	
5	8	Francis Smith	Woodford Green w Essex Ladies	54.07			103	☑	5	44	Zac Saucedo	Enfield & Haringey	55.87		58	☑	
6	2	Brad Yeind	Birchfield Harriers	54.54			91	☑	6	22	Brenton Hardware	Birchfield Harriers	57.26			☑	
7	7	Ashley Fry	Windsor Slough Eton & Hounslow	54.83			84	☑	7	11	Christian Roberts	Belgrave Harriers	58.88				
8	1	Richard Aspden	Belgrave Harriers	56.12			52	☑	8	66	Martin Bigg	Shaftesbury Barnet Harriers	64.19				



Premiership Match 1 - Barnet Copthall Stadium				Perf	Record	Wind	UKA	AW	5 June 2010				Perf	Wind	UKA	AW	
Men's 110m Hurdles A				Wind=	-1.7 m/s				Men's 110m Hurdles B				Wind=	-1.1 m/s			
1	5	Alex Al-Ameen	Newham & Essex Beagles	14.24			151	☑	1	55	Suote Nyananya	Newham & Essex Beagles	14.86			89	☑
2	8	Daniel Davies	Woodford Green w Essex Ladies	14.25			150	☑	2	88	Francis Smith	Woodford Green w Essex Ladies	15.03			72	☑
3	6	Julian Adeniran	Shaftesbury Barnet Harriers	14.61			114	☑	3	44	Zac Saucedo	Enfield & Haringey	15.84				☑
4	7	Ben Reynolds	Windsor Slough Eton & Hounslow	14.96			78	☑	4	66	Curtess Samuels	Shaftesbury Barnet Harriers	16.48				
5	3	Chris Wakeford	City of Manchester	15.28				☑	5	11	Richard Aspden	Belgrave Harriers	18.12				
6	4	Robert Henry	Enfield & Haringey	15.82				☑	6	33	Matt Cullen	City of Manchester	18.53				
7	1	Joe Evling White	Belgrave Harriers	17.60					7								
8									8								
Men's Hammer A									Men's Hammer B								
1	33	Alex Smith	City of Manchester	70.93			199	☑	1	88	Andy Frost	Woodford Green w Essex Ladies	67.69			183	☑
2	8	Mark Dry	Woodford Green w Essex Ladies	70.85			199	☑	2	3	Mike Floyd	City of Manchester	67.28			181	☑
3	1	Mick Jones	Belgrave Harriers	70.36			196	☑	3	5	Simon Bown	Newham & Essex Beagles	65.78			173	☑
4	55	Amir Williamson	Newham & Essex Beagles	69.37			191	☑	4	2	Peter Smith	Birchfield Harriers	64.20			166	☑
5	22	James Bedford	Birchfield Harriers	66.94			179	☑	5	11	Matthew Richards	Belgrave Harriers	57.14			130	☑
6	7	Alex Warner	Windsor Slough Eton & Hounslow	60.94			149	☑	6	66	Alistair Willimaosn	Shaftesbury Barnet Harriers	56.46			127	☑
7	6	Chris Bennett	Shaftesbury Barnet Harriers	59.47			142	☑	7	44	Carl Saggars	Enfield & Haringey	54.87			119	☑
8	4	Sam Coe	Enfield & Haringey	58.27			136	☑	8	77	Micki Finn	Windsor Slough Eton & Hounslow	53.20			111	☑
Men's Discus A									Men's Discus B								
1	2	Brett Morse	Birchfield Harriers	59.19			199	☑	1	66	Angus McInroy	Shaftesbury Barnet Harriers	53.99			162	☑
2	8	Emeka Udechuku	Woodford Green w Essex Ladies	57.34			186	☑	2	4	Matthew Brown	Enfield & Haringey	53.67			160	☑
3	6	Chris Scott	Shaftesbury Barnet Harriers	54.93			169	☑	3	88	Tom Norman	Woodford Green w Essex Ladies	52.71			153	☑
4	44	Leslie Richards	Enfield & Haringey	54.44			166	☑	4	22	Sam Herrington	Birchfield Harriers	50.17			136	☑
5	33	Scot Thompson	City of Manchester	53.66			160	☑	5	11	Leith Marar	Belgrave Harriers	48.63			125	☑
6	5	Simon Cooke	Newham & Essex Beagles	51.31			144	☑	6	3	Marcus Gouldbourne	City of Manchester	45.81			105	☑
7	1	Mark Wiseman	Belgrave Harriers	51.24			143	☑	7	55	Nick Webb	Newham & Essex Beagles	45.72			105	☑
8	7	Steve Watson (U20)	Windsor Slough Eton & Hounslow	47.50			117	☑	8	77	Ryan Barrett (U20)	Windsor Slough Eton & Hounslow	39.31			60	☑
Men's Javelin A									Men's Javelin B								
1	7	Dan Pembroke (U20)	Windsor Slough Eton & Hounslow	70.04			162	☑	1	88	Simon Bennett	Woodford Green w Essex Ladies	60.12			100	☑
2	3	Matt Hunt	City of Manchester	66.84			142	☑	2	33	Stephen Porter	City of Manchester	59.13			94	☑
3	4	Bonnie Buwembo	Enfield & Haringey	65.79			136	☑	3	44	Anthony Lovett	Enfield & Haringey	56.83			80	☑
4	8	Stuart Harvey	Woodford Green w Essex Ladies	62.90			118	☑	4	11	Wes Smith	Belgrave Harriers	54.54			65	☑
5	66	Matthew Stoker	Shaftesbury Barnet Harriers	60.45			102	☑	5	77	Andrew Clements	Windsor Slough Eton & Hounslow	46.68				
6	1	James Everard	Belgrave Harriers	60.23			101	☑	6	6	Gregor Maclean	Shaftesbury Barnet Harriers	44.66				
7	2	Nathan Morgan	Birchfield Harriers	47.11					7	55	Amir Williamson	Newham & Essex Beagles	31.10				
8	5	Richard Hurren	Newham & Essex Beagles	38.68					8	22	Leigh Smith	Birchfield Harriers	6.57				
Men's Shot Putt A									Men's Shot Putt B								
1	3	Rimas Martisauslas	City of Manchester	17.98			174	☑	1	88	Emeka Udechuku	Woodford Green w Essex Ladies	16.87			146	☑
2	8	Carl Fletcher	Woodford Green w Essex Ladies	17.14			153	☑	2	33	Scot Thompson	City of Manchester	15.68			117	☑
3	44	Leslie Richards	Enfield & Haringey	16.89			147	☑	3	22	Brett Morse	Birchfield Harriers	15.01			100	☑
4	2	Ryan Spencer-Jones	Birchfield Harriers	16.78			144	☑	4	11	Mark Allen	Belgrave Harriers	13.84			71	☑
5	6	Sam Westlake-Cann	Shaftesbury Barnet Harriers	16.13			128	☑	5	5	Matthew Baptiste	Newham & Essex Beagles	12.90				
6	55	Nick Webb	Newham & Essex Beagles	14.75			93	☑	6	66	Anthony Solla-Bell	Shaftesbury Barnet Harriers	12.37				
7	1	Mark Wiseman	Belgrave Harriers	14.31			82	☑	7	4	Matthew Brown	Enfield & Haringey	12.17				
8	77	Steve Watson (U20)	Windsor Slough Eton & Hounslow	11.43					8	7	Alex Warner	Windsor Slough Eton & Hounslow	6.94				
Men's Long Jump A									Men's Long Jump B								
1	2	Nathan Morgan	Birchfield Harriers	7.69		+1.0	173	☑	1	22	Leigh Smith	Birchfield Harriers	7.27	+1.7	121	☑	
2	55	JJ Jegede	Newham & Essex Beagles	7.64		+1.9	167	☑	2	5	Nick Thomas	Newham & Essex Beagles	7.08	+1.4	97	☑	
3	7	Mark Holloway	Windsor Slough Eton & Hounslow	7.29		+1.3	123	☑	3	77	Alan Kennedy	Windsor Slough Eton & Hounslow	6.93	+0.5	78	☑	
4	3	Steve Small	City of Manchester	7.21		+1.5	113	☑	4	66	Nonso Okolo	Shaftesbury Barnet Harriers	6.70	+1.0	49	☑	
5	8	Tosin Oke	Woodford Green w Essex Ladies	7.10		+1.4	99	☑	5	88	Jamie Wright	Woodford Green w Essex Ladies	6.58	+2.3		☑	
6	6	John Carr	Shaftesbury Barnet Harriers	7.04		+1.5	92	☑	6	33	Jacob Brown	City of Manchester	6.54	-0.1		☑	
7	1	Gary Wilson	Belgrave Harriers	6.89		+0.3	73	☑	7	4	Romain Wallcott	Enfield & Haringey	6.28	+0.2			
8	44	Omari Barton-Ellington	Enfield & Haringey	6.49		+0.3			8	11	David Wellstead	Belgrave Harriers	6.10	+0.3			
Men's Triple Jump A									Men's Triple Jump B								
1	8	Tosin Oke	Woodford Green w Essex Ladies	17.05	LR	+0.8	241	☑	1	88	Sayo Ojo	Woodford Green w Essex Ladies	14.66	-0.8	108	☑	
2	66	Nathan Fox	Shaftesbury Barnet Harriers	14.92		+0.8	123	☑	2	22	Konrad Katarzynski	Birchfield Harriers	13.69	-1.4	55	☑	
3	5	Nick Thomas	Newham & Essex Beagles	14.92		-0.3	123	☑	3	6	Daniel Lewis	Shaftesbury Barnet Harriers	13.26	-1.2		☑	
4	2	Michael McKernan	Birchfield Harriers	14.32		-1.4	90	☑	4	33	Brian Hall	City of Manchester	12.59	+0.4			
5	77	Alan Kennedy	Windsor Slough Eton & Hounslow	14.29		+0.2	88	☑	5	11	James Everard	Belgrave Harriers	12.42	-1.0			
6	1	David Wellstead	Belgrave Harriers	14.21		-1.3	83	☑	6	4	Leo Lundgren	Enfield & Haringey	12.35	-0.9			
7	3	Ricardo Twumasi	City of Manchester	13.75		-0.2	58	☑	7								
8	44	David James	Enfield & Haringey	13.37		-1.4		☑	8								
Men's High Jump A									Men's High Jump B								
1	8	Robert Wolski	Woodford Green w Essex Ladies	2.23			205	☑	1	55	Matt Roberts	Newham & Essex Beagles	2.20			190	☑
2=	4	Adam Scarr	Enfield & Haringey	2.20			190	☑	2	88	Martin Lloyd	Woodford Green w Essex Ladies	2.15			165	☑
2=	5	Robbie Grabarz	Newham & Essex Beagles	2.20			190	☑	3	44	Chris Baker	Enfield & Haringey	2.05			115	☑
4	2	Phinious Stewart	Birchfield Harriers	2.10			140	☑	4	22	Jite Okara	Birchfield Harriers	2.00			90	☑
5	3	Brian Hall	City of Manchester	2.10			140	☑	5	77	Cameron Lake	Windsor Slough Eton & Hounslow	2.00			90	☑
6	7	Alan McKie	Windsor Slough Eton & Hounslow	2.10			140	☑	6	6	Gregor Maclean	Shaftesbury Barnet Harriers	1.95			65	☑
7	1	Tom Gardner	Belgrave Harriers	2.00			90	☑	7	11	James Everard	Belgrave Harriers	1.80				
8	66	Darryl Stone	Shaftesbury Barnet Harriers	2.00			90	☑	8	33	Matt Cullen	City of Manchester	1.65				



Premiership Match 1 - Barnet Cophall Stadium				Perf	Record	Wind	UKA	AW	5 June 2010				Perf	Wind	UKA	AW	
Men's Pole Vault A								Men's Pole Vault B									
1	55	Max Eaves	Newham & Essex Beagles	5.10			160	<input checked="" type="checkbox"/>	1	22	Cameron Walker-Shepherd	Birchfield Harriers	4.60			110	<input checked="" type="checkbox"/>
2	88	Alasdair Strange	Woodford Green w Essex Ladies	5.00			150	<input checked="" type="checkbox"/>	2	66	Douglas Curwen-Reed	Shaftesbury Barnet Harriers	4.60			110	<input checked="" type="checkbox"/>
3	2	Andrew Marsh	Birchfield Harriers	5.00			150	<input checked="" type="checkbox"/>	3	8	Christian North	Woodford Green w Essex Ladies	4.60			110	<input checked="" type="checkbox"/>
4=	4	Rhys Searles	Enfield & Haringey	4.80			130	<input checked="" type="checkbox"/>	4	44	Mark Johnson	Enfield & Haringey	4.40			90	<input checked="" type="checkbox"/>
4=	3	Andy Sutcliffe	City of Manchester	4.80			130	<input checked="" type="checkbox"/>	5	33	Matt Cullen	City of Manchester	4.20			70	<input checked="" type="checkbox"/>
6	6	Gregor Maclean	Shaftesbury Barnet Harriers	4.60			110	<input checked="" type="checkbox"/>	6	77	Steve Walker	Windsor Slough Eton & Hounslow	4.00			50	<input checked="" type="checkbox"/>
7	7	Steve McLennan	Windsor Slough Eton & Hounslow	4.40			90	<input checked="" type="checkbox"/>									

Men's 4x100m Relay

1	2	Birchfield Harriers	Ryan Farrington	Julian Thomas	Ederin Okara	Jermaine Downie	41.36	<input checked="" type="checkbox"/>
2	7	Windsor Slough Eton & Deji Tobais (U20)	Alex Ojo	Alex Ojo	Nigel Levine	Steve Johnson	41.36	<input checked="" type="checkbox"/>
3	8	Woodford Green w Esse Colin Wilson	Daniel Davis	Daniel Davis	Jamie Wright	Eugene Ayanful	41.82	<input checked="" type="checkbox"/>
4	5	Newham & Essex Beagle Max Eaves	Chris Tomlinson	Chris Tomlinson	Harvey Byrne	Ryan Scott	41.84	<input checked="" type="checkbox"/>
5	3	City of Manchester Carl Dickinson	Andy Robertson	Andy Robertson	Chris Craig	Debo Ademuyewo	42.29	<input checked="" type="checkbox"/>
6	6	Shaftesbury Barnet Harri Justin Geohagen	John Carr	John Carr	Stuart Benson	Confidence Lawson	42.37	<input checked="" type="checkbox"/>
7	1	Belgrave Harriers Matt Threadgold	Richard Aspden	Richard Aspden	Joe Evling White	Set Osho	44.94	
8	4	Enfield & Haringey Mark Hanson	Elijah Winn	Elijah Winn	David Telfer James	Akeem Ogenyemi	DQ	

Men's 4x400m Relay

1	2	Birchfield Harriers	Seb Tully-Middleton	Somto Eruchie	Jordon McGrath	Luke Lennon-Ford	03:10.84	<input checked="" type="checkbox"/>
2	5	Newham & Essex Beagle Tom Burton	Mark Brown	Mark Brown	Ben Higgins	Richard Davenport	03:11.06	<input checked="" type="checkbox"/>
3	8	Woodford Green w Esse Chris Reynolds	Daniel Awde	Daniel Awde	Paul Scanlon	Nick Leavy	03:11.89	<input checked="" type="checkbox"/>
4	7	Windsor Slough Eton & Steve Johnson	Josh Moss	Josh Moss	Andrew Clements	Nigel Levine	03:16.84	<input checked="" type="checkbox"/>
5	4	Enfield & Haringey John Simpson	Darren St Clair	Darren St Clair	Adam Daish	John Lodowski	03:17.11	<input checked="" type="checkbox"/>
6	3	City of Manchester Patrick North	Andy Robertson	Andy Robertson	Debo Ademuyewo	Rhys Smith	03:21.67	<input checked="" type="checkbox"/>
7	1	Belgrave Harriers Matt Threadgold	Richard Aspden	Richard Aspden	Nick Goulab	Paska Owor	DQ	
8	6	Shaftesbury Barnet Harri Matthew Webster	Charles Gunning	Charles Gunning	Phil Octave	Hamiim Lubega	DQ	

MATCH RESULT	League Points	Match
1 Woodford Green w Essex Ladies	8	348.0
2 Newham & Essex Beagles	7	322.0
3 Birchfield Harriers	6	278.0
4 City of Manchester	5	277.0
5 Enfield & Haringey	4	258.0
6 Windsor Slough Eton & Hounslow	2.5	240.0
6 Shaftesbury Barnet H	2.5	240.0
8 Belgrave Harriers	1	209.0

STANDINGS	League Points	Match
1 Woodford Green w Essex Ladies	8	348.0
2 Newham & Essex Beagles	7	322.0
3 Birchfield Harriers	6	278.0
4 City of Manchester	5	277.0
5 Enfield & Haringey	4	258.0
6 Windsor Slough Eton & Hounslow	2.5	240.0
6 Shaftesbury Barnet H	2.5	240.0
8 Belgrave Harriers	1	209.0

MAN OF THE MATCH: Tosin Oke, Woodford Green w Essex Ladies, 17.05m LR

Men's 100m Non Scoring

Wind = 0.3 m/s

1	154	Halkeen Ogunyemi	Enfield & Haringey	10.69	122
2	6	Justin Geohagen	Shaftesbury Barnet H	10.83	94
3	4	Mark Hanson	Enfield & Haringey	10.90	80
4	155	Davey Telfer	Enfield & Haringey	11.03	54
5	8	Stephen Emerze	Woodford Green w EL	11.09	
6	2	Ryan Farrington	Birchfield	11.11	
7	22	Corin Henry	Birchfield	11.14	
8	66	Negai Ossai	Shaftesbury Barnet H	11.27	
9	149	Andrew Mensah	Shaftesbury Barnet H	11.29	

Men's Javelin (Guest)

152	James Campbell	Cheltenham	70.41
-----	----------------	------------	-------

Men's High Jump (Guest)

	Simon Phelon		2.00
--	--------------	--	------