

## "A" EVENT

### 100 Metres

	Athlete	Club	performance
1st	L.YEARWOOD	SBH	10.63
2nd	D.TELFER	E & H	10.76
3rd	D.DOYLEY	B & B	10.91
4th	F.KHAN	WSEH	10.95
5th	E.AYANFULL	HAVINGING	11.09
6th	D.DOWMAN	HARROW	11.27
7th	M.ASBULU	H.P.	11.41
8th	T.CARTER	WG/EL	11.49

### 200 Metres

	Athlete	Club	performance
1st	L.FAGAN	E & H	21.60
2nd	L.FREEMANTLE	WSEH	22.29
3rd	J.THOMAS-LINDOR	B & B	22.37
4th	A.DAISH	H.P.	22.39
5th	L.ROUALT	HARROW	22.45
6th	E.AYANFULL	HAVINGING	22.53
7th	A.HARRIS	SBH	22.81
8th	D.MULIINS	WG/EL	23.54

### 400 Metres

	Athlete	Club	performance
1st	A.DAISH	H.P.	48.98
2nd	A.TRIM	E & H	49.71
3rd	D.PARSONS	B & B	50.51
4th	M.LEADBITTER	SBH	50.85
5th	H.MEHTA	HARROW	51.23
6th	C.JOHNSON	WSEH	52.64
7th	J.DOUSE	WG/EL	55.66
8th			

### 800 Metres

	Athlete	Club	performance
1st	D.GOODMAN	HARROW	1.58.2
2nd	R.MULLWTT	E & H	1.58.14
3rd	I.MAY	WSEH	1.58.80
4th	J.POOLE	B & B	1.58.83
5th	H.JAMA	SBH	1.59.52
6th	A.REECE	HAVINGING	2.00.99
7th	S.POULTON	H.P.	2.01.85
8th	T.PHILLIPS	WG/EL	2.01.95

### 1500 Metres

	Athlete	Club	performance
1st	A.REECE	HAVINGING	4.07.73
2nd	D.RUSSEL	SBH	4.08.96
3rd	A.TOVEY	WSEH	4.11.41
4th	D.BREWER	B & B	4.14.84
5th	C.BERG	WG/EL	4.15.08
6th	S.RYAN	HARROW	4.16.65
7th	J.GRAY	E & H	4.18.61
8th	S.BRITTEN	H.P.	4.34.97

### 3000 Metres

	Athlete	Club	performance
1st	N.WHITE	WSEH	8.56.43

## "B" EVENT

	Athlete	Club	performance
1st	L.FREEMANTLE	WSEH	10.95
2nd	J.ALAKA	B & B	10.98
3rd	J.GEOHAGAN	SBH	11.04
4th	A.LAIDLEY	E & H	11.24
5th	G.SARPONG	WG/EL	11.27
6th	D.FORBES	HARROW	11.27
7th	A.DAISH	H.P.	13.34
8th			

	Athlete	Club	performance
1st	C.MEIKLE	E & H	22.20
2nd	K.ALAKA	B & B	22.20
3rd	J.WARNER	SBH	22.89
4th	L.JAMES-LIONEL	WSEH	22.91
5th	M.AJIBULL	H.P.	23.58
6th	C.VICKERY	WG/EL	24.22
7th			
8th			

	Athlete	Club	performance
1st	R.GOW	H.P.	51.38
2nd	J.PEDEN	E & H	51.72
3rd	P.ROCHESTER	B & B	51.85
4th	W.HOOTON	SBH	51.97
5th	J.BENNIS	E & H	53.06
6th	G.HIGGINS	WSEH	53.39
7th	A.MURRAY	WG/EL	54.12
8th			

	Athlete	Club	performance
1st	S.PAINE	SBH	1.58.75
2nd	S.SMITH	H.P.	2.01.50
3rd	D.ZEILENIEWSKI	E & H	2.01.74
4th	R.DANIEL	B & B	2.02.12
5th	O.MANSOUR	WG/EL	2.02.41
6th	C.TOWLER	HARROW	2.02.77
7th	L.TURTON	WSEH	2.06.21
8th			

	Athlete	Club	performance
1st	R.DANIEL	B & B	4.16.58
2nd	M.STICKBURY	SBH	4.18.49
3rd	S.COLLINS	E & H	4.20.31
4th	M.HAMILTON	HARROW	4.33.96
5th	R.TARPEY	H.P.	4.37.59
6th	S.FRANKS	WSEH	4.57.85
7th			
8th			

	Athlete	Club	performance
1st	J.PARSLOW	SBH	9.13.9

2nd	S.COLLINS	E & H	8.59.46	2nd	S.ELLERBY	E & H	9.29.76
3rd	D.EASTER	SBH	9.08.06	3rd	J.FERRETT	WSEH	9.32.08
4th	C.SCOTT	HARROW	9.08.35	4th	W.QUICK	HARROW	9.40.24
5th	B.REYNOLDS	H.P.	9.14.62	5th	A.CLIFF	B & B	9.56.95
6th	A.CONWAY	B & B	9.16.47	6th	P.TOWNSEND	H.P.	10.33.16
7th	M.ASSAM	WG/EL	10.25.69	7th			
8th				8th			

### 110 Metre Hurdles

	Athlete	Club	performance		Athlete	Club	performance
1st	J.TENNY	SBH	15.44	1st	M.HOLDEN	H.P.	16.08
2nd	M.FIELD	WSEH	15.52	2nd	C.BALFOUR	E & H	16.58
3rd	S.HEMMINGS	B & B	15.65	3rd	R.RECORD	WSEH	16.72
4th	Z.SAUCEDE	E & H	15.82	4th	M.SHOKER	B & B	16.81
5th	K.AFRIFA	HARROW	15.84	5th	A.CARTER	HARROW	23.1
6th	P.BARRET	H.P.	15.89	6th			
7th	A.WILLIAMS	HAVINGING	16.01	7th			
8th				8th			

### 400 Metre Hurdles

	Athlete	Club	performance		Athlete	Club	performance
1st	A.HOWELL	HARROW	52.91	1st	K.EDWARDS	WSEH	59.05
2nd	D.RUSSELL	SBH	56.90	2nd	C.PURDUE	SBH	60.54
3rd	A.AL-AMEEN	B & B	57.12	3rd	A.CARTER	HARROW	60.78
4th	R.McAVOY	WSEH	57.45	4th	M.SHOKER	B & B	60.95
5th	P.BARRET	H.P.	57.85	5th	J.BINNS	E & H	64.21
6th	Z.SAUCEDE	E & H	58.70	6th			
7th	M.ABBAI	WG/EL	72.85	7th			
8th				8th			

### 2000m Steeplechase

	Athlete	Club	performance		Athlete	Club	performance
1st	J.PEPPER	E & H	5.55.92	1st	R.SAMBROOK	SBH	6.51.89
2nd	G.GLANCY	WSEH	6.10.06	2nd	S.SIMPSON	B & B	7.00.60
3rd	M.GRANT	SBH	6.23.05	3rd	S.FRANKS	WSEH	7.22.19
4th	A.LITTLEWOOD	B & B	6.40.85	4th	L.DISNEY	E & H	7.25.58
5th	T.LEWIS	HARROW	7.00.35	5th	S.BRITTEN	H.P.	8.03.82
6th	R.TARPEY	H.P.	7.34.42	6th			
7th				7th			
8th				8th			

### 4x100 Metres Relay

	Club	performance
1st	E & H	41.85
2nd	SBH	42.13
3rd	B & B	42.77
4th	HARROW	43.55
5th	H.P.	44.06
6th	WG/EL	44.78
7th		
8th		

### 4x400 Metres Relay

	Club	performance
1st	H.P.	3.25.72
2nd	SBH	3.27.05
3rd	B & B	3.28.51
4th	WSEH	3.30.19
5th	HARROW	3.30.58
6th	E & H	3.31.32
7th	WG/EL	3.33.20
8th		

## "A" EVENT

### HAMMER

	Athlete	Club	performance
1st	C.BENNETT	SBH	53.12
2nd	R.AL-AMEEN	B & B	50.76
3rd	J.NOOKS	E & H	49.89
4th	J.FORDE	HM	44.78
5th	L.EDWARDS	HARROW	40.14
6th	D.MELUISH	WSEH	39.09
7th	B.MASON	WG/EL	25.44
8th	A.LEDSAM	HP	19.21

### DISCUS

	Athlete	Club	performance
1st	A.McINROY	SBH	43.91
2nd	B.MASON	WG/EL	41.47
3rd	M.TOWNSEND	WSEH	41.17
4th	J.CAPPER	E & H	41.15
5th	L.EDWARDS	HARROW	35.96
6th	C.NEWTON	HM	30.75
7th	P.BARRETT	HP	29.90
8th	J.STOCKTON	B & B	28.24

### SHOT

	Athlete	Club	performance
1st	A.McINROY	SBH	13.95
2nd	M.WILLIAMS	B & B	13.84
3rd	B.MASON	WG/EL	13.53
4th	J.CAPPER	E & H	13.20
5th	J.CHAPMAN	HARROW	12.38
6th	M.TOWNSEND	WSEH	11.15
7th	J.FORDE	HM	10.41
8th	M.AJIBULU	HP	7.51

### JAVELIN

	Athlete	Club	performance
1st	S.HARVEY	B & B	59.58
2nd	A.HARRIS	SBH	52.18
3rd	A.LEDSAM	HP	44.61
4th	G.FERRAR	E & H	44.45
5th	J.BODDINGTON	WG/EL	44.20
6th	A.SCHEY	HARROW	38.10
7th	C.NEWTON	HM	27.33
8th	D.CRAMB	WSEH	20.42

### POLE VAULT

	Athlete	Club	performance
1st	S.BARTLETT	SBH	3.95
2nd	I.SMART	HARROW	3.95
3rd	S.WALKER	WSEH	3.80
4th	S.SMART	E & H	3.65
5th	P.BARRETT	HP	3.20
6th	R.EVANS	B & B	2.60
7th			
8th			

### HIGH JUMP

	Athlete	Club	performance
1st	J. LUCK	E & H	1.95

## "B" EVENT

	Athlete	Club	performance
1st	J.STOCKTON	B & B	49.53
2nd	D.FARENDEN	E & H	38.58
3rd	J.CHAPMAN	HARROW	38.58
4th	D.CRAMB	WSEH	36.57
5th	A.McINROY	SBH	32.75
6th	C.NEWTON	HM	22.26
7th	L.LOVELOCK-JEMMOT	WG/EL	21.88
8th	RICHARD TARPEY	HP	5.96

	Athlete	Club	performance
1st	C.LINGUE	WG/EL	39.10
2nd	D.TWISS	SBH	35.04
3rd	T.NOOKS	E & H	34.05
4th	J.CHAPMAN	HARROW	33.25
5th	D.CRAMB	WSEH	22.66
6th	R.AL-AMENN	B & B	22.24
7th	N.DEAN	HP	20.71
8th			

	Athlete	Club	performance
1st	M.OKOIGAN	SBH	12.61
2nd	T.BULL	HARROW	12.19
3rd	O.AGBAREH	E & H	12.16
4th	D.SMALL	WSEH	11.00
5th	C.LINGUE	WG/EL	10.67
6th	C.NEWTON	HM	8.82
7th	B.REYNOLDS	HP	4.16
8th			

	Athlete	Club	performance
1st	M.STOKER	SBH	44.45
2nd	S.MONTANARI	E & H	41.01
3rd	L.LOVELOCK-JEMMOT	WG/EL	38.34
4th	C.BARRETT	HARROW	35.25
5th	N.DEAN	HP	33.96
6th	D.MELUISH	WSEH	18.05
7th	R.D'ANGELO	B & B	12.81
8th			

	Athlete	Club	performance
1st	R.HUBBER	SBH	3.65
2nd	J.BRANDON	E & H	3.35
3rd	D.TARRANT	HARROW	3.20
4th	I.GRIERSON	WSEH	2.90
5th	A.STOCKDALE	B & B	2.45
6th			
7th			
8th			

	Athlete	Club	performance
1st	C.LAKE	WSEH	1.90

2nd	A.KINNEAR	SBH	1.95	2nd	F.PRATT	SBH	1.85
3rd	L.ELY	HP	1.90	3rd	L.PIRIE	HP	1.80
4th	G.COLE	WSEH	1.90	4th	M.KANUNI	E & H	1.75
5th	S.HEMMINGS	B & B	1.85	5th	H.MEHTA	HARROW	1.70
6th	L.CHANG	HARROW	1.85	6th	A.REECE	HM	1.70
7th	A.WILLIAMS	WG/EL	1.70	7th	D.WILLIS	B & B	1.70
8th				8th			

### LONG JUMP

	Athlete	Club	performance		Athlete	Club	performance
1st	J.CARR	SBH	6.97	1st	N.OKOLO	SBH	6.88
2nd	L.THOMAS	E & H	6.88	2nd	J.THOMAS-LINDOR	B & B	6.73
3rd	A.HARRIS	B & B	6.77	3rd	T.BOATSWAIN	E & H	6.39
4th	T.CARTER	WG/EL	6.50	4th	E.OKPOKIRI	WG/EL	5.81
5th	A.ODIROBI	HARROW	6.28	5th	A.REECE	HM	5.20
6th	M.HOLDEN	HP	6.19	6th	S.BRITTEN	HP	4.43
7th	A.WILLIAMS	HM	5.95	7th			
8th	G.COLE	WSEH	5.89	8th			

### TRIPLE JUMP

	Athlete	Club	performance		Athlete	Club	performance
1st	J.BEIMERS	SBH	14.90	1st	M.OKOIGAN	SBH	14.30
2nd	S.WYNTER	E & H	14.32	2nd	L.AKIN	HARROW	12.85
3rd	T.CARTER	WG/EL	13.58	3rd	E.OKPOKIRI	WG/EL	12.70
4th	K.ABANTE	HARROW	13.25	4th	C.EKUNBAY	E & H	12.66
5th	M.MORRISON	B & B	12.67	5th	A.LEDSON	HP	11.36
6th	A.WILLIAMS	HM	12.55	6th	D.WILLIS	B & B	11.23
7th	L.PIRIE	HP	12.01	7th			
8th				8th			

## "A" EVENT

### 100 Metres

	Athlete	Club	performance
1st	T.DORSET	E & H	12.08
2nd	C.NONYE	WSEH	12.19
3rd	A.GODSELL	B & B	12.22
4th	P.SHAKES-DRAYTON	SBH	12.28
5th	L.WAKE	HP	12.64
6th	E.McGEEHAN	HARROW	13.09
7th	L.SCHOFIELD	HM	13.57
8th	L.GUSTAVE	WG/EL	14.04

### 200 Metres

	Athlete	Club	performance
1st	R.WATSON	E & H	24.47
2nd	C.MONYE	WSEH	24.62
3rd	P.SHAKES-DRAYTON	SBH	24.89
4th	L.WAKE	HP	25.20
5th	A.GODSELL	B & B	25.54
6th	F.CALDER	HM	26.17
7th	R.MILLER	HARROW	26.90
8th	M.OGUNTULA	WG/EL	27.64

### 400 Metres

	Athlete	Club	performance
1st	R.SYROCKI	B & B	58.43
2nd	J.SPARKE	WG/EL	58.71
3rd	E.SMITH	E & H	59.24
4th	C.JAGGARD	HP	59.68
5th	R.DAVIES	HARROW	60.29
6th	L.CLARKE	HM	60.42
7th	C.HOPKINS	WSEH	62.31
8th	C.MILES	SBH	62.70

### 800 Metres

	Athlete	Club	performance
1st	M.REED	WSEH	2.15.84
2nd	A.SHARROCK	E & H	2.16.73
3rd	L.FAIRWEATHER	HARROW	2.18.21
4th	H.SHELLEY	SBH	2.20.69
5th	K.FOY	WG/EL	2.21.68
6th	R.TAYLOR	B & B	2.23.09
7th	M.FOLEY	HM	2.23.71
8th	C.DAVIES	HP	2.25.54

### 1500 Metres

	Athlete	Club	performance
1st	K.RICHARDSON	HM	4.54.26
2nd	M.BENNINGTON	WSEH	4.57.43
3rd	L.LATTIMORE	HARROW	4.58.14
4th	H.BROWN	E & H	5.01.32
5th	R.TAYLOR	B & B	5.02.89
6th	S.PROFFITT	SBH	5.06.83
7th	C.DAVIES	HP	5.13.20
8th	J.DOCKING	WG/EL	5.51.50

### 3000 Metres

	Athlete	Club	performance
1st	K.SPARKE	WG/EL	10.14.43

## "B" EVENT

	Athlete	Club	performance
1st	C.ROBINSON	E & H	12.26
2nd	A.SHAND-WHITTINGHAM	B & B	12.46
3rd	N.MORDI	SBH	12.55
4th	H.FRANKSON	WG/EL	12.62
5th	F.CALDER	HM	12.84
6th	K.FAIRWEATHER	HARROW	12.85
7th	C.HOPKINS	WSEH	13.22
8th	N.BUROWS	HP	13.45

	Athlete	Club	performance
1st	R.TELFER	E & H	25.60
2nd	A.SHAND-WHITTINGHAM	B & B	25.60
3rd	C.JAGGARD	HP	25.97
4th	K.FAIRWEATHER	HARROW	26.13
5th	L.BETTS-BUCKE	WSEH	26.15
6th	A.LAMBDEN	SBH	27.35
7th	M.WHISTON	WG/EL	28.17
8th	H.ROCHE	HM	29.08

	Athlete	Club	performance
1st	C.COOPER	B & B	60.18
2nd	D.BAKRE	E & H	62.75
3rd	C.FLOWERS	HARROW	63.12
4th	T.GRAY	WG/EL	63.67
5th	R.DELIVETT	HM	63.70
6th	H.KRUSE	HP	65.33
7th	D.PURVIS	SBH	65.82
8th	A.FUDGE	WSEH	66.18

	Athlete	Club	performance
1st	H.ROCHE	HM	2.23.10
2nd	E.FISHER	B & B	2.25.27
3rd	K.TRIMBLE	E & H	2.27.05
4th	A.FOX	WSEH	2.28.29
5th	L.WHITEHEAD	HP	2.31.10
6th	M.BOVINGDON	SBH	2.39.35
7th	H.HAMILTON	HARROW	2.46.80
8th	L.SHORTLAND	WG/EL	3.22.87

	Athlete	Club	performance
1st	H.STIBBS	HM	4.57.48
2nd	E.FISHER	B & B	5.05.41
3rd	L.WHITEHEAD	HP	5.22.88
4th	L.FULLER	WSEH	5.37.71
5th	K.ALCOCK	SBH	5.38.10
6th	S.WALSH	E & H	5.45.50
7th	S.BROWN	HARROW	6.01.52

	Athlete	Club	performance
1st	M.FOLEY	HM	11.16.43

2nd	B.PROCTOR	B & B	10.16.72	2nd	E.LAYTON	SBH	11.48.34
3rd	A.BAILEY	SBH	10.46.37	3rd	S.COOMBS	B & B	11.56.71
4th	R.MATSON	HM	10.57.51	4th	A.CONCANNON	HARROW	13.36.76
5th	S.BROWN	HARROW	11.15.74	5th	L.SAMS	WSEH	14.11.96
6th	L.TOROK	WSEH	12.19.03	6th			
7th	S.BURDETT	E & H	13.51.88	7th			
8th				8th			

### 100 Metre Hurdles

	Athlete	Club	performance		Athlete	Club	performance
1st	P.SHAKES-DRAYTON	SBH	14.78	1st	J.HECKFORD	WSEH	14.98
2nd	C.VAN WULVEN	HM	15.12	2nd	N.MORDI	SBH	15.46
3rd	N.FARMAN	HP	16.51	3rd	J.HICKS	E & H	15.92
4th	K.MURRAY	B & B	16.96	4th	K.JAMES	HARROW	17.34
5th	M.REED	WSEH	17.46	5th	H.RAMOS-GONZALES	WG/EL	17.58
6th	K.McINTOSH	WG/EL	18.56	6th	N.BURROWS	HP	18.19
7th	C.TABONY	HARROW	19.49	7th			
8th	E.ROWLEY	E & H	23.64	8th			

### 400 Metre Hurdles

	Athlete	Club	performance		Athlete	Club	performance
1st	K.MURRAY	B & B	62.72	1st	C.LECKIE	WG/EL	68.37
2nd	C.SILVA	HP	63.07	2nd	S.McLELLAN	B & B	70.41
3rd	C.VAN WULVEN	HM	66.48	3rd	M.NJAGI	HP	71.16
4th	E.ROWLEY	E & H	67.85	4th	M.CLARKE	WSEH	72.20
5th	H.RAMOS-GONZALEZ	WG/EL	69.16	5th	D.PURVIS	SBH	73.55
6th	R.REYNOLDS	WSEH	71.07	6th	R.HEWLETT	E & H	74.01
7th	E.McGEEHAN	HARROW	74.57	7th	H.HAMILTON	HARROW	81.52
8th	C.SIMM	SBH	78.28	8th			

### 1500 Metres S/ Chase

	Athlete	Club	performance
1st	L.YATES	SBH	5.31.42
2nd	C.CHAMBERS	B & B	5.55.02
3rd	J.MOORE	HP	5.56.27
4th	D.MORRIS	HARROW	5.59.10
5th	Y.LALA	WSEH	5.59.71
6th	K.FOY	WG/EL	6.37.98
7th			
8th			

### 4x100 Metres Relay

	Club	performance
1st	E & H	47.30
2nd	B & B	49.13
3rd	WSEH	49.53
4th	HARROW	50.69
5th	SBH	50.72
6th	HP	51.96
7th	WG/EL	52.77
8th	HM	53.2

### 4x400 Metres Relay

	Club	performance
1st	WG/EL	3.57.84
2nd	WSEH	3.57.84
3rd	E & H	4.01.01
4th	B & B	4.05.20
5th	HARROW	4.09.79
6th	SBH	4.17.84
7th	HP	4.19.21
8th		

## "A" EVENT

### HAMMER

	Athlete	Club	performance
1st	R.BLACKIE	B & B	53.57
2nd	M.BOWLES	HP	27.60
3rd	N.HARVEY	WSEH	27.07
4th	V.TAYLOR	HM	24.65
5th	C.ROSE	E & H	24.02
6th	F.THOMPSON	WG/EL	23.40
7th	L.ALPAHOT	HARROW	19.94
8th	M.TURVEY	SBH	16.90

### DISCUS

	Athlete	Club	performance
1st	S.BROWN	B & B	41.82
2nd	F.THOMPSON	WG/EL	34.70
3rd	L.CLARK	HM	30.53
4th	S.BROWN	E & H	30.24
5th	S.DOUGHTY	SBH	24.99
6th	M.BOWLES	HP	22.78
7th	N.HARVEY	WSEH	18.38
8th	Y.MUSA-YAYI	HARROW	17.98

### SHOT

	Athlete	Club	performance
1st	F.THOMPSON	WG/EL	11.07
2nd	S.BROWN	B & B	10.97
3rd	N.McDONALD	E & H	10.14
4th	F.CALDER	HM	8.75
5th	P.LANGSDEN	HP	8.71
6th	S.DOUGHTY	SBH	8.33
7th	N.HARVEY	WSEH	8.27
8th	L.ALBAGOT	HARROW	8.05

### JAVELIN

	Athlete	Club	performance
1st	E.SMITH	WG/EL	35.26
2nd	E.CHRISTMAS	HM	35.21
3rd	G.LUNDGREN	HP	34.89
4th	J.DODD	B & B	34.57
5th	B.TURNER	HARROW	32.17
6th	N.REINOSO	WSEH	28.40
7th	R.HEWLETT	E & H	21.55
8th	O.J.SHERLOCK	SBH	3.97

### POLE VAULT

	Athlete	Club	performance
1st	J.HICKS	E & H	3.35
2nd	L.SHORTLAND	WG/EL	3.35
3rd	S.CLIFFORD	SBH	3.2
4th	M.CLARKE	WSEH	3.05
5th	B.TURNER	HARROW	2.45
6th	L.WAKE	HP	2.15
7th	C.VAN-WULVEN	HM	2.00
8th			

### HIGH JUMP

	Athlete	Club	performance
1st	W.MEADOWS-SMITH	SBH	1.65

## "B" EVENT

	Athlete	Club	performance
1st	V.THOMAS	B & B	53.11
2nd	N.HARVEY	WSEH	23.57
3rd	N.MAGBADALO	E & H	22.53
4th	C.BOND	WG/EL	22.44
5th	S.DOUGHTY	SBH	15.08
6th	B.TURNER	HARROW	13.87
7th	M.NJAGI	HP	13.16
8th	L.NEWTON	HM	11.36

	Athlete	Club	performance
1st	F.CLARK	B & B	39.22
2nd	L.NEWTON	HM	25.01
3rd	N.MAGBADALO	E & H	24.41
4th	P.LUNDGEN	HP	21.93
5th	E.WYRA	WG/EL	19.64
6th	N.HARVEY	WSEH	16.49
7th	B.TURNER	HARROW	16.17
8th	D.PURVIS	SBH	13.81

	Athlete	Club	performance
1st	C.ROSE	E & H	10.02
2nd	F.CLARK	B & B	9.40
3rd	C.BROWN	WG/EL	8.24
4th	A.LAMBDEN	SBH	8.06
5th	Y.MUSA-YAYI	HARROW	7.94
6th	H.KRUSE	HP	7.80
7th	N.REINOSO	WSEH	7.23
8th	V.TAYLOR	HM	5.72

	Athlete	Club	performance
1st	F.ATHAWES	B & B	32.59
2nd	N.FARMAN	HP	28.87
3rd	G.RAYSBROOK	HARROW	28.18
4th	K.MacINTOSH	WG/EL	20.64
5th	C.ROSE	E & H	19.99
6th	J.DEBS	WSEH	19.37
7th	L.NEWTON	HM	18.05
8th			

	Athlete	Club	performance
1st	N.BURROWS	HP	1.85
2nd	G.DANIELS-MOSS	HARROW	1.70
3rd			
4th			
5th			
6th			
7th			
8th			

	Athlete	Club	performance
1st	C.VAN-WULVEN	HM	1.65

1st	B.SIDDONS	HM	1.65	2nd	J.DEBBS	WSEH	1.50
3rd	M.REED	WSEH	1.60	3rd	S.GAYNOR	HP	1.50
4th	E.NEWMAN	HARROW	1.60	4th	J.HICKS	E & H	1.45
5th	T.SPURLING	HP	1.55	5th	C.SIMMS	SBH	1.45
6th	A.SMITH	B & B	1.50	6th	I.IVY	B & B	1.35
7th	T.NICHOLAS	E & H	1.45	7th	C.LECKIE	WG/EL	1.30
8th	H.DOWNS	WG/EL	1.35	8th			

### LONG JUMP

	Athlete	Club	performance		Athlete	Club	performance
1st	H.FRANKSON	WG/EL	6.07	1st	Y.BELLO	E & H	5.25
2nd	N.MORDI	SBH	5.69	2nd	R.REYNOLDS	WSEH	5.08
3rd	T.NICHOLAS	E & H	5.56	3rd	T.SPURLING	HP	5.03
4th	V.BUNNS	WSEH	5.25	4th	A.LAMPDEN	SBH	4.99
5th	K.SMITH	HM	5.25	5th	J.THOMAS	B & B	4.90
6th	C.JAGGARD	HP	5.14	6th	L.SCHOFIELD	HM	4.82
7th	L.BLACKIE	B & B	5.05	7th	K.FAIRWEATHER	HARROW	4.72
8th	K.JAMES	HARROW	4.82	8th	E.WYRE	WG/EL	4.41

### TRIPLE JUMP

	Athlete	Club	performance		Athlete	Club	performance
1st	N.MORDI	SBH	12.10	1st	I.IVY	B & B	11.08
2nd	H.FRANKSON	WG/EL	12.07	2nd	M.NJAGI	HP	10.78
3rd	T.NICHOLAS	E & H	11.73	3rd	D.HOUSTON	E & H	10.40
4th	T.SPURLING	HP	11.42	4th	W.MEADOWS-SMITH	SBH	9.80
5th	J.THOMAS	B & B	11.09	5th	H.DOWNS	WG/EL	9.45
6th	J.HECKFORD	WSEH	10.48	6th	C.JONES	WSEH	9.20
7th	B.SIDDONS	HM	10.27	7th			
8th	C.FLOWERS	HARROW	10.02	8th			



## FINAL RESULT

1	SHAFTESBURY BARNET HARRIERS	520
2	ENFIELD & HARINGEY A.C.	514
3	BLACKHEATH & BROMLEY	504
4	WINDSOR,SLOUGH,ETON &HOUNSLOW	412
5	HERTS PHOENIX A.C.	392
6	HARROW A.C.	388
7	WOODFORD GREEN/ESSEX LADIES	361
8	HAVERING MAYESBROOK A.C.	290

A.O.M.	ANDREW HOWELL	HARROW
	400mH	52.91

A.O.M.	JASMIN HICKS	ENFIELD & HARINGEY
	LOUISE SHORTLAND	WG/EL
	POLE VAULT	3.35m