

UNDER 11 GIRLS**60 metres**

5 Olivia	BARFOOT	HPX	9.9
18 Romilly	SCUTT	HPX	9.9
12 Claire	BUTTIVANT	Chiltern Harriers	10.1
14 Alice	SEMARK	HPX	10.1
10 Jessica	ROBINSON	Dacorum & Tring	10.1
17 Rachel	PADWICK	Chiltern Harriers	10.2
16 Alicia	JAMES	St Albans	10.2
11 Erin	BREEN	HPX	11.1
13 Alisha	LEVY	SNH	11.2

600 metres

12 Claire	BUTTIVANT	Chiltern Harriers	1:59.0
4 Zoe	BENTON	HPX	2:05.2
23 E	HOBBS	St Albans	2:06.6
17 Rachel	PADWICK	Chiltern Harriers	2:11.1
16 Alicia	JAMES	St Albans	2:12.0
10 Jessica	ROBINSON	Dacorum & Tring	2:12.3
14 Alice	SEMARK	HPX	2:16.4
11 Erin	BREEN	HPX	2:18.2
6 Abbey	CLARK	HPX	2:22.4
13 Alisha	LEVY	SNH	2:28.5

Long Jump

10 Jessica	ROBINSON	Dacorum & Tring	3.53
4 Zoe	BENTON	HPX	3.34
14 Alice	SEMARK	HPX	3.29
13 Alisha	LEVY	SNH	2.96
6 Abbey	CLARK	HPX	2.24

UNDER 11 BOYS**60 metres**

3 Will	PERKIN	Chiltern Harriers	9.8
15 Ricardo	JAMES	St Albans	9.8
7 Joe	YOUNG	HPX	10.4
1 David	WILLCOX	Chiltern Harriers	11.2

600 metres

3 Will	PERKIN	Chiltern Harriers	1:51.3
15 Ricardo	JAMES	St Albans	1:59.1
221 D	LINDARS	Vale of Aylesbury	2:06.0
1 David	WILLCOX	Chiltern Harriers	2:08.6
7 Joe	YOUNG	HPX	2:10.4

LONG JUMP

7 Joe	YOUNG	HPX	3.11
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UNDER 13 GIRLS**100 metres**

16 S	KEEBLE	SNH	14.2
90 Amy	GREENSTEIN	unattached	15.1
73 Rachael	O'NEILL	Harrow	15.5
84 Anna	YOUNG	HPX	15.6
1 V	OYESOLA	Harrow	15.7
77 Melissa	DORAN	SNH	16.1
28 C	MURPHY	SNH	16.1
11 M	BARKER-SIMMONS	HPX	17.1
27 J	LATCHFORD	SNH	17.3
62 Katrina	MacDONALD	Chiltern Harriers	17.6

200 metres

16 S	KEEBLE	SNH	29.2
190 Megan	BREEN	HPX	30.4
73 Rachael	O'NEILL	Harrow	31.0
90 Amy	GREENSTEIN	unattached	33.0
205 Kaira	SHETTY	Harrow	33.5
1 V	OYESOLA	Harrow	34.4
11 M	BARKER-SIMMONS	HPX	35.5

800 metres

190 Megan	BREEN	HPX	2:38.5
264 S	RAYMENT	Bracknell	2:44.1
108 Danielle	MURPHY	SNH	2:44.8
279 R	GRAHAM	Shaftesbury Barnet	2:47.0
27 J	LATCHFORD	SNH	2:52.3
173 Evie	GARDNER	Chiltern Harriers	2:54.6
215 Amber	MEAKINS	St Albans	2:58.9
77 Melissa	DORAN	SNH	2:59.4
202 Robyn	LISLE	Chiltern Harriers	3:02.9
193 Ami	BUTTIVANT	Chiltern Harriers	3:09.1

1500 metres

164 Connie	LEWIS	Chiltern Harriers	5:18.4
107 Rosalind	FIRTH	Chiltern Harriers	5:26.6
144 Lizzie	PARRY	HPX	5:35.1
177 Mya	ZAVER	HPX	6:33.6

70 metre HURDLES

209 J	JAMES	St.Albans AC	14.1
84 Anna	YOUNG	HPX	14.7
116 Laura	ARMORGIE	HPX	15.2
205 Kaira	SHETTY	Harrow	15.2
107 Rosalind	FIRTH	Chiltern Harriers	15.6
144 Lizzie	PARRY	HPX	15.7
202 Robyn	LISLE	Chiltern Harriers	16.5
1 V	OYESOLA	Harrow	16.5
193 Ami	BUTTIVANT	Chiltern Harriers	17.4

SHOT PUTT

190 Megan	BREEN	HPX	u13	5.88
193 Ami	BUTTIVANT	Chiltern Harriers	u13	4.27

DISCUS

144 Lizzie	PARRY	HPX	u13	12.01
77 Melissa	DORAN	SNH	u13	11.53

LONG JUMP

84 Anna	YOUNG	HPX	u13	4.00
90 Amy	GREENSTEIN	unattached	u13	3.69
202 Robyn	LISLE	Chiltern Harriers	u13	3.37
107 Rosalind	FIRTH	Chiltern Harriers	u13	2.87

HIGH JUMP

116 Laura	ARMORGIE	HPX	u13	1.00
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UNDER 15 GIRLS**100 metres**

22 HM	McCLEAN	Chelmsford	13.7
81 Sophie	MATTHEWS	Wycombe Phoenix	13.7
57 Chelcie	GRAY	Dacorum & Tring	13.9
63 Georgiana	MacDONALD	Chiltern Harriers	14.1
59 Whitney	BRYAN	HPX	14.7
91 Natasha	GREENSTEIN	unattached	15.3
10 Helena	TROIANO	HPX	15.5
26 Ria	MURDOCK	Victoria Park	15.6

200 metres

224 C	WINGFIELD	Barnet & District	25.7
81 Sophie	MATTHEWS	Wycombe Phoenix	27.8
57 Chelcie	GRAY	Dacorum & Tring	28.1
63 Georgiana	MacDONALD	Chiltern Harriers	29.3
147 Elizabeth	READ	Milton Keynes	30.1
59 Whitney	BRYAN	HPX	30.5
26 Ria	MURDOCK	Victoria Park	33.6

800 metres

180 Becky	TURTON	Bracknell	2:26.8
182 Chloe	CARTER	Bracknell	2:26.9
266 R	BERGER-NORTH	Bracknell	2:28.4
269 Megan	ANGELL	Bedford	2:38.4
113 Ellie	MONTGOMERY	HPX	2:48.6
163 Katie	ROYALS	Chiltern Harriers	2:48.8
271 Natalie	ALLEN	HPX	2:49.5
35 Hannah	NOLAN	HPX	3:04.4

1500 metres

109 Jasmine	FINLAY	Milton Keynes	4:47.1
43 Lizzie	BIRD	HPX	5:04.8
145 Emily	BOUSFIELD	Milton Keynes	5:29.7

75 metre HURDLES

271 Natalie	ALLEN	HPX	12.9
165 Deborah	KNIGHT	Havering	13.7

SHOT PUTT

141 Kayleigh	PRESSWELL	Milton Keynes	8.81
161 Melissa	HADLEY	HPX	8.75
91 Natasha	GREENSTEIN		7.49
128 Nicola	GREGORY	Bexley	7.47
150 Hannah	BARNETSON	Chiltern Harriers	6.94
178 Ellie	HAWKINS	HPX	5.93

DISCUS

189 Renee	HECTOR	SNH	32.90
128 Nicola	GREGORY	Bexley	26.84
141 Kayleigh	PRESSWELL	Milton Keynes	22.01
178 Ellie	HAWKINS	HPX	19.68
150 Hannah	BARNETSON	Chiltern Harriers	19.22
161 Melissa	HADLEY	HPX	15.47

JAVELIN

121 Morgan	YOUNG	C&C	31.25
165 Deborah	KNIGHT	Havering	23.44
150 Hannah	BARNETSON	Chiltern Harriers	18.13
163 Katie	ROYALS	Chiltern Harriers	9.28

LONG JUMP

147 Elizabeth	READ	Milton Keynes	3.94
57 Chelcie	GRAY	Dacorum & Tring	2.76

TRIPLE JUMP

147 Elizabeth	READ	Milton Keynes	8.83
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HIGH JUMP

161 Melissa	HADLEY	HPX	1.25
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UNDER 17 WOMEN**100 metres**

71 Sophie	EAST	Chiltern Harriers	13.8
23 C	VERNON-HAMILTON	SNH	14.1
54 Lauren	SAMMOUT	C&C	14.6
66 Julia	STITCHBURY	Shaftesbury Barnet	14.9

200 metres

129 Katie	JAMES	Milton Keynes	27.2
183 Bethan	MORGANS	Wycombe Phoenix	30.8
40	WOOD	Milton Keynes	34.4

300 metres

230 Hannah	LINTOTT	HPX	45.1
236 Lorraine	QUINN	HPX	46.6
270 Charlotte	BAIRD	SNH	48.5

800 metres

278 L	GRAHAM	Shaftesbury Barnet	2:30.6
125 Natalie	WICKINGS	Watford Harriers	2:33.9
152 Melissa	LESTER	HPX	2:37.5
270 Charlotte	BAIRD	SNH	2:43.2
213 Molly	VEITCH	HPX	2:46.9

1500 metres

132 Emily	KIER	C&C	5:02.9
265 L	RAYMENT	Bracknell	5:17.9
226 C	MACKINTOSH	St Albans	5:27.8

3000 metres

243 Charlotte	TAYLOR	Nene Valley Harriers	10:05.7
153 Elle	ROCHE	Milton Keynes	10:36.8
245 Sarah	PIKE	SNH	12:41.0

80 metre HURDLES

134 Holly	THOMAS	Havering	12.7
100 Rosie	KINGSTON	Bicester	13.6

300 metre HURDLES

156 Felicity	CLARKE	Southend	47.1
157 Megan	GLENNON	Trent Park	64.8

UNDER 20 WOMEN**100 metres**

86 Clarice	UNDERWOOD	Shaftesbury Barnet	13.2
72 Roseanne	MACKAY	C&C	13.5

200 metres

47 S	WILKINS	Milton Keynes	26.1
135 Rhiannon	LININGTON-PAYNE	Bridgnorth	27.0
86 C	UNDERWOOD	Chiltern Harriers	27.4

400 metres

47 S	WILKINS	Milton Keynes	57.6
133 Zoe	KIER	C&C	65.7

1500 metres

186 Charlotte	DAVIES	HPX	4:58.1
227 L	ROGERS	Wycombe Phoenix	5:08.4

400 metre HURDLES

151 Megan	SOUTHWART	Blackheath & Bromley	66.9
211 Emily	MOSS	Peterborough	67.6
135 Rhiannon	LININGTON-PAYNE	Bridgnorth	69.0
3 A	LAMB DEN	SBH	69.0

SHOT PUTT

160 Sarah	MILLER	HPX	8.49
146 Hayley	SAYER	C&C	8.20
231 Kelsey	SOUTH	HPX	7.56

HAMMER

119 Beccy	KNAPP	SNH	38.66
146 Hayley	SAYER	C&C	36.74
166 Katherine	KNIGHT	Havering	23.55
174 Amy	LARKIN	WG&EL	22.78

DISCUS

54 Lauren	SAMMOUT	C&C	30.06
171 Leanne	BETTIS	Dorking & Mole Valley	29.51
119 Beccy	KNAPP	SNH	28.08
160 Sarah	MILLER	HPX	26.81
166 Katherine	KNIGHT	Havering	24.46
146 Hayley	SAYER	C&C	20.34

JAVELIN

111 Eloise	MEAKINS	HPX	36.49
171 Leanne	BETTIS	Dorking & Mole Valley	26.41

LONG JUMP

159 Flavia	KUMAR	C&C	4.13
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TRIPLE JUMP

54 Lauren	SAMMOUT	C&C	10.33
159 Flavia	KUMAR	C&C	9.33

HIGH JUMP

115 Gemma	ARMORGIE	HPX	1.50
183 Bethan	MORGANS	Wycombe Phoenix	1.25

UNDER 20 WOMEN**HAMMER**

106 Loren	SCANES	SNH	35.32
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LONG JUMP

72 Roseanne	MACKAY	C&C	4.78
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TRIPLE JUMP

72 Roseanne	MACKAY	C&C	10.66
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SENIOR WOMEN**100 METRES**

87 Elizabeth	RZEWUSKI	Wycombe Phoenix	13.7
67 Anna	LIPMAN	Wycombe Phoenix	14.8

200 METRES

87 Elizabeth	RZEWUSKI	Wycombe Phoenix	27.4
142 Natalie	FARMAN	HPX	28.3
41 L	STEPHENS	Milton Keynes	29.6
67 Anna	LIPMAN	Wycombe Phoenix	30.4

400 metre HURDLES

2 C	HEANEY	WSEH	65.6
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SHOT PUTT

118 Emma	BEARDMORE	Milton Keynes	7.96
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HAMMER

143 Suzanna	WISE	Luton	40.82
191 Shannon	BUNKER	Luton	39.28
118 Emma	BEARDMORE	Milton Keynes	35.03
179 Eve	MILLER	HPX	33.97
185 Kim	MARSH	Newquay & Par	25.91

DISCUS

118 Emma	BEARDMORE	Milton Keynes	29.94
191 Shannon	BUNKER	Luton	28.13
5 Sarka	ROBINSON	Dacorum & Tring	27.71
207 Louise	CAPPITTO	Watford Harriers	26.49
185 Kim	MARSH	Newquay & Par	25.01
143 Suzanna	WISE	Luton	20.04

JAVELIN

142 Natalie	FARMAN	HPX	30.05
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HIGH JUMP

142 Natalie	FARMAN	HPX	1.55
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VETERAN WOMEN - 55+**200m**

130 Joylyn	SAUNDERS-MULLINS	SNH	29.6
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800 metres

130 Joylyn	SAUNDERS-MULLINS	SNH	2:46.2
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UNDER 13 BOYS**100 metres**

13 Callum	SCUTT	HPX	13.8
70 Louis	WILLIAMS	Milton Keynes	14.9
92 Alexander	BROWN	St Albans	15.0
80 Bradley	CLARK	HPX	17.9

200 metres

37 A	WRIGHT	Rugby & North	29.9
92 Alexander	BROWN	St Albans	32.1
110 Harry	LANDER	Luton	32.2
209 J	JAMES	St Albans	32.9
208 David	GILLESPIE	HPX	33.7

800 metres

37 A	WRIGHT	Rugby & North	2:26.6
276 B	MORTER	HPX	2:37.1
170 James	THOMAS	Biggleswade	2:39.7
110 Harry	LANDER	Luton	2:46.2
32 L	GLYN	Dacorum	2:46.9
194 Thomas	McLAUGHLIN	Shaftesbury Barnet	2:48.2
268 Robson	ANGELL	Bedford	2:49.7
44 James	DREW	HPX	3:02.5

1500 metres

222 K	LINDARS	Vale of Aylesbury	5:05.2
208 David	GILLESPIE	HPX	6:05.3

75 metre HURDLES

37 A	WRIGHT	Rugby & N'ton	13.6
204 Patrick	SEMARK	HPX	16.1

SHOT PUTT

92 Alexander	BROWN	St Albans	4.78
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JAVELIN

158 Simon	KUMAR	C&C	28.20
204 Patrick	SEMARK	HPX	17.75

LONG JUMP

13 Callum	SCUTT	HPX	4.55
158 Simon	KUMAR	C&C	3.85
204 Patrick	SEMARK	HPX	3.72
70 Louis	WILLIAMS	Milton Keynes	3.22
81 Bradley	CLARK	HPX	2.94

UNDER 15 BOYS**100 metres**

89 David	OCTOBER	C&C	12.8
50 Tom	WATTS	Southend	12.9
15 L	VOOGHT	SNH	13.1
68 Tom	BRADY		13.5
25 SB	BEVAN	HPX	13.5
61 Dominic	JANSON	Chiltern Harriers	13.6
12 Ed	MAWDSLEY	Vale of Aylesbury	13.7
60 Brandon	JANSON	Chiltern Harriers	13.8
76 Alexander	RUSSELL	Chiltern Harriers	14.1
9 Sean	TIERNEY	Milton Keynes	14.6
7 C	BOYNE	SNH	15.5
8 V	SAROYE	SNH	15.8

200 metres

15 L	VOOGHT	SNH	25.4
223 P	De'ATH	SNH	25.6
61 Dominic	JANSON	Chiltern Harriers	27.7
68 Tom	BRADY		27.9
69 Daniel	CADY	Chiltern Harriers	28.0
60 Brandon	JANSON	Chiltern Harriers	28.3
76 Alexander	RUSSELL	Chiltern Harriers	28.5
34 Ben	JAMES	Milton Keynes	30.0
9 Sean	TIERNEY	Milton Keynes	30.1
212 Callum	TIERNEY	Milton Keynes	31.3

400 metres

252 Evans	AKPOVETA	Enfield & Harringey	59.4
281 Liam	DEE	HPX	60.7
223 Peter	De'ATH	SNH	61.9
34 Ben	JAMES	Milton Keynes	65.3
280 Nick	DOYLE	HPX	65.7
212 Callum	TIERNEY	Milton Keynes	69.6

800 metres

195 Matthew	McLAUGHLIN	Shaftesbury Barnet	2:11.4
281 Liam	DEE	HPX	2:17.8
33 JM	WALKER	Chiltern Harriers	2:23.3
280 Nick	DOYLE	HPX	2:25.3
12 Ed	MAWDSLEY	Vale of Aylesbury	2:26.4
38 Ram	MUDD	Shaftesbury Barnet	2:27.4
169 Ryan	THOMAS	Biggleswade	2:29.5
216 T	GILLETT	HPX	2:29.8
214 W	STOCKWELL	Medway	2:29.9
212 Callum	TIERNEY	Milton Keynes	2:30.0
267 C	McCORMICK	Shaftesbury Barnet	2:36.7

1500 metres

217	JOHNSON	Chiltern Harriers	4:51.7
233 Liam	CLOONA	HPX	4:58.1

3000 metres

248 Tom	STEAD	Bedford	10:27.4
242 Sam	WILSON	Shaftesbury Barnet	10:28.8

SHOT PUTT

188 Edward	ROWBOTTOM	HPX	8.08
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DISCUS

188 Edward	ROWBOTTOM	HPX	23.89
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LONG JUMP

89 David	OCTOBER	C&C	5.73
76 Alexander	RUSSELL	Chiltern Harriers	3.89
61 Dominic	JANSON	Chiltern Harriers	3.75

TRIPLE JUMP

89 David	OCTOBER	C&C	11.97
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HIGH JUMP

50 Tom	WATTS	Southend	1.55
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UNDER 17 MEN**100 metres**

78 Joel	WILLIAMS	Chiltern Harriers	11.9
18 S	MILNER	HPX	12.5
29 MIEBAKA	OWUBOKIRI	HPX	12.5
53 Joseph	STEVENS	Chiltern Harriers	12.5
83 Billy	BEALE	Wycombe Phoenix	12.5
24 Billy	VERNON-HAMILL	SNH	12.7
51 Ben	MURPHY	SNH	12.7
75 Ryan	HARKETT	HPX	14.6

200 metres

29 MIEBAKA	OWUBOKIRI	HPX	25.1
53 Joseph	STEVENS	Chiltern Harriers	25.5
83 Billy	BEALE	Wycombe Phoenix	25.6
277 L	MARTIN	Milton Keynes	25.8
75 Ryan	HARKETT	HPX	29.7

400 metres

262 Lewis	KEEBLE	SNH	53.0
253 J	SHERRY	Enfield & Harringey	54.6
251 A	CORDELL	Enfield & Harringey	57.6
250 R	SURRIDGE	Enfield & Harringey	58.6
277 L	MARTIN	Milton Keynes	60.6
234 Alex	CLOONA	HPX	61.8
140 Michael	WADLOW	Dacorum & Tring	63.2
75 Ryan	HARKETT	HPX	72.9

800 metres

148 Thomas	BARFOOT	HPX	2:07.4
272 David	WILSON	HPX	2:14.7
31 Edward	SHEPHERD	HPX	2:15.0
277 L	MARTIN	Milton Keynes	2:30.1

1500 metres

39 D	ABBERY		4:46.6
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3000 metres

176 Vasudev	ZAVER	HPX	9:57.2
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400 metre HURDLES

4 F	THIRD	Tonbridge	59.2
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SHOT PUTT

136 Sam	RIDGEWAY	M&M	9.90
124 Ray	BURLING	Milton Keynes	8.87

HAMMER

136 Sam	RIDGWAY	Milton Keynes	54.44
154 Chris	LINE	Dacorum & Tring	37.38
203 Laurence	LEVY	SNH	35.83
124 Ray	BURLING	Milton Keynes	23.59

DISCUS

154 Chris	LINE	Dacorum & Tring	35.66
136 Sam	RIDGWAY	Milton Keynes	34.86
140 Michael	WADLOW	Dacorum & Tring	30.29
124 Ray	BURLING	Milton Keynes	16.53

JAVELIN

203 Laurence	LEVY	SNH	23.11
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LONG JUMP

167 Daniel	GARDNER	SNH	5.38
104 Sam	HIGGINS	HPX	5.04
83 Billy	BEALE	Wycombe Phoenix	4.07

TRIPLE JUMP

192 Ross	MOORLEY	HPX	10.01
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HIGH JUMP

167 Daniel	GARDNER	SNH	1.55
203 Laurence	LEVY	SNH	1.55
140 Michael	WADLOW	Dacorum & Tring	1.40

JUNIOR MEN**100 metres**

88 Joel	RAMSBOTTOM	Watford Harriers	11.6
197 Felix	MAISY-CURTIS	Harlow	11.8
19 Lionel	GRELET	Enfield	12.2
52 Ross	ARMORGIE	HPX	12.8
20 T	BLACK	Enfield	12.9
6 LJ	O'DELL	Luton	13.2

200 metres

88 Joel	RAMSBOTTOM	Watford Harriers	23.0
228 S	FLYNN	Harrow	23.6
282 C	LAMBERT	Milton Keynes	25.8
218 Elliot	LACOUR	Wycombe Phoenix	26.1
6 LJ	O'DELL	Luton	26.9
219 R	DAVIES	Harrow	27.5

400 metres

55 David	MUNRO	Manx Harriers	51.6
282 C	LAMBERT	Milton Keynes	55.6
218 Elliot	LACOUR	Wycombe Phoenix	57.6

800 metres

196 Zachary	RANDALL	Wycombe Phoenix	2:00.6
282 C	LAMBERT	Milton Keynes	2:05.8
30 Toby	HONE	Royston Runners	2:15.5
210	McCARTHY	Havering	2:20.9

1500 metres

232 M	BLOY	Basildon	4:13.0
235 S	SHANE	Basildon	4:20.1
239 P	HAINES		4:34.0

3000 metres

261 A	JONES	Enfield & Haringay	9:11.0
155 Howard	CLARKE	Southend	9:22.7
246 Peter	TOWNSHEND	HPX	10:09.4

400 metres HURDLES

55 David	MUNRO	Manx Harriers	58.3
210	McCARTHY	Havering	61.8

HAMMER

112 Ben	MONTGOMERY	HPX	35.46
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DISCUS

206 Ashley	RALPH	Watford Harriers	46.61
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JAVELIN

112 Ben	MONTGOMERY	HPX	45.92
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LONG JUMP

199 Kadeem	GREENIDGE-SMITH	Harrow	6.92
197 Felix	MAISEY-CURTIS	Harrow	6.74

HIGH JUMP

52 Ross	ARMORGIE	HPX	1.85
114 Bradley	ARMORGIE	HPX	1.85

SENIOR MEN**100 metres**

21 Rob	JONES	Southampton	12.1
56 Michael	SHORTALL	Thurrock Harriers	12.3
17 D	STEPHENS	Horsham	13.1
187 Ian	HAWTIN	Dacorum & Tring	14.2

200 metres

48 Matt	THURGOOD	HPX	23.8
220 S	BRILL	St Albans	24.0
172 Dominic	SPIKE	HPX	24.1
274 G	WILCOX	Milton Keynes	24.9
21 Rob	JONES	Southampton	25.0
273 R	THRELFALL	Milton Keynes	25.5
139 Robert	BUSHROD	Wycombe Phoenix	25.6
275 C	HEARN	Milton Keynes	26.3
36 Neil	GOSLING	Milton Keynes	32.1

400 metres

241 Adam	DAISH	Enfield & Haringey	49.3
172 Dominic	SPIKE	HPX	53.4
274 G	WILCOX	Milton Keynes	53.6
273 R	THRELFALL	Milton Keynes	58.3
201 Robert	SIMMONDS	Ryston Runners	58.6
36 Neil	GOSLING	Milton Keynes	68.4

800 metres

274 G	WILCOX	Milton Keynes	1:59.8
275 C	HEARN	Milton Keynes	2:02.1
201 Robert	SIMMONDS	Ryston Runners	2:09.2
273 R	THRELFALL	Milton Keynes	2:10.6
36 Neil	GOSLING	Milton Keynes	2:32.6

1500 metres

229 R	BATE	FVS	4:24.7
238 Adam	FRITH	Ware Joggers	4:38.6

3000 metres

254 Bryn	REYNOLDS	HPX	9:07.7
244 Adam	SEARLE	SNH	9:14.6

400 metre HURDLES

56 Michael	SHORTALL	Thurrock Harriers	58.6
175 Daryl	MARTIN	CoNAC	59.0
139 Robert	BUSHROD	Wycombe Phoenix	63.2

DISCUS

201 Robert	SIMMONDS	Ryston Runners	30.55
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JAVELIN

201 Robert	SIMMONDS	Ryston Runners	39.25
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HIGH JUMP

201 Robert	SIMMONDS	Ryston Runners	1.70
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VETERAN MEN 40+**200 metres**

225 T	HOLDEN	Barnet & District	MV45	26.8
49 A	BOWLES	Wycombe Phoenix	MV45	27.6

1500 metres

237 S	SMITHSON	FVS	MV40	5:17.9
240 A	JAY	FVS	MV40	5:54.9

3000 metres

249 Paul	GREAVES	HPX	MV40	9:34.1
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SHOT

117 David	LIPSCOMB	Serpentine	MV45	8.30
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DISCUS

117 David	LIPSCOMB	Serpentine	MV45	24.24
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LONG JUMP

187 Ian	HAWTIN	Dacorum & Tring	MV40	4.36
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VETERAN MEN - 50+**100 metres**

64 Lawrence	TAYLOR	Barnet & District	MV50	13.9
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200 metres

184 Ivars	LICIETIS	Milton Keynes	MV50	25.9
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400 metres

184 Ivars	LICIETIS	Milton Keynes	MV50	56.6
123 M	BURLING	Milton Keynes	MV50	65.0

3000 metres

247 Steve	KEMBLE	Garden City Runners	MV50	9:48.8
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SHOT

123 Mike	BURLING	Milton Keynes	MV50	7.59
126 Jim	LAWRENCE	Milton Keynes	MV50	6.39

HAMMER

123 Mike	BURLING	Milton Keynes	MV50	27.51
126 Jim	LAWRENCE	Milton Keynes	MV50	21.80

DISCUS

123 Mike	BURLING	Milton Keynes	MV50	23.08
126 Jim	LAWRENCE	Milton Keynes	MV50	18.21

VETERAN MEN - 55+**SHOT PUTT**

131 Tim	SAUNDERS-MULLINS	Watford Harriers	MV55	9.56
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HAMMER

131 Tim	SAUNDERS-MULLINS	Watford Harriers	MV55	28.25
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DISCUS

131 Tim	SAUNDERS-MULLINS	Watford Harriers	MV55	22.95
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VETERAN MEN - 65+**HAMMER**

137 Godfrey	LEAK	SNH	MV65	27.57
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DISCUS

137 Godfrey	LEAK	SNH	MV65	32.87
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VETERAN MEN - 75+**SHOT PUTT**

42 Cliff	TAYLOR	Vale of Aylesbury	MV75	8.65
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