

[Southern Premier Norman Park, Bromley](#)
[Sunday 19 Jul 2009](#)

FINAL MATCH SCORES AND POSITIONS



Posn	Points after	82 event(s)
1	Blackheath & Bromley H & AC	458.0
2	Enfield & Haringey AC	448.5
3	City of Norwich AC	431.0
4	Aldershot Farnham & District A	218.5

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Southern Premier Norman Park, Bromley

				Perf	Wind	Records	Grades					Perf	Wind	Records	Grades
T32 U17M 100m 'A'				<i>Wind=</i>				U17M 100m 'B'				<i>Wind=</i>			
1	13	Reece Noonan	Enfield & Haringey AC	11.20		G1*		1	14	Chijindu Ujah	Enfield & Haringey AC	11.80		G4	
2	6	Kieran Daly	Blackheath & Bromley H & J	11.40		G3*		2	5	Ellis Zorro	Blackheath & Bromley H & J	12.30			
3	9	De La Rey Veenendaal	City of Norwich AC	11.40		G3*		3	10	Jamie Aulert	City of Norwich AC	12.40			
4	1	Ben Bushell	Aldershot Farnham & Distric	11.70		G4*		4	2	Barnaby Jupp	Aldershot Farnham & Distric	12.40			
T8 U17M 200m 'A'				<i>Wind=</i>				U17M 200m 'B'				<i>Wind=</i>			
1	13	Reece Noonan	Enfield & Haringey AC	22.90		G2*		1	14	Phil Whittaker	Enfield & Haringey AC	23.60		G4*	
2	6	Kieran Daly	Blackheath & Bromley H & J	23.00		G2*		2	5	Jonathan Pettet	Blackheath & Bromley H & J	23.60		G4*	
3	9	De La Rey Veenendaal	City of Norwich AC	23.10		G3*		3	10	Cain Parry	City of Norwich AC	24.10			
4	1	Ben Bushell	Aldershot Farnham & Distric	23.60		G4*		4	2	Barnaby Jupp	Aldershot Farnham & Distric	25.00			
T25 U17M 400m 'A'								U17M 400m 'B'							
1	6	Ronnie Pocklington	Blackheath & Bromley H & J	51.20		G1*		1	5	Jonathan Pettet	Blackheath & Bromley H & J	54.00		G3	
2	13	Glen Owosu	Enfield & Haringey AC	52.00		G1*		2	14	Tom Fallon	Enfield & Haringey AC	55.40		G4	
3	9	Jack Harrison	City of Norwich AC	55.40		G4		3	10	Tom Yallop	City of Norwich AC	55.80		G4	
4	2	Charlie Long	Aldershot Farnham & Distric	55.70		G4		4	1	Andy Provost	Aldershot Farnham & Distric	55.80		G4	
T14 U17M 800m 'A'								U17M 800m 'B'							
1	1	Andy Provost	Aldershot Farnham & Distric	01:59.6		G2*		1	9	Tom Francis	City of Norwich AC	02:10.2			
2	5	James Clack	Blackheath & Bromley H & J	02:03.9		G4*		2	6	Robert Yates	Blackheath & Bromley H & J	02:13.0			
3	13	Alex Cordell	Enfield & Haringey AC	02:09.1				3	14	Reece Surridge	Enfield & Haringey AC	02:16.7			
4	10	Jack Harrison	City of Norwich AC	02:09.3				4							
T37 U17M 1500m 'A'								U17M 1500m 'B'							
1	1	Harvey Dixon	Aldershot Farnham & Distric	04:05.1		G1*		1	2	Josh Grace	Aldershot Farnham & Distric	04:10.7		G2*	
2	10	Callum McLaren	City of Norwich AC	04:23.5		G40		2	9	Tom Francis	City of Norwich AC	04:28.4		00	
3	13	Michael Christoforou	Enfield & Haringey AC	04:25.7		G40		3	14	Dean Scott	Enfield & Haringey AC	04:32.0		00	
4	5	Oliver Robinson	Blackheath & Bromley H & J	04:39.9		00		4	6	Robert Yates	Blackheath & Bromley H & J	04:43.9		00	
T16 U17M 3000m 'A'								U17M 3000m 'B'							
1	1	Ian Bailey	Aldershot Farnham & Distric	09:08.0		G1*		1	6	Ross Braden	Blackheath & Bromley H & J	10:52.6		00	
2	9	Ben Stratton	City of Norwich AC	09:26.9		G2*		2	14	Farhan Mohammed	Enfield & Haringey AC	11:06.0		00	
3	13	Dean Scott	Enfield & Haringey AC	09:32.6		G30		3	10	Tom Bradfield	City of Norwich AC	12:20.6		00	
4	5	Gregory Proctor	Blackheath & Bromley H & J	09:58.7		G40		4							
T2 U17M 400mH 'A'								U17M 400mH 'B'							
1	5	Ben Hopkins	Blackheath & Bromley H & J	55.90		G1*		1	14	Tom Carter	Enfield & Haringey AC	62.00		G4	
2	13	Ola Amousa	Enfield & Haringey AC	60.80		G3*		2	6	Joe Appiah	Blackheath & Bromley H & J	65.30			
3	10	Theo Hudson	City of Norwich AC	65.90				3	9	Tom Yallop	City of Norwich AC	66.90			
4	1	Freddie Marshall	Aldershot Farnham & Distric	69.50				4	2	Max Perez Bravo	Aldershot Farnham & Distric	DISQ			
T23 U17M 100mh 'A'				<i>Wind=</i>				U17M 100mh 'B'				<i>Wind=</i>			
1	13	Godwin Gyeabour	Enfield & Haringey AC	13.70		G1*		1	14	Anthony Ekundayo	Enfield & Haringey AC	14.10		G2*	
2	5	Ben Hopkins	Blackheath & Bromley H & J	14.10		G2*		2	9	Jack Gilbert	City of Norwich AC	20.10			
3	10	Jamie Aulert	City of Norwich AC	16.40				3							
4								4							
T44 U17M 1500m S/Chase 'A'								U17M 1500m S/Chase 'B'							
1	9	Ben Stratton	City of Norwich AC	04:52.6		G3*		1	13	James Jackson	Enfield & Haringey AC	05:01.0		G40	
2	14	Tom Fallon	Enfield & Haringey AC	04:57.9		G4*		2	10	Ed Skinner	City of Norwich AC	05:01.9		G40	
3	5	Hector Kurtyanek	Blackheath & Bromley H & J	05:08.2		G40		3	6	Will Mercer	Blackheath & Bromley H & J	05:13.6		G40	
4	1	Freddie Marshall	Aldershot Farnham & Distric	05:33.4		00		4							
F2 U17M 5k Hammer 'A'								U17M 5k Hammer 'B'							
1	9	Callum Brown	City of Norwich AC	50.56		G2*		1	10	Danny Claydon	City of Norwich AC	45.57		G3*	
2	5	Mehmet Takpak	Blackheath & Bromley H & J	38.54		G4*		2	6	Tom Jenkins	Blackheath & Bromley H & J	24.87			
3	13	Mark Babatunde	Enfield & Haringey AC	25.04				3	14	Josh Wilkes	Enfield & Haringey AC	21.56			
4	1	Harvey Dixon	Aldershot Farnham & Distric	19.45				4	2	Max Perez Bravo	Aldershot Farnham & Distric	18.78			

*= AW Standards

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Southern Premier Norman Park, Bromley

Perf

Wind

Records
Grades

Sunday, July 19 2009

Perf

Grades

Southern Premier Norman Park, Bromley				Sunday, July 19 2009					
	Perf	Wind	Records Grades		Perf	Grades			
F9 U17M 1.5k Discus 'A'				U17M 1.5k Discus 'B'					
1	10		Ed Skinner City of Norwich AC	35.55	G3*		1 9 Callum Brown City of Norwich AC	31.56	G4
2	14		Rene Kitoko Enfield & Haringey AC	31.71	G4		2 13 Dawit Mehari Enfield & Haringey AC	27.65	
3	5		Mehmet Takpak Blackheath & Bromley H & J	31.64	G4		3 6 Tom Jenkins Blackheath & Bromley H & J	23.56	
4	1		Perry Paterson Aldershot Farnham & Distric	20.65			4		
F22 U17M 5k Shot 'A'				U17M 5k Shot 'B'					
1	13		Mark Babatunde Enfield & Haringey AC	12.98	G2*		1 6 Mehmet Takpak Blackheath & Bromley H & J	11.50	G4
2	5		Ellis Zorro Blackheath & Bromley H & J	12.29	G2*		2 10 Theo Hudson City of Norwich AC	8.05	
3	9		Danny Claydon City of Norwich AC	12.05	G3*		3 14 Josh Wilkes Enfield & Haringey AC	7.79	
4	1		Andy Provost Aldershot Farnham & Distric	7.40			4 2 Ian Bailey Aldershot Farnham & Distric	6.66	
F32 U17M 700g Javelin 'A'				U17M 700g Javelin 'B'					
1	1		Perry Paterson Aldershot Farnham & Distric	41.74	G4		1 10 Callum Brown City of Norwich AC	39.46	G4
2	9		Tom Bradfield City of Norwich AC	41.38	G4		2 14 Godwin Gyeabour Enfield & Haringey AC	35.69	
3	13		Tom Carter Enfield & Haringey AC	39.92	G4		3 2 Max Perez Bravo Aldershot Farnham & Distric	21.89	
4	5		Jonathan Pettet Blackheath & Bromley H & J	20.08			4		
F13 U17M Pole Vault 'A'				U17M Pole Vault 'B'					
1	5		Mark Longhurst Blackheath & Bromley H & J	4.32	G1*		1 14 Ricardo Sowe Enfield & Haringey AC	2.30	
2	9		Ed Skinner City of Norwich AC	3.50	G3*		2 6 Oliver Robinson Blackheath & Bromley H & J	2.00	
3	13		Paul Ojumo Enfield & Haringey AC	3.10	G4*				
F29 U17M High Jump 'A'				U17M High Jump 'B'					
1	13		Jamie Smyth Enfield & Haringey AC	1.81	G2*		1 14 Ola Amousa Enfield & Haringey AC	1.75	G3*
2	9		Adam Howard City of Norwich AC	1.70	G4		2 6 Joe Appiah Blackheath & Bromley H & J	1.50	
3	5		Ben Parkin Blackheath & Bromley H & J	1.65			3 10 Jack Gilbert City of Norwich AC	1.40	
F17 U17M Long Jump 'A'				U17M Long Jump 'B'					
1	13		Romane Walcott Enfield & Haringey AC	6.48	G1*		1 14 Phil Whittaker Enfield & Haringey AC	6.01	G3*
2	9		Adam Howard City of Norwich AC	6.08	G2*		2 10 Danny Claydon City of Norwich AC	5.62	G4
3	6		Kieran Daly Blackheath & Bromley H & J	5.16			3 5 Abs Jolaso Blackheath & Bromley H & J	5.02	
4	2		Barnaby Jupp Aldershot Farnham & Distric	5.00			4 1 Ben Bushell Aldershot Farnham & Distric	4.79	
F34 U17M Triple Jump 'A'				U17M Triple Jump 'B'					
1	5		Mark Longhurst Blackheath & Bromley H & J	13.03	G1*		1 6 Tom Jenkins Blackheath & Bromley H & J	11.88	G4
2	13		Anthony Ekundayo Enfield & Haringey AC	12.17	G3		2 14 Calvin Knight Enfield & Haringey AC	11.45	
3	9		Adam Howard City of Norwich AC	12.06	G3		3 10 Cain Parry City of Norwich AC	11.33	
4	1		Charlie Long Aldershot Farnham & Distric	10.82			4		
T30 U15B 100m 'A'				U15B 100m 'B'					
			Wind=						Wind=
1	5		Anton Daly Blackheath & Bromley H & J	11.80	G2*		1 6 James Allen Blackheath & Bromley H & J	12.70	*
2	9		Tejiri Ighomerho City of Norwich AC	12.10	G3*		2 14 Joel Gilkes Enfield & Haringey AC	12.80	*
3	1		Ben Coverdale Aldershot Farnham & Distric	12.30	G4*		3 10 Steven Hadley City of Norwich AC	13.00	*
4	13		Hakeem Parchment Enfield & Haringey AC	12.80	*		4 2 Robert Hislop Aldershot Farnham & Distric	14.90	
T6 U15B 200m 'A'				U15B 200m 'B'					
			Wind=						Wind=
1	14		Regan Sembatya Enfield & Haringey AC	24.20	G2*		1 13 Iuri Figueiredo Enfield & Haringey AC	24.40	G3*
2	9		Aaron Pitt City of Norwich AC	24.40	G3*		2 6 Reuben Fakoya Blackheath & Bromley H & J	24.90	G4*
3	1		Ben Coverdale Aldershot Farnham & Distric	24.80	G3*		3 2 Joe Blight Aldershot Farnham & Distric	26.80	
4	5		Joshua Oyedele Blackheath & Bromley H & J	24.80	G3*		4 10 Alex Lubbock City of Norwich AC	27.00	
T24 U15B 400m 'A'				U15B 400m 'B'					
1	5		Joshua Oyedele Blackheath & Bromley H & J	53.70	G1*		1 6 Harry Smith Blackheath & Bromley H & J	54.30	G1*
2	14		Krishawn Aiken Enfield & Haringey AC	54.60	G2*		2 13 Horeb Makabukidi Enfield & Haringey AC	57.00	G3*
3	9		Ben Steward City of Norwich AC	55.60	G2*		3 10 Alex Lubbock City of Norwich AC	58.30	G4
4	1		Joe Blight Aldershot Farnham & Distric	60.00			4 2 Toby Starling Aldershot Farnham & Distric	60.50	

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Perf

Wind

Records
Grades

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Perf

Grades

T12 U15B 800m 'A'				U15B 800m 'B'			
Rank	Perf	Name	Club	Perf	Name	Club	Grades
1	9	Aaron Pitt	City of Norwich AC	02:06.5	14	Horeb Makabukidi	Enfield & Haringey AC 02:14.2 G4
2	13	Stephen Arthurworrey	Enfield & Haringey AC	02:09.6	10	Ben Savage	City of Norwich AC 02:14.6 G4
3	6	Louis Hopgood	Blackheath & Bromley H & J	02:15.4	1	Robert Hislop	Aldershot Farnham & District 02:16.7 G4
4	2	Toby Starling	Aldershot Farnham & District	02:16.5	5	Alex Lister	Blackheath & Bromley H & J 02:18.4 G4
T35 U15B 1500m 'A'				U15B 1500m 'B'			
1	13	Andre Coggins	Enfield & Haringey AC	04:30.4	14	Gavin Suddell	Enfield & Haringey AC 04:38.1 G40
2	9	Tom Hook	City of Norwich AC	04:31.4	10	Sean Watson	City of Norwich AC 04:41.7 G40
3	5	Adam Willis	Blackheath & Bromley H & J	04:41.1	6	Tom Greenhill	Blackheath & Bromley H & J 04:48.8 00
4	1	Matt Arnold	Aldershot Farnham & District	04:47.5			
T21 U15B 80m 'A'				U15B 80m 'B'			
			Wind=				Wind=
1	13	Andrew Stark	Enfield & Haringey AC	11.50	14	Myles Ageyi	Enfield & Haringey AC 12.60 G3*
2	5	Aaron Lloyd	Blackheath & Bromley H & J	11.90	10	Zeno Mhae	City of Norwich AC 12.80 G3*
3	9	Steven Hadley	City of Norwich AC	12.60	6	Louis Hopgood	Blackheath & Bromley H & J 13.20 G4
4							
F1 U15B 4k Hammer 'A'				U15B 4k Hammer 'B'			
1	9	Michael Painter	City of Norwich AC	48.48	10	Ben Savage	City of Norwich AC 24.12
2	13	Dominic Palmer-Leandre	Enfield & Haringey AC	39.53	14	Luke Murray	Enfield & Haringey AC 22.65
3	5	Joshua Ajiboye	Blackheath & Bromley H & J	29.09	6	Joel Shonibare	Blackheath & Bromley H & J 16.78
4	1	Matthew Anthony	Aldershot Farnham & District	18.22	2	Sam Broadey	Aldershot Farnham & District 12.26
F8 U15B 1.25k Discus 'A'				U15B 1.25k Discus 'B'			
1	9	Michael Painter	City of Norwich AC	39.40	14	James Arthurworrey	Enfield & Haringey AC 29.88 G4
2	13	Dominic Palmer-Leandre	Enfield & Haringey AC	35.89	10	Oliver Bradfield	City of Norwich AC 27.68 G4
3	6	Joshua Ajiboye	Blackheath & Bromley H & J	28.32	5	Joel Shonibare	Blackheath & Bromley H & J 22.11
4	1	Matthew Anthony	Aldershot Farnham & District	20.06	2	Sam Broadey	Aldershot Farnham & District 12.95
F23 U15B 4.00k Shot 'A'				U15B 4.00k Shot 'B'			
1	9	Michael Painter	City of Norwich AC	11.80	6	Joel Shonibare	Blackheath & Bromley H & J 9.21
2	14	James Arthurworrey	Enfield & Haringey AC	11.49	13	Dominic Palmer-Leandre	Enfield & Haringey AC 9.14
3	5	Joshua Ajiboye	Blackheath & Bromley H & J	10.13	10	James Kent	City of Norwich AC 7.79
4	2	Matt Arnold	Aldershot Farnham & District	4.92			
F33 U15B 600g Javelin 'A'				U15B 600g Javelin 'B'			
							LR
1	9	Oliver Bradfield	City of Norwich AC	55.90	10	James Kent	City of Norwich AC 31.61
2	13	Matt Buckle	Enfield & Haringey AC	36.27	6	Reuben Fakoya	Blackheath & Bromley H & J 24.06
3	5	Liam Cater	Blackheath & Bromley H & J	35.40	2	Sam Broadey	Aldershot Farnham & District 23.70
4	1	Matthew Anthony	Aldershot Farnham & District	26.85	14	Carl Young	Enfield & Haringey AC 20.64
F16 U15B Long Jump 'A'				U15B Long Jump 'B'			
1	5	Reon Gowan-Wade	Blackheath & Bromley H & J	5.89	6	James Allen	Blackheath & Bromley H & J 5.34 G3
2	13	Anthony Hanchard	Enfield & Haringey AC	5.69	9	Ryan Howard	City of Norwich AC 4.55
3	10	Steven Hadley	City of Norwich AC	5.22	14	Chris Kandu	Enfield & Haringey AC 4.06
4	1	Ben Coverdale	Aldershot Farnham & District	4.64			
F28 U15B High Jump 'A'				U15B High Jump 'B'			
1	9	Zeno Mhae	City of Norwich AC	1.83	10	Ryan Howard	City of Norwich AC 1.55 G4
2	6	Reon Gowan-Wade	Blackheath & Bromley H & J	1.63	5	Anthony Moore	Blackheath & Bromley H & J 1.50
3	14	Chris Kandu	Enfield & Haringey AC	1.50	13	Gavin Suddell	Enfield & Haringey AC 1.45
F12 U15B Pole Vault 'A'				U15B Pole Vault 'B'			
1	13	Andrew Stark	Enfield & Haringey AC	3.00	14	Rowan Mahon	Enfield & Haringey AC 2.30 G4
2	5	Adam Willis	Blackheath & Bromley H & J	2.20	6	Louis Hopgood	Blackheath & Bromley H & J 2.00

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				Perf	Wind	Records	Grades					Perf	Wind	Records	Grades
								Sunday, July 19 2009							
T28	U13B 100m 'A'		Wind=					U13B 100m 'B'		Wind=					
1	14	Rueben Arthur	Enfield & Haringey AC	12.40		G1*		1	13	David Anthony	Enfield & Haringey AC	12.80		G1*	
2	9	Ross Gilbert	City of Norwich AC	13.30		G2*		2	10	Ross McLachlan	City of Norwich AC	13.70		G3	
3	1	Luke Dorrell	Aldershot Farnham & Distric	13.40		G2*		3	5	Joshua Dalsan	Blackheath & Bromley H & J	13.90		G4	
4	6	Jonathan Holmes	Blackheath & Bromley H & J	13.60		G3		4	2	Sam Blight	Aldershot Farnham & Distric	15.70			
T4	U13B 200m 'A'		Wind=					U13B 200m 'B'		Wind=					
1	13	Lee McKinson English	Enfield & Haringey AC	25.70		G1*		1	14	David Anthony	Enfield & Haringey AC	26.50		G1*	
2	1	Luke Dorrell	Aldershot Farnham & Distric	27.80		G3*		2	5	Joshua Shonibare	Blackheath & Bromley H & J	28.30		G3	
3	9	Harry Simmons	City of Norwich AC	28.10		G3		3	10	Adam Davison	City of Norwich AC	30.20			
4	6	Ayo Ajiboye	Blackheath & Bromley H & J	28.30		G3		4							
T10	U13B 800m 'A'							U13B 800m 'B'							
1	9	Harry Simmons	City of Norwich AC	02:24.5		G2*		1	10	James Steel	City of Norwich AC	02:30.9		G3	
2	6	Sean Sturrock	Blackheath & Bromley H & J	02:29.2		G3		2	5	Thomas Powell	Blackheath & Bromley H & J	02:34.4		G4	
3	13	Tom Rottier	Enfield & Haringey AC	02:31.3		G4		3	14	Joe Carter	Enfield & Haringey AC	02:36.0		G4	
4	1	Nick Haines	Aldershot Farnham & Distric	02:46.4				4							
T33	U13B 1500m 'A'							U13B 1500m 'B'							
1	10	Ashley Waterson	City of Norwich AC	04:56.1		G2*		1	6	Richard Webb	Blackheath & Bromley H & J	05:08.8		G40	
2	1	Cormac S King	Aldershot Farnham & Distric	05:05.3		G30		2	2	Nathan Gibson	Aldershot Farnham & Distric	05:11.7		G40	
3	5	William Fuller	Blackheath & Bromley H & J	05:07.8		G30		3	9	Adam Davison	City of Norwich AC	05:26.9		00	
4	13	Ruairi Coles	Enfield & Haringey AC	05:31.3		00		4	14	Imoh Ekpo	Enfield & Haringey AC	05:31.3		00	
T17	U13B 75mh 'A'		Wind=					U13B 75mh 'B'		Wind=					
1	9	Ross Gilbert	City of Norwich AC	12.80		G1*		1	14	George Vaughan	Enfield & Haringey AC	15.10		G4	
2	5	Kieran Gowan-Wade	Blackheath & Bromley H & J	13.20		G2*		2	6	Lewes Burton-Bell	Blackheath & Bromley H & J	15.20		G4	
3	13	Joe Hanlon	Enfield & Haringey AC	14.20		G3		3							
4								4							
F15	U13B 3.25k Shot 'A'							U13B 3.25k Shot 'B'							
1	13	Lee McKinson English	Enfield & Haringey AC	9.85		G1*		1	5	Ayo Ajiboye	Blackheath & Bromley H & J	7.72		G4	
2	6	Bobby Cribben	Blackheath & Bromley H & J	8.62		G2*		2	10	Jack Halliwell	City of Norwich AC	6.53			
3	9	Samuel Green	City of Norwich AC	7.13		G4		3	14	Will Grimsey	Enfield & Haringey AC	5.63			
4	1	Nick Haines	Aldershot Farnham & Distric	5.45				4							
F25	U13B Long Jump 'A'							U13B Long Jump 'B'							
1	14	Rueben Arthur	Enfield & Haringey AC	5.21		G1*		1	13	Lee McKinson English	Enfield & Haringey AC	4.82		G1*	
2	9	Ross McLachlan	City of Norwich AC	4.66		G1*		2	10	Harry Simmons	City of Norwich AC	4.63		G2*	
3	5	Kieran Gowan-Wade	Blackheath & Bromley H & J	4.24		G4		3	6	George Poyner	Blackheath & Bromley H & J	4.07			
4	1	Sam Blight	Aldershot Farnham & Distric	3.57				4	2	Nathan Gibson	Aldershot Farnham & Distric	3.25			
F6	U13B High Jump 'A'							U13B High Jump 'B'							
1	9	Ross Gilbert	City of Norwich AC	1.45		G1*		1	10	James Steel	City of Norwich AC	1.35		G3*	
2	13	Will Grimsey	Enfield & Haringey AC	1.35		G3*		2	5	Gabriel Evans	Blackheath & Bromley H & J	1.30		G4	
3	6	Kieran Gowan-Wade	Blackheath & Bromley H & J	1.30		G4		3	14	Tom Rottier	Enfield & Haringey AC	1.25			
4	1	Nick Haines	Aldershot Farnham & Distric	1.05											
T31	U17W 100m 'A'		Wind=					U17W 100m 'B'		Wind=					
1	5	Amara Lalemi-Jacobs	Blackheath & Bromley H & J	12.9		G3*		1	13	Stephanie Tewogbade	Enfield & Haringey AC	13.1		G4	
2	14	-	Enfield & Haringey AC	13.1		G4		2	6	Lauren Stevens	Blackheath & Bromley H & J	13.6			
3	1	Danni Greener	Aldershot Farnham & Distric	13.5				3	10	Sasha Bernard	City of Norwich AC	15.5			
4	9	Chloe Smith	City of Norwich AC	13.5				4							
T7	U17W 200m 'A'		Wind=					U17W 200m 'B'		Wind=					
1	5	Amara Lalemi-Jacobs	Blackheath & Bromley H & J	26.7		G4*		1	6	Lauren Stevens	Blackheath & Bromley H & J	27.8			
2	14	Karelle Evans	Enfield & Haringey AC	27.8				2	13	Faith Ojamba	Enfield & Haringey AC	28.4			
3	9	Chloe Smith	City of Norwich AC	27.9				3	10	Hazel Wilson	City of Norwich AC	40.7			
4	1	Megan Smith	Aldershot Farnham & Distric	28.8				4							

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Southern Premier Norman Park, Bromley

				Perf	Wind	Records	Grades					Perf	Grades		
								Sunday, July 19 2009							
T26 U17W 300m 'A'								U17W 300m 'B'							
1	5	Krystal Galley	Blackheath & Bromley H & J	42.3		G3*		1	6	Rachel Robinson	Blackheath & Bromley H & J	44.8	*		
2	13	Katie Brown	Enfield & Haringey AC	43.1		G4*		2	14	Karelle Evans	Enfield & Haringey AC	46.5			
3	1	Rachel Sykes	Aldershot Farnham & Distric	44.2		G4*		3	10	Grace Bird	City of Norwich AC	50.5			
4	9	Hazel Wilson	City of Norwich AC	49.0				4							
T13 U17W 800m 'A'								U17W 800m 'B'							
1	9	Iona Lake	City of Norwich AC	02:21.1		G4*		1	5	Danielle Critchley	Blackheath & Bromley H & J	02:23.5	G4*		
2	6	Krystal Galley	Blackheath & Bromley H & J	02:22.9		G4*		2	2	Rachel Sykes	Aldershot Farnham & Distric	02:24.7	G4*		
3	1	Beth Hubbard	Aldershot Farnham & Distric	02:23.6		G4*		3	14	Nichola Mattheous	Enfield & Haringey AC	02:44.9			
4	13	Katie Brown	Enfield & Haringey AC	02:24.6		G4*		4	10	Juliet Broster	City of Norwich AC	02:48.3			
T36 U17W 1500m 'A'								U17W 1500m 'B'							
1	9	Iona Lake	City of Norwich AC	05:02.1		G4*		1	10	Juliet Broster	City of Norwich AC	05:07.9	00		
2	1	Mae Partridge	Aldershot Farnham & Distric	05:04.7		0*		2	6	Michelle Fewster	Blackheath & Bromley H & J	05:32.7	00		
3	5	Danielle Critchley	Blackheath & Bromley H & J	05:06.9		00		3	14	Sarah Harizi	Enfield & Haringey AC	06:11.7	00		
4	13	Nichola Mattheous	Enfield & Haringey AC	05:46.9		00		4							
T19 U17W 3000m 'A'								U17W 3000m 'B'							
1	2	Beth Hubbard	Aldershot Farnham & Distric	11:08.8		G40		1	1	Mae Partridge	Aldershot Farnham & Distric	11:08.8	G40		
2	9	Hazel Wilson	City of Norwich AC	11:46.2		00		2	6	Melody Kane	Blackheath & Bromley H & J	12:18.6	00		
3	5	Clare Parkin	Blackheath & Bromley H & J	12:12.0		00		3	10	Grace Bird	City of Norwich AC	12:20.3	00		
4								4							
T20 U17W 80m 'A'				Wind=				U17W 80m 'B'				Wind=			
1	9	Laura Green	City of Norwich AC	12.2		G1*		1	6	Nenisha Nelson-Roberts	Blackheath & Bromley H & J	12.8	G3*		
2	5	Sian Duffy	Blackheath & Bromley H & J	12.6		G3*		2	2	Sophie Edwards	Aldershot Farnham & Distric	13.3	G4		
3	1	Danni Greener	Aldershot Farnham & Distric	13.3		G4		3	14	Faith Ojambo	Enfield & Haringey AC	24.8			
4	13	Chinice Oliver	Enfield & Haringey AC	13.4		G4		4							
T1 U17W 300mH 'A'								U17W 300mH 'B'							
1	5	Sian Duffy	Blackheath & Bromley H & J	47.0		G3*		1	6	Nenisha Nelson-Roberts	Blackheath & Bromley H & J	48.1	G3*		
2	9	Laura Green	City of Norwich AC	47.4		G3*		2	13	Nadia Chowdry	Enfield & Haringey AC	52.7			
3	1	Danni Greener	Aldershot Farnham & Distric	48.3		G3*		3							
4	14	-	Enfield & Haringey AC	52.5				4							
F3 U17W 4k Hammer 'A'								U17W 4k Hammer 'B'							
1	9	Jenna Cannell	City of Norwich AC	41.04		G1*		1	10	Victoria Williamson	City of Norwich AC	18.26			
2	13	Stephanie Tewogbade	Enfield & Haringey AC	17.37				2	14	Katie Brown	Enfield & Haringey AC	9.07			
3	6	Sian Hurlock	Blackheath & Bromley H & J	12.43				3							
4								4							
F20 U17W 1.0k Discus 'A'								U17W 1.0k Discus 'B'							
1	5	Ellie Duffy-Penny	Blackheath & Bromley H & J	27.47		G4*		1	9	Steff Burt	City of Norwich AC	23.92			
2	10	Jenna Cannell	City of Norwich AC	24.55		G4		2	13	Rebecca Redding	Enfield & Haringey AC	20.64			
3	14	Chinice Oliver	Enfield & Haringey AC	22.12				3	6	Georgina Cousins	Blackheath & Bromley H & J	18.87			
4	1	Megan Smith	Aldershot Farnham & Distric	12.33				4							
F31 U17W 4k Shot 'A'								U17W 4k Shot 'B'							
1	9	Steff Burt	City of Norwich AC	8.50		G4		1	10	Victoria Williamson	City of Norwich AC	8.04	G4		
2	5	Ellie Duffy-Penny	Blackheath & Bromley H & J	8.31		G4		2	13	Naomi Sackey	Enfield & Haringey AC	7.35			
3	14	Rebecca Redding	Enfield & Haringey AC	8.17		G4		3	6	Georgina Cousins	Blackheath & Bromley H & J	7.30			
4	1	Sophie Edwards	Aldershot Farnham & Distric	5.17				4							
F26 U17W 600g Javelin 'A'								U17W 600g Javelin 'B'							
1	9	Steff Burt	City of Norwich AC	32.55		G2*		1	10	Jenna Cannell	City of Norwich AC	25.12			
2	13	Rebecca Redding	Enfield & Haringey AC	28.53		G4		2	6	Michelle Fewster	Blackheath & Bromley H & J	17.02			
3	5	Ellie Duffy-Penny	Blackheath & Bromley H & J	22.69				3	14	Kike Solanke	Enfield & Haringey AC	13.17			
4	2	Beth Hubbard	Aldershot Farnham & Distric	12.05				4	1	Mae Partridge	Aldershot Farnham & Distric	11.74			

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UKA: National Young Athletes League 2009

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Southern Premier Norman Park, Bromley

Perf

Wind

Records
Grades

Sunday, July 19 2009

Perf

Grades

Southern Premier Norman Park, Bromley				Sunday, July 19 2009					
	Perf	Wind	Records Grades		Perf	Grades			
F5 U17W Long Jump 'A'				U17W Long Jump 'B'					
1	13 Kike Solanke	Enfield & Haringey AC	4.94	G3*	1	2 Sophie Edwards	Aldershot Farnham & Distric	4.21	
2	6 Lauren Stevens	Blackheath & Bromley H & J	4.86	G4*	2	10 Holly Slater	City of Norwich AC	4.18	
3	9 Sasha Bernard	City of Norwich AC	4.66		3	14 Aislinn Rance	Enfield & Haringey AC	4.17	
4	1 Erin Shee	Aldershot Farnham & Distric	4.46		4	5 Sian Hurlock	Blackheath & Bromley H & J	3.87	
F35 U17W Triple Jump 'A'				U17W Triple Jump 'B'					
1	13 Kike Solanke	Enfield & Haringey AC	10.46	G2*	1	14 Aislinn Rance	Enfield & Haringey AC	9.46	G4*
2	5 Sian Hurlock	Blackheath & Bromley H & J	9.99	G3*	2	2 Rachel Sykes	Aldershot Farnham & Distric	9.38	G4*
3	1 Erin Shee	Aldershot Farnham & Distric	9.39	G4*	3	9 Sasha Bernard	City of Norwich AC	9.22	*
4	10 Holly Slater	City of Norwich AC	9.30	*	4	6 Rachel Robinson	Blackheath & Bromley H & J	8.72	
F19 U17W High Jump 'A'				U17W High Jump 'B'					
1	5 Christine Lyston	Blackheath & Bromley H & J	1.55	G3*	1	10 Holly Slater	City of Norwich AC	1.45	
2	9 Chloe Smith	City of Norwich AC	1.55	G3*					
3	13 Naomi Sackey	Enfield & Haringey AC	1.40						
F11 U17W Pole Vault 'A'				U17W Pole Vault 'B'					
1	5 Anna Huggins	Blackheath & Bromley H & J	2.90	G2*					
T29 U15G 100m 'A'				U15G 100m 'B'					
			Wind=				Wind=		
1	13 Desiree Henry	Enfield & Haringey AC	12.1	G1*	1	6 Rachel Dickens	Blackheath & Bromley H & J	13.0	G2*
2	5 Dina Asher-Smith	Blackheath & Bromley H & J	12.3	G1*	2	10 Katie Vickery	City of Norwich AC	13.6	G4
3	9 Cleo Stephenson	City of Norwich AC	12.5	G1*	3	14 Akeesha Smith	Enfield & Haringey AC	13.8	
4	1 Olivia Parrott	Aldershot Farnham & Distric	13.6	G4	4	2 Becky Moore	Aldershot Farnham & Distric	13.8	
T5 U15G 200m 'A'				U15G 200m 'B'					
			Wind=				Wind=		
1	13 Desiree Henry	Enfield & Haringey AC	24.5	G1*	1	6 Rachel Dickens	Blackheath & Bromley H & J	26.2	G1*
2	5 Dina Asher-Smith	Blackheath & Bromley H & J	25.0	G1*	2	10 Victoria Mitchell	City of Norwich AC	27.2	G3*
3	9 Cleo Stephenson	City of Norwich AC	25.8	G1*	3	14 Pamela Milla	Enfield & Haringey AC	28.2	
4	1 Olivia Parrott	Aldershot Farnham & Distric	27.9	G4	4	2 Sarah Beckett	Aldershot Farnham & Distric	29.1	
T11 U15G 800m 'A'				U15G 800m 'B'					
1	13 Charlotte Kerr	Enfield & Haringey AC	02:18.4	G1*	1	6 Holly Fletcher	Blackheath & Bromley H & J	02:27.1	G3*
2	1 Susan Shiel Rankin	Aldershot Farnham & Distric	02:18.9	G1*	2	14 Laviai Neilson	Enfield & Haringey AC	02:28.2	G4
3	9 Kiera Mooney	City of Norwich AC	02:22.5	G2*	3	2 Rosamand Hawkins	Aldershot Farnham & Distric	02:42.4	
4	5 Jessica Jones	Blackheath & Bromley H & J	02:24.2	G3*	4	10 Honor de Winton	City of Norwich AC	02:52.4	
T34 U15G 1500m 'A'				U15G 1500m 'B'					
1	1 Rosanna Stewart	Aldershot Farnham & Distric	04:53.5	G2*	1	2 Beth Gibson	Aldershot Farnham & Distric	05:23.2	00
2	5 Amber Reed	Blackheath & Bromley H & J	05:01.0	G3*	2	10 Beth Stratton	City of Norwich AC	05:25.7	00
3	9 Nastassja Potgieter	City of Norwich AC	05:03.5	G3*	3	6 Hannah Cook	Blackheath & Bromley H & J	05:28.4	00
4	13 Lina Neilson	Enfield & Haringey AC	05:27.7	00	4	14 Joanna Willard	Enfield & Haringey AC	06:52.0	00
T18 U15G 75mh 'A'				U15G 75mh 'B'					
			Wind=				Wind=		
1	5 Rhiannon Jones	Blackheath & Bromley H & J	12.4	G3*	1	6 Rachel Gianni	Blackheath & Bromley H & J	13.0	G4
2	1 Ellie Simpson	Aldershot Farnham & Distric	12.7	G3*	2	2 Zoe Greener	Aldershot Farnham & Distric	13.1	G4
3	14 Rebecca McRoberts	Enfield & Haringey AC	12.7	G3*	3	9 Jessica Hamilton	City of Norwich AC	14.3	
4	10 Katie Vickery	City of Norwich AC	13.3	G4	4	13 Kaeshelle Cooke	Enfield & Haringey AC	15.4	
F4 U15G Long Jump 'A'				U15G Long Jump 'B'					
1	9 Honor de Winton	City of Norwich AC	5.10	G1*	1	5 Frances Read	Blackheath & Bromley H & J	4.78	G2*
2	6 Jessica Moore	Blackheath & Bromley H & J	4.78	G2*	2	10 Katie Vickery	City of Norwich AC	4.77	G2*
3	13 Mary Fasipe	Enfield & Haringey AC	4.74	G3*	3	1 Zoe Greener	Aldershot Farnham & Distric	4.35	G4
4	2 Rosamand Hawkins	Aldershot Farnham & Distric	4.52	G4	4	14 Kaeshelle Cooke	Enfield & Haringey AC	4.28	

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UKA: National Young Athletes League 2009

<http://www.natyal.co.uk>

Southern Premier Norman Park, Bromley

Perf

Wind

Records
Grades

Sunday, July 19 2009

Perf

Grades

Southern Premier Norman Park, Bromley				Perf	Wind	Records Grades	Sunday, July 19 2009					
F18 U15G High Jump 'A'						U15G High Jump 'B'						
1	6	Rhiannon Jones	Blackheath & Bromley H & J	1.50		G2*	1	5	Frances Read	Blackheath & Bromley H & J	1.50	G2*
2=	1	Zoe Greener	Aldershot Farnham & Distric	1.40		G4	2	2	Rosamand Hawkins	Aldershot Farnham & Distric	1.30	
2=	9	Honor de Winton	City of Norwich AC	1.40		G4	3	14	Pamela Milla	Enfield & Haringey AC	1.25	
4	13	Joanna Willard	Enfield & Haringey AC	1.25								
F10 U15G Pole Vault 'A'							U15G Pole Vault 'B'					
						LR MR						LR MR
1=	13	Joanna Willard	Enfield & Haringey AC	2.40		FALSE	1	10	Sasha Birrell	City of Norwich AC	2.00	FALSE
1=	9	Abi Martins	City of Norwich AC	2.40		FALSE						
F21 U15G 1.00k Discus 'A'						U15G 1.00k Discus 'B'						
1	9	Lily Evans	City of Norwich AC	26.18		G2*	1	6	Shannon Stride	Blackheath & Bromley H & J	21.57	G4
2	5	Eleanor Dumper	Blackheath & Bromley H & J	23.46		G3*	2	10	Kiera Mooney	City of Norwich AC	18.27	
3	13	Iyabo Adukenle	Enfield & Haringey AC	20.29		G4	3	14	Sharon Kasinga	Enfield & Haringey AC	16.91	
4	1	Sarah-Jane Anthony	Aldershot Farnham & Distric	19.92			4	2	Amy Chalke	Aldershot Farnham & Distric	13.13	
F27 U15G 600g Javelin 'A'							U15G 600g Javelin 'B'					
						MR						
1	9	Laura McDonald	City of Norwich AC	40.27		G1*	1	13	Kaeshelle Cooke	Enfield & Haringey AC	18.03	
2	5	Elouise Edwards	Blackheath & Bromley H & J	21.60		G4	2	10	Gemma Vickery	City of Norwich AC	16.69	
3	14	Sharon Kasinga	Enfield & Haringey AC	21.48		G4	3	6	Robyn Borg	Blackheath & Bromley H & J	14.89	
4	1	Amy Chalke	Aldershot Farnham & Distric	21.37		G4	4	2	Becky Moore	Aldershot Farnham & Distric	12.31	
F30 U15G 3.25k Shot 'A'						U15G 3.25k Shot 'B'						
1	9	Laura McDonald	City of Norwich AC	9.93		G1*	1	14	Yasmine Cazeau	Enfield & Haringey AC	8.15	G4
2	13	Iyabo Adukenle	Enfield & Haringey AC	9.25		G2*	2	10	Lily Evans	City of Norwich AC	7.60	
3	1	Sarah-Jane Anthony	Aldershot Farnham & Distric	8.65		G3	3	6	Monique Walcott	Blackheath & Bromley H & J	7.36	
4	5	Eleanor Dumper	Blackheath & Bromley H & J	8.19		G4	4	2	Ellie Simpson	Aldershot Farnham & Distric	5.46	
T27 U13G 75m 'A'							U13G 75m 'B'					
						Wind=						Wind=
1	13	Kenisha Allen	Enfield & Haringey AC	10.0		G1*	1	14	Angel Fred Horsfall	Enfield & Haringey AC	10.5	G2*
2	5	Shannon Hylton	Blackheath & Bromley H & J	10.2		G1*	2	1	Georgina Darnell	Aldershot Farnham & Distric	10.9	G4*
3	2	Kia Watson	Aldershot Farnham & Distric	10.8		G3*	3	6	Tofumi Ladega	Blackheath & Bromley H & J	11.3	
4	9	Laura Johnson	City of Norwich AC	11.0		G4*	4	10	Jessica McNaughton	City of Norwich AC	11.4	
T3 U13G 150m 'A'							U13G 150m 'B'					
						Wind=						Wind=
1	13	Kenisha Allen	Enfield & Haringey AC	19.9		G1*	1	6	Maya Bruney	Blackheath & Bromley H & J	20.6	G2*
2	9	Ellie Blunt	City of Norwich AC	20.3		G1*	2	14	Savannah Harriott	Enfield & Haringey AC	21.0	G2*
3	5	Shannon Hylton	Blackheath & Bromley H & J	20.5		G1*	3	10	Laura Johnson	City of Norwich AC	21.4	G3*
4	2	Anyal Mandal	Aldershot Farnham & Distric	21.2		G3*	4	1	Kia Watson	Aldershot Farnham & Distric	21.7	G4*
T9 U13G 800m 'A'						U13G 800m 'B'						
1	5	Janae Galley	Blackheath & Bromley H & J	02:28.0		G1*	1	6	Sonia Woolhouse	Blackheath & Bromley H & J	02:40.1	G4
2	13	Josephine Connery	Enfield & Haringey AC	02:29.4		G1*	2	14	Emma Hatchett	Enfield & Haringey AC	02:42.8	G4
3	9	Natalie Flintham	City of Norwich AC	02:33.6		G2*	3	10	Katie Stratton	City of Norwich AC	02:44.9	G4
4	1	Charlotte Wright	Aldershot Farnham & Distric	02:40.6		G4	4	2	Katie Shiel-Rankin	Aldershot Farnham & Distric	02:46.0	G4
T22 U13G 1200m 'A'						U13G 1200m 'B'						
1	5	Georgina Kennedy	Blackheath & Bromley H & J	04:07.1		G2*	1	6	Charlotte Rhule	Blackheath & Bromley H & J	04:15.1	G3*
2	1	Leigh Chapman	Aldershot Farnham & Distric	04:08.2		G2*	2	10	Ashleigh Bunn	City of Norwich AC	04:19.0	G4*
3	9	Alice Cheverton	City of Norwich AC	04:09.0		G2*	3	14	Nastassja Allin	Enfield & Haringey AC	04:51.3	00
4	13	Maria Morgan	Enfield & Haringey AC	04:44.2		00	4					
T15 U13G 70mh 'A'							U13G 70mh 'B'					
						Wind=						Wind=
1	1	Georgia Hoff	Aldershot Farnham & Distric	12.2		G1*	1	10	Jessica McNaughton	City of Norwich AC	13.5	G4
2	9	Ellie Blunt	City of Norwich AC	12.2		G1*	2	14	Amber Lane	Enfield & Haringey AC	13.7	G4
3	6	Vivien Olatunji	Blackheath & Bromley H & J	13.0		G3*	3	5	Aine Hurlock	Blackheath & Bromley H & J	14.2	
4	13	Katy Thompson	Enfield & Haringey AC	13.2		G4	4					

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UKA: National Young Athletes League 2009

<http://www.natyal.co.uk>



Perf
Grades

Southern Premier Norman Park, Bromley

Perf

Wind

Records
Grades

Sunday, July 19 2009

F7 U13G High Jump 'A'				U13G High Jump 'B'								
Rank	Age	Name	Club	Perf	Records	Grades	Rank	Age	Name	Club	Perf	Grades
1	9	Ellie Blunt	City of Norwich AC	1.35	G2*		1	6	Alex Wheelwright	Blackheath & Bromley H & J	1.30	G3
2	5	Shannon Clarke	Blackheath & Bromley H & J	1.35	G2*		2	14	Jennifer Ebende	Enfield & Haringey AC	1.20	G4
3	13	Mary Martin	Enfield & Haringey AC	1.25	G4		3	10	Grace Ashworth	City of Norwich AC	1.10	
4	1	Georgia Hoff	Aldershot Farnham & Distric	1.20	G4							
F24 U13G Long Jump 'A'				U13G Long Jump 'B'								
1	9	Jessica McNaughton	City of Norwich AC	4.22	G2*		1	6	Shannon Cordell	Blackheath & Bromley H & J	4.11	G3
2	5	Maya Brune	Blackheath & Bromley H & J	4.15	G3*		2	10	Grace Ashworth	City of Norwich AC	3.48	
3	13	Mary Martin	Enfield & Haringey AC	3.97	G4		3	14	Amber Lane	Enfield & Haringey AC	3.45	
4	1	Georgia Hoff	Aldershot Farnham & Distric	3.96	G4		4	2	Charlotte Wright	Aldershot Farnham & Distric	3.16	
F14 U13G 2.72k Shot 'A'				U13G 2.72k Shot 'B'								
1	6	Ellie Lawrence	Blackheath & Bromley H & J	9.64	G1*		1	5	Jumoke Fatna	Blackheath & Bromley H & J	9.17	G1*
2	13	Esther Odugo	Enfield & Haringey AC	7.92	G2*		2	14	Angel Fred Horsfall	Enfield & Haringey AC	6.03	G4
3	9	Laura Johnson	City of Norwich AC	5.64			3	10	Grace Ashworth	City of Norwich AC	4.37	
4	1	Kia Watson	Aldershot Farnham & Distric	3.95			4	2	Anyal Mandal	Aldershot Farnham & Distric	3.78	

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UKA: National Young Athletes League 2009

<http://www.natyal.co.uk>

Southern Southern Premier Norman Park, Bromley

Perf

Wind

Records
Grades

Sunday, July 19 2009

Perf

Grades

T43 17M 4x100m

1	5	Blackheath & Bromley H & AC	Abs Joloso	Ellis Zorro	Kieran Daly	Ronnie Pocklington	44.00 *
2	13	Enfield & Haringey AC	Anthony Ekundayo	Romane Walcott	Godwin Gyeabour	Reece Noonan	44.30 *
3	1	Aldershot Farnham & District AC	Ben Bushell	Charlie Long	Harvey Dixon	Ian Bailey	47.80
4	9	City of Norwich AC	Danny Claydon	Cain Parry	Jamie Aulert	Theo Hudson	DISQ

T47 17M 4x400m

1	5	Blackheath & Bromley H & AC	Mark Longhurst	Jonathan Pettet	Ben Parkin	Ronnie Pocklington	03:31.30 *
2	9	City of Norwich AC	De La Rey Veenendaal	Jack Harrison	Callum McLaren	Ben Stratton	03:39.50 *
3	13	Enfield & Haringey AC	Reece Surridge	Tom Carter	Dean Scott	Glen Owosu	03:42.80 *
4	1	Aldershot Farnham & District AC	Charlie Long	Andy Provost	Harvey Dixon	Josh Grace	03:43.40 *

T41 15B 4x100m

1	13	Enfield & Haringey AC	Regan Sembatya	Myles Agyei	Hakeem Parchment	Andrew Stark	47.20 *
2	5	Blackheath & Bromley H & AC	Bruno Myska-Reder	Reuben Fakoya	Joshua Oyedele	Anton Daly	48.00 *
3	9	City of Norwich AC	Steven Hadley	Zeno Mhae	Ben Steward	Tejiri Ighomerho	52.70
4	1	Aldershot Farnham & District AC	Joe Blight	Robert Hislop	Ben Coverdale	Matt Arnold	53.90

T46 15B 4x400m

1	9	City of Norwich AC	Aaron Pitt	Alex Lubbock	Sean Watson	Ben Steward	03:50.90 *
2	13	Enfield & Haringey AC	Iuri Figueiredo	Krishawn Aiken	Horeb Makabukidi	Stephen Arthurworrey	04:03.30
3	1	Aldershot Farnham & District AC	Joe Blight	Robert Hislop	Toby Starling	Matt Arnold	04:03.30
4	5	Blackheath & Bromley H & AC	Tom Greenhill	Adam Willis	Harry Smith	Joshua Oyedele	DISQ

T39 13B 4x100m

1	13	Enfield & Haringey AC	Will Grimsey	David Anthony	Rueben Arthur	Lee McKinson English	52.20 *
2	5	Blackheath & Bromley H & AC	Ayo Ajiboye	Jonathan Holmes	Joshua Shonibare	Joshua Dalsan	53.30 *
3	9	City of Norwich AC	Ross McLachlan	James Steel	Harry Simmons	Ross Gilbert	54.60 *
4	1	Aldershot Farnham & District AC	Nathan Gibson	Cormac S King	Nick Haines	Sam Blight	63.90

T42 17W 4x100m

1	13	Enfield & Haringey AC	Bianca Williams	Faith Ojambo	Naomi Sackey	Stephanie Tewogbade	50.40 *
2	5	Blackheath & Bromley H & AC	Amara Lalemi-Jacobs	Lauren Stevens	Christine Lyston	Nenisha Nelson-Roberts	51.60 *
3	1	Aldershot Farnham & District AC	Erin Shee	Sophie Edwards	Megan Smith	Danni Greener	53.90
4	9	City of Norwich AC	Jenna Cannell	Chloe Smith	Laura Green	Sasha Bernard	DISQ

T45 17W 4x300m

1	5	Blackheath & Bromley H & AC	Rachel Robinson	Sian Hurlock	Sian Duffy	Krystal Galley	02:59.00
2	13	Enfield & Haringey AC	Aislinn Rance	Kike Solanke	Chinice Oliver	Katie Brown	03:03.40
3	1	Aldershot Farnham & District AC	Erin Shee	Rachel Sykes	Mae Partridge	Beth Hubbard	03:04.80
4	9	City of Norwich AC	Holly Slater	Juliet Broster	Laura Green	Iona Lake	03:05.20

T40 15G 4x100m

1	5	Blackheath & Bromley H & AC	Jessica Moore	Dina Asher-Smith	Rachel Dickens	Rhiannon Jones	49.90 *
2	9	City of Norwich AC	Katie Vickery	Laura McDonald	Victoria Mitchell	Cleo Stephenson	50.30 *
3	1	Aldershot Farnham & District AC	Ellie Simpson	Sarah Beckett	Becky Moore	Olivia Parrott	54.00
4							

T38 13G 4x100m

1	13	Enfield & Haringey AC	Angel Fred Horsfall	Savannah Harriott	Toni Adegbayibi	Kenisha Allen	54.40 *
2	5	Blackheath & Bromley H & AC	Vivien Olatunji	Shannon Hylton	Aine Hurlock	Maya Bruney	55.30 *
3	1	Aldershot Farnham & District AC	Anyal Mandal	Georgina Darnell	Georgia Hoff	Kia Watson	55.40 *
4	9	City of Norwich AC	Laura Johnson	Jessica McNaughton	Grace Ashworth	Ellie Blunt	57.00 *

* = AW Standards