

	Team	Score	
1	Oxford City	109	O
2	Plymouth	71	C
3	Bracknell	54	A
4	Wycombe Phoenix	95	P

Senior A 100m		Wind=			
1	David Gain	SM	Oxford City	11.68	4
2	F Duncan	SM	Bracknell	12.16	3
3	J Reuter	U20	Wycombe Phoenix	12.23	2
4	Jack Tonkin	U20	Plymouth	12.37	1

Senior B 100m		Wind=			
1	Ashley Johnson	SM	Oxford City	11.90	4
2	R Millar	SM	Bracknell	12.44	3
3	J Layne	U20	Wycombe Phoenix	12.69	2
4	Luke McLoughlin	U20	Plymouth	13.19	1

Senior A 200m		Wind=			
1	David Gain	SM	Oxford City	22.67	4
2	R Larsen	SM	Bracknell	24.04	3
3	J Reuter	U20	Wycombe Phoenix	24.35	2
4	Jack Tonkin	U20	Plymouth	24.48	1

Senior B 200m		Wind=			
1	N Stalker	SM	Bracknell	24.91	4
2	J Layne	U20	Wycombe Phoenix	25.19	3
3	Nathan Rockett	U20	Oxford City	25.91	2
4					1

Senior A 400m					
1	M Booth	U20	Wycombe Phoenix	51.18	4
2	Bakri	U20	Oxford City	54.32	3
3	Luke McLoughlin	U20	Plymouth	56.35	2
4					1

Senior B 400m					
1	I Parkinson	SM	Wycombe Phoenix	55.65	4
2	Haydn B-Williams	SM	Plymouth	60.75	3
3	Manny Stone	M50	Oxford City	61.97	2
4					1

Senior A 800m					
1	I Nahoor	U20	Wycombe Phoenix	1:59.8	4
2	James Cody	U20	Oxford City	2:07.3	3
3	Simon Anderson	SM	Plymouth	2:12.43	2
4					1

Senior B 800m					
1	T Claesson	U20	Wycombe Phoenix	1:59.9	4
2	David Weir	U17	Plymouth	2:16.99	3
3	Ian Castle	SM	Oxford City	2:46.64	2
4					1

Senior A 1500m					
1	W Langley	SM	Wycombe Phoenix	4:14.32	4
2	Simon Anderson	SM	Plymouth	4:19.54	3
3	J Ashton	SM	Bracknell	4:32.39	2
4	Rob Webster	M40	Oxford City	4:34.69	1

Senior B 1500m					
1	I Nahoor	SM	Wycombe Phoenix	4:16.56	4
2	David Weir	U17	Plymouth	4:34.10	3
3	H Mitchell	SM	Bracknell	4:34.41	2
4	Ashgar Ali	SM	Oxford City	6:29.74	1

Senior A 5000m

1	J Ashton	SM	Bracknell	15:46.94	4
2	Simon Anderson	SM	Plymouth	16:30.80	3
3	Ashgar Ali	M40	Oxford City	19:46.90	2
4	T Spencer	SM	Wycombe Phoenix	20:37.66	1

Senior B 5000m

1	James Manthorp	SM	Plymouth	19:58.08	4
2	D Randall	M40	Wycombe Phoenix	21:03.83	3
3					2
4					1

Senior A 110mH

Wind=

1	Ashley Johnson	SM	Oxford City	16.31	4
2	Haydn B-Williams	SM	Plymouth	17.60	3
3	R Bushrod	SM	Wycombe Phoenix	21.14	2
4					1

Senior B 110mH

Wind=

1	Andrew Tippet	SM	Oxford City	16.58	4
2	Matt Bradley	SM	Plymouth	21.05	3
3	I Parkinson	SM	Wycombe Phoenix	22.44	2
4					1

Senior A 400mH

1	Andrew Tippet	SM	Oxford City	55.25	4
2	L Duncan	SM	Bracknell	63.67	3
3	R Bushrod	SM	Wycombe Phoenix	64.36	2
4	Matt Bradley	SM	Plymouth	68.30	1

Senior B 400mH

1	Marcus Woodington	U20	Oxford City	57.66	4
2	J Davies	SM	Wycombe Phoenix	65.80	3
3					2
4					1

Senior A 3000m Steeplechase

1	Matt Bradley	SM	Plymouth	10:15.32	4
2	James Cody	U20	Oxford City	11:22.52	3
3	R Bushrod	SM	Wycombe Phoenix	13:44.04	2
4					1

Senior B 3000m Steeplechase

1	James Manthorp	SM	Plymouth	13:30.15	4
2	Ian Castle	SM	Oxford City	15:11.87	3
3					2
4					1

Senior A High Jump

1	Haydn B-Williams	SM	Plymouth	1.80	4
2	Ashley Johnson	SM	Oxford City	1.75	3
3	R Bushrod	SM	Wycombe Phoenix	1.50	2
4					1

Senior B High Jump

1	Marcus Woodington	SM	Oxford City	1.60	4
2	T Spencer	SM	Wycombe Phoenix	1.10	3
3					2
4					1

Senior A Pole Vault

1	I Parkinson	SM	Wycombe Phoenix	3.60	4
2	Anthony Palman-Brown	M40	Oxford City	2.70	3
3					2
4					1

Senior B Pole Vault

1	R Bushrod	SM	Wycombe Phoenix	2.30	4
2	Richard Hart	M50	Oxford City	2.20	3
3					2
4					1

Senior A Long Jump

1	Ashley Johnson	SM	Oxford City	6.34	4
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Wind

2	Haydn B-Williams	SM	Plymouth	5.83	3
3	R Bushrod	SM	Wycombe Phoenix	4.70	2
4					1

Senior B Long Jump

Wind

1	Jack Tonkin	U20	Plymouth	5.05	4
2	Nathan Rockett	U20	Oxford City	4.63	3
3	A Summerfield	SM	Wycombe Phoenix	3.19	2
4					1

Senior A Triple Jump

Wind

1	Ashley Johnson	SM	Oxford City	12.23	4
2	I Parkinson	SM	Wycombe Phoenix	11.42	3
3	Luke McLoughlin	U20	Plymouth	11.10	2
4	N Stalker	SM	Bracknell	9.82	1

Senior B Triple Jump

Wind

1	R Bushrod	SM	Wycombe Phoenix	11.18	4
2	Ian Castle	SM	Oxford City	10.72	3
3	David Weir	U17	Plymouth	9.50	2
4	J Sanders	SM	Bracknell	9.38	1

Senior A Shot Putt

1	Ashley Johnson	SM	Oxford City	10.33	4
2	J Sanders	SM	Bracknell	9.47	3
3	C Summerfield	SM	Wycombe Phoenix	8.74	2
4	James Manthorp	SM	Plymouth	7.28	1

Senior B Shot Putt

1	J Drzewiecki	SM	Bracknell	8.86	4
2	Anthony Palman-Brown	M40	Oxford City	8.50	3
3	C Summerfield	SM	Wycombe Phoenix	7.82	2
4	Matt Bradley	SM	Plymouth	6.53	1

Senior A Discus

1	J Drzewiecki	SM	Bracknell	35.37	4
2	Ashley Johnson	SM	Oxford City	30.65	3
3	C Summerfield	SM	Wycombe Phoenix	26.19	2
4	Matt Bradley	SM	Plymouth	20.49	1

Senior B Discus

1	J Sanders	SM	Bracknell	30.87	4
2	Richard Hart	M50	Oxford City	26.19	3
3	A Wells	SM	Wycombe Phoenix	23.72	2
4	James Manthorp	SM	Plymouth	18.63	1

Senior A Hammer

1	C Summerfield	SM	Wycombe Phoenix	32.64	4
2	J Drzewiecki	SM	Bracknell	27.49	3
3	Peter O'Keefe	M50	Oxford City	19.58	2
4	Matt Bradley	SM	Plymouth	14.40	1

Senior B Hammer

1	A Wells	SM	Wycombe Phoenix	27.25	4
2	J Sanders	SM	Bracknell	19.42	3
3	Ashley Johnson	SM	Oxford City	15.72	2
4	Simon Anderson	SM	Plymouth	13.84	1

Senior A Javelin

1	Ian Castle	SM	Oxford City	45.23	4
2	Haydn B-Williams	SM	Plymouth	37.25	3
3	J Sanders	SM	Bracknell	32.70	2
4	R Bushrod	SM	Wycombe Phoenix	28.61	1

Senior B Javelin

1	Marcus Woodington	U20	Oxford City	35.78	4
2	Luke McLoughlin	U20	Plymouth	25.86	3
3	J Drzewiecki	SM	Bracknell	13.14	2
4					1

Senior 4x100m

1	Oxford City	SM	Oxford City	45.77	4
2	Bracknell	SM	Bracknell	46.33	3
3	Wycombe Phoenix	SM	Wycombe Phoenix	47.90	2

4	Plymouth	SM	Plymouth	51.64	1
Senior 4x400m					
1	Wycombe Phoenix	SM	Wycombe Phoenix	3:34.56	4
2	Oxford City	SM	Oxford City	3:46.11	3
3	Plymouth	SM	Plymouth	4:03.8	2
4					1