

M 100m A	Wind +0.0 m/s	M 100m B	Wind -2.0 m/s
1 David Bolawinra	BDB 10.54	1 Kelvin Tairou	U17 BDB 10.97
2 Adam Gemili	B&B 10.69	2 Keiran Daly	B&B 11.00
3 John Otugade	U17 SBH 10.94	3 Jerome Musa-Lawal	SBH 11.11
4 Enrico Tawiah	E&H 10.94	4 Clifford Newby	U17 E&H 11.34
5 Omololu Adiodum	W&E 11.10	5 Nealsen Adiodum	W&E 11.57
6 David Harvey	WSE 11.22	6 Tejiri Ighomereho	U17 NOR 11.86
7 Richard Taylor	NOR 11.23	7 Shiv Talla	U17 WSE 12.40
8 Ryan O'Sullivan	U17 SXN 11.48		
M 200m A	Wind -0.9 m/s	M 200m B	Wind -0.6 m/s
1 David Bolawinra	BDB 21.46	1 Paul Scanlan	W&E 22.20
2 Omololu Adiodum	W&E 21.87	2 John Otugade	U17 SBH 22.39
3 Adam Gemili	B&B 21.92	3 Enrico Tawiah	E&H 22.40
4 Richard Taylor	NOR 22.35	4 David Ajayi	BDB 23.29
5 Clifford Newby	U17 E&H 22.38	5 Ainsley Campbell	B&B 23.47
6 Nathan Greenaway	SXN 22.67	6 Shane Atherton	NOR 23.93
7 Renard Frederick	SBH 23.04	7 Callum Marshall	U17 WSE 24.14
8 Zak Curran	WSE 23.12		
M 400m A		M 400m B	
1 Akeem Akintokun	BDB 48.97	1 Stefan Richards	WSE 51.20
2 Paul Scanlan	W&E 49.03	2 Michael Edwards	E&H 51.45
3 Zak Curran	WSE 49.50	3 Lennox Thompson	BDB 51.49
4 Matt McLaughlin	U17 SBH 50.08	4 Joshua Oyedele	U17 B&B 53.67
5 Craig Morten	B&B 50.20	5 Bami Falana	SBH 54.50
6 Kershawn Aitken	U17 E&H 51.24	6 Anton Pearson	U17 NOR 55.77
7 Alex Lubbock	U17 NOR 53.03	7 Daniel Yaxley	W&E 56.98
8 Rory Houlding	U17 SXN 53.86		
M 800m A		M 800m B	
1 Harry Sagel	SBH 1.55.09	1 Richard Goodman	SBH 1.58.57
2 Callum Todd	U17 WSE 1.55.32	2 Jack Philip	WSE 1.59.13
3 Phil Sessemann	B&B 1.55.60	3 Joe Gill	BDB 1.59.94
4 Dale Clutterbuck	BDB 1.56.96	4 Andre Goggins	E&H 2.00.40
5 Chris Youell	SXN 1.59.04	5 Georges Vacharopoulos	B&B 2.03.29
6 Tom Pye	E&H 1.59.64	6 Sam Benge	W&E 2.07.04
7 Daniel Yaxley	W&E 2.00.11		
M 1500m A		M 1500m B	
1 Tadhg Grant	SBH 4.01.85	1 Bradley Goater	WSE 4.06.05
2 Jack Killip	WSE 4.04.37	2 Philip Crout	U17 SBH 4.07.08
3 Nakole Iddirisu	BDB 4.10.11	3 Tommy Bower	BDB 4.15.40
4 Scott Greeves	U17 NOR 4.11.40	4 Georges Vacharopoulos	B&B 4.29.72
5 Daniel Yaxley	W&E 4.18.31		
6 Ross Fawcett	SXN 4.20.56		
7 Oliver Taylor	B&B 4.22.93		
8 Rob Christell	E&H 4.31.27		
M 3000m A		M 3000m B	
1 Richard Goodman	SBH 8.39.99	1 Frazer Heasman	NOR 9.08.20
2 Khalid Al-Abaidy	WSE 8.55.91	2 Alex Goodall	WSE 9.11.15
3 Jack Fitsall	BDB 9.00.61	3 Andy Law	BDB 9.15.03
4 James Senior	NOR 9.05.48	4 Sam Wilson	U17 SBH 9.16.73
5 Sam Benge	W&E 9.09.26	5 Bradley Wattleworth	SXN 9.22.23
6 Tom Lees	B&B 9.09.89	6 Will Mercer	B&B 9.40.63
7 Andrew Revell	SXN 9.18.51	7 James Stockings	U17 W&E 10.27.26

M 110mH A	Wind -1.4 m/s	M 110mH B	Wind -1.4 m/s
1 Bradley Reed	SXN 15.09	1 Alex Lee	SBH 15.16
2 Blade Ashby	SBH 15.17	2 Tom Carter	E&H 17.39
3 Kariym Irving	WSE 15.55	3 Chris Bradshaw	SXN 17.96
4 Godwin Gyeabour	E&H 16.51	4 Phil Sessemann	B&B 24.02
5 Craig Morten	B&B 17.22		
6 James Senior	NOR 19.62		

M 400mH A		M 400mH B	
1 Craig Morten	B&B 56.20	1 Ben Parkin	B&B 58.18
2 Alex Lee	SBH 57.04	2 Blade Ashby	SBH 1.00.67
3 Lennox Thompson	BDB 58.59	3 Rihards Golsts	BDB 1.01.29
4 James Senior	NOR 59.58	4 Ben Kennard	WSE 1.02.96
5 Bradley Reed	SXN 59.58	5 Frazer Heasman	NOR 1.06.23
6 Luke Daniel	E&H 1.00.22		
7 Nathan Ditton	WSE 1.05.39		

M 2000m Sc A		M 2000m Sc B	
1 Phil Sessemann	B&B 6.20.47	1 Samuel Woods	B&B 6.33.70
2 Nathan Ditton	WSE 6.25.64	2 Ben Kennard	WSE 6.36.81
3 Frazer Heasman	NOR 6.50.30		
4 David Kail	BDB 7.02.58		

M Discus Throw A		M Discus Throw B	
1 Kariym Irving	WSE 50.32	1 Ryan Barrett	WSE 45.25
2 Tariq Martin	BDB 49.45	2 Michael Bartlett	BDB 33.98
3 Ricky Doran	U17 SBH 40.46	3 Kurt Martyr	W&E 30.04
4 Youcef Zatat	W&E 40.36	4 Daniel Hollett	U17 B&B 29.94
5 Dominic Palmer-Leandre	U17 E&H 33.44	5 Paul Dowding	SXN 22.34
6 Louis Mascarenhas	U17 B&B 33.15	6 Luke Stack	U17 E&H 19.00
7 Paul Roberts	SXN 23.78	7 Alex Lubbock	U17 NOR 13.56
8 James Senior	NOR 17.90		

M Hammer Throw A		M Hammer Throw B	
1 Andrew Elkins	SBH 65.56	1 Allan Smith	SBH 36.37
2 Harry Clarke	W&E 55.70	2 Joshua Ajeboye	U17 B&B 32.51
3 Dominic Palmer-Leandre	U17 E&H 36.23	3 Luke Stack	U17 E&H 18.34
4 Louis Mascarenhas	U17 B&B 32.80	4 Paul Roberts	SXN 16.04
5 Theo Moore	U17 SXN 24.47	5 Ryan Barrett	WSE 15.42
6 Joey Watson	U17 WSE 22.93	6 Rihards Golsts	BDB 13.87
7 Tommy Bower	BDB 16.60	7 Frazer Heasman	NOR 5.28
8 Scott Greeves	U17 NOR 9.05		

M High Jump A		M High Jump B	
1 Allan Smith	SBH 1.95	1 Blade Ashby	SBH 1.90
2 Chris Kandu	U17 E&H 1.85	2=Peter Karibo	W&E 1.70
3 Russell Waterson	U17 WSE 1.85	2=David Walker	WSE 1.70
4 Michael Bartlett	BDB 1.80	4 Tom Carter	E&H 1.65
5 Healon Ihuoma	W&E 1.75	5 Aji Lawal	BDB 1.60
6 Rory Houlding	U17 SXN 1.75		
7 Oliver Brice	U17 NOR 1.60		
8 James Allen	U17 B&B 1.60		

M Javelin Throw A

1 Paul Dowding	SXN	59.13
2 Alex Wright	BDB	51.36
3 Joe Bamford	U17 SBH	46.47
4 Kurt Martyr	W&E	46.13
5 Kariym Irving	WSE	46.12
6 Michael Davies	E&H	43.85
7 Liam Cater	U17 B&B	33.90
8 Oliver Brice	U17 NOR	19.69

M Javelin Throw B

1 Andrew Elkins	SBH	41.15
2 Youcef Zatat	W&E	41.00
3 Paul Roberts	SXN	40.99
4 Ryan Horner	WSE	40.00
5 Tom Carter	E&H	38.56
6 Luke Beard	BDB	36.62
7 Joshua Ajeboye	U17 B&B	23.72
8 Jack Strachan	U17 NOR	16.95

M Long Jump A

1 Joseph Oewar	U17 W&E	7.04
2 Kariym Irving	WSE	6.61
3 Blade Ashby	SBH	6.54
4 Kem Ofoegbo	BDB	6.35
5 Alex O'Brien	U17 SXN	6.26
6 James Allen	U17 B&B	6.03
7 Tom Carter	E&H	5.82
8 James Senior	NOR	5.05

M Long Jump B

1 Healsen Ihuoma	W&E	6.43
2 Taariq John-Clarke	SBH	6.03
3 Ben Clark	SXN	5.99
4 Shaun Vanner	BDB	5.78
5 Reuban Fakoya	U17 B&B	5.28
6 Alex Lubbock	U17 NOR	4.49
7 David Walker	WSE	4.40

M Pole Vault A

1 Oliver Brice	U17 NOR	3.50
2 Michael Bartlett	BDB	3.50
3 Euan Bryden	WSE	3.35
4 Chris Bradshaw	SXN	2.75
5 Louis Hopgood	U17 B&B	2.60
6 Alex Lee	SBH	2.60

M Pole Vault B

1 James Dixon	WSE	3.20
2 Tommy Bower	BDB	2.15

M Shot Putt A

1 Youcef Zatat	W&E	13.82
2 Kariym Irving	WSE	13.37
3 Andrew Elkins	SBH	13.23
4 Tariq Martin	BDB	12.55
5 Louis Mascarenhas	U17 B&B	10.83
6 Luke Stack	U17 E&H	9.72
7 Paul Roberts	SXN	8.91
8 Frazer Heasman	NOR	5.84

M Shot Putt B

1 Allan Smith	SBH	12.61
2 Hugh Williams	U17 W&E	11.39
3 Ryan Barrett	WSE	10.34
4 Daniel Hollett	U17 B&B	10.06
5 Luke Beard	BDB	10.01
6 Godwin Gyeabour	E&H	8.57
7 Paul Dowding	SXN	7.49
8 Scott Greeves	U17 NOR	5.39

M Triple Jump A

1 Jonny Sawyers	WSE	14.62
2 Peter Karibo	W&E	14.06
3 Darnte Jay Wilson	SBH	13.75
4 Kem Ofoegbo	BDB	13.67
5 Chris Bradshaw	SXN	12.06
6 Nnamdi Amadi	U17 E&H	12.04
7 James Allen	U17 B&B	10.78
8 Jack Strachan	U17 NOR	10.56

M Triple Jump B

1 Dean Oamen	U17 SBH	13.69
2 Peter Akin	BDB	12.23
3 Christian Ihuoma	U17 W&E	11.81
4 Tejiri Ighomereho	U17 NOR	10.33
5 David Walker	WSE	10.22

W 100m A

	Wind	-0.7 m/s
1 Dina Asher-Smith	U17 B&B	12.14
2 Uzoma Nachawu	U17 E&H	12.40
3 Shalisha Patrick	WSE	12.41
4 Hannah Smithdale	U17 SXN	12.62
5 Victoria Mitchell	U17 NOR	12.91
6 Makeda Lewis	SBH	12.93
7 Jessica Quick	U17 BDB	13.41
8 Nya Petinaud	U17 W&E	14.06

W 100m B

	Wind	+0.0 m/s
1 Grace Sheppard	B&B	12.42
2 Charlotte Wingfield	U17 E&H	12.48
3 Elise Walker	U17 SXN	12.85
4 Eniola Oyesanya	SBH	13.23
5 Stephanie Agbo	BDB	13.28
6 Ekemini Etefia	WSE	13.44
7 Kumi Fawole	U17 W&E	13.68
8 Katie Vickery	U17 NOR	13.81

W 200m A	Wind -0.8 m/s	W 200m B	Wind -0.7 m/s
1 Sophie Papps	U17 WSE 24.23	1 Makeda Lewis	SBH 25.78
2 Dina Asher-Smith	U17 B&B 24.78	2 Amara Lalemi-Jacobs	B&B 25.98
3 Chisom Nwachukwu	SBH 25.22	3 Akasha Smith	U17 E&H 26.38
4 Ama Pippi	U17 E&H 25.76	4 Elise Walker	U17 SXN 26.74
5 Hannah Smithdale	U17 SXN 26.17	5 Doja Atanda	BDB 28.19
6 Neha Dabhi	BDB 27.41	6 Ekemini Etefia	WSE 28.40
7 Victoria Mitchell	U17 NOR 27.81		
8 Nya Petinaud	U17 W&E 29.86		
W 400m A		W 400m B	
1 Rachel Dickins	U17 B&B 56.14	1 Krystal Galley	B&B 56.65
2 Laura Burke	WSE 56.50	2 Jessica Quick	U17 BDB 59.66
3 Victoria Ohuruogu	BDB 57.01	3 Natalie Woodhouse	E&H 1.01.20
4 Akasha Smith	U17 E&H 59.67	4 Georgina Ferrari	U17 W&E 1.04.15
5 Suna Yokes	W&E 1.03.71	5 Harriet Clifford	U17 SBH 1.04.46
6 Victoria Walker	SBH 1.04.05	6 Joanne Fallon	U17 WSE 1.06.36
7 Caroline Hill	SXN 1.06.27		
W 800m A		W 800m B	
1 Gemma Kersey	BDB 2.16.16	1 Pippa Woolven	B&B 2.19.84
2 Sophie Connor	SBH 2.17.22	2 Georgia Bell	SBH 2.21.72
3 Danielle Critchley	B&B 2.19.78	3 Sophie Johnson	SXN 2.24.00
4 Katie Brown	E&H 2.20.11	4 Emily Ballard	BDB 2.26.58
5 Katie Tuttleberry	SXN 2.21.99	5 Alice Wills	WSE 2.35.24
6 Molly Riglin	WSE 2.24.64	6 Danielle Nclanaghan	U17 E&H 2.36.30
7 Lucy Hayes	U17 W&E 2.31.15	7 Lauren Freeman	W&E 2.55.29
W 1500m A		W 1500m B	
1 Sophie Connor	SBH 4.35.57	1 Ciara Stewart	SBH 4.57.31
2 Kaylee Dodd	U17 BDB 4.35.81	2 Lucy Barnes	U17 SXN 4.57.91
3 Poppy Blake	SXN 4.43.39	3 Lucy Hayes	U17 W&E 5.33.33
4 Pippa Woolven	B&B 4.49.29	4 Molly Riglin	WSE 5.44.83
5 Nastassja Potgieter	U17 NOR 4.52.93	5 Grace Bird	NOR 5.46.65
6 Lauren McGregor	W&E 4.57.32	6 Michelle Fewster	B&B 6.00.53
7 Nicole Swaffield	U17 WSE 5.05.04		
W 3000m A		W 3000m B	
1 Maryse Haynes	WSE 10.58.03	1 Amber Reed	U17 B&B 11.40.88
2 Mabel Becket	U17 NOR 11.02.67	2 Jade Peel	U17 BDB 11.46.23
3 Emily Ballard	BDB 11.04.24	3 Ellie Wallis	U17 WSE 12.33.82
4 Becky Hewitt	W&E 11.08.96		
5	E&H 11.30.51		
6 Michelle Fewster	B&B 11.35.77		
7 Katie Tuttleberry	SXN 11.54.77		
8 Suzu Sato	SBH 12.12.71		
W 100mH A	Wind +2.6 m/s	W 100mH B	Wind +2.0 m/s
1 Georgia Atkins	SXN 14.40	1 Sarah Abrams	B&B 16.01
2 Jess McCabe	WSE 14.67	2 Emma Nwo-For	U17 BDB 16.05
3 Holly Pattie-Belleli	W&E 14.92	3 Evie Castle	SXN 17.80
4 Aziza Hill Williams	U17 BDB 15.41	4 Amy Doyle	U17 W&E 17.81
5 Sian Duffly	B&B 15.87	5 Laura Burke	WSE 17.84
6 Kirsty Warland	E&H 15.92	6 Jo Willard	U17 E&H 19.46
7 Gaby Rowsell	SBH 17.35	7 Patricia Mbata	U17 SBH 23.44

W 400mH A

1 Emily Barrett		WSE	1.06.40
2 Georgia Green-Muid	U17	SXN	1.08.15
3 Rachel Robinson		B&B	1.08.55
4 Natalie Woodhouse		E&H	1.09.63
5 Amy Doyle	U17	W&E	1.11.13
6 Nikki Twine		BDB	1.13.68
7 Cassie Badger	U17	NOR	1.16.81

W 400mH B

1 Chelsea Crouser		B&B	1.08.52
2 Jade Harding	U17	SXN	1.09.83
3 Kirsty Warland		E&H	1.15.36
4 Rosie Adams	U17	WSE	1.15.64
5 Suna Yokes		W&E	1.21.50
6 Zoe Easdon	U17	BDB	1.22.32

W 1500m Sc A

1 Victoria Walker		SBH	5.22.37
2 Eleanor Bounds	U17	BDB	5.25.00
3 Kiera Mooney	U17	NOR	5.33.90
4 Kate Stockings		W&E	5.41.77
5 Jess Jones	U17	B&B	5.54.93
6 Alice Wills		WSE	6.04.77
7 Jessica Jellico		SXN	6.23.27

W 1500m Sc B

1 Mabel Beckett	U17	NOR	5.48.30
2 Lois Bond		WSE	6.16.89
3 Chelsea Crouser		B&B	6.22.69
4 Lauren Freeman		W&E	6.39.79

W Discus Throw A

1 Sam Milner		B&B	42.39
2 Helen Broadbridge		SBH	36.97
3 Laura James		WSE	36.11
4 Victoria Onyeka		W&E	28.38
5 Debbie Castle	U17	SXN	26.83
6 Gemma Thrower	U17	NOR	26.33
7 Kayleigh Arthurton	U17	BDB	24.11
8 Yasmin Cazeau	U17	E&H	16.10

W Discus Throw B

1 Ellie Duffy-Penny		B&B	31.82
2 Zoe Overall	U17	WSE	29.35
3 Evie Castle		SXN	23.59
4 Kayomie Thompson	U17	SBH	23.53
5 Gemma Vickery	U17	NOR	21.38
6 Jade Campbell		E&H	20.81
7 Ebony Bobb-Semple	U17	W&E	13.18

W Hammer Throw A

1 Chelsea Coker	U17	SXN	50.27
2 Amy Clemens		SBH	46.91
3 Bonnie Bratton	U17	B&B	35.86
4 Gemma Vickery	U17	NOR	35.23
5 Yasmin Cazeau	U17	E&H	27.23
6 Kayleigh Arthurton	U17	BDB	26.11
7 Laura James		WSE	21.64
8 Victoria Onyeka		W&E	15.00

W Hammer Throw B

1 Helen Broadbridge		SBH	46.31
2 Georgina Cousins		B&B	31.98
3 Evie Castle		SXN	27.20
4 Amy Smith	U17	BDB	18.35
5 Jade Campbell		E&H	18.29
6 Chelsea Ives		W&E	12.20
7 Mabel Beckett	U17	NOR	2.88

W High Jump A

1 Isobel Pooley		E&H	1.73
2 Sarah Abrams		B&B	1.73
3 Poppy Lake	U17	SXN	1.65
4 Stephanie Agbo		BDB	1.60
5 Lucy-Ann Williams	U17	NOR	1.55
6 Patricia Mbata	U17	SBH	1.50
7 Freya See	U17	WSE	1.50
8 Holly Pattie-Belleli		W&E	1.45

W High Jump B

1 Christine Lyston		B&B	1.55
2 Laura Green		NOR	1.55
3 Helena Scotland		E&H	1.50
4 Gaby Rowsell		SBH	1.50
5 Emma Nwo-For	U17	BDB	1.45
6 Jade Harding	U17	SXN	1.45
7 Hannah Pattie-Belleli	U17	W&E	1.40

W Javelin Throw A

1 Hannah Johnson		WSE	37.31
2 Gemma Thrower	U17	NOR	36.45
3 Makeda Lewis		SBH	35.29
4 Demi Broomfield	U17	BDB	34.76
5 Alice Robinson		SXN	30.19
6 Ellie Duffy-Penny		B&B	26.25
7 Sharon Kazinga	U17	E&H	22.54
8 Olivia Seaman	U17	W&E	18.20

W Javelin Throw B

1 Evie Castle		SXN	29.10
2 Zoe Overall	U17	WSE	28.73
3 Helen Broadbridge		SBH	25.19
4 Katherine Elles	U17	BDB	24.57
5 Gemma Vickery	U17	NOR	19.06
6 Jade Campbell		E&H	15.57
7 Chelsea Ives		W&E	12.66

W Long Jump A

1 Gaby Rowsell		SBH	5.51
2 Mary Fasipe	U17	E&H	5.40
3 Holly Pattie-Belleli		W&E	5.06
4 Laura Green		NOR	5.06
5 Lauren Stevens		B&B	5.05
6 Beth Clarke		SXN	4.68
7 Ekemini Etefia		WSE	4.52
8 Deborah Oyelade		BDB	4.24

W Long Jump B

1 Yasmin Lakin	U17	SBH	4.89
2 Katie Vickery	U17	NOR	4.87
3 Amara Lalami-Jacobs		B&B	4.68
4 Sara Ogbonnah-Godfrey		E&H	4.27
5 Freya See	U17	WSE	4.12
6 Chelsea Ives		W&E	4.11
7 Doja Atanda		BDB	3.34

W Pole Vault A

1 Jade Ive		SBH	3.80
2 Nancy Epsley	U17	SXN	3.40
3 Kirsty Lai		WSE	3.00
4 Anna Huggins		B&B	2.60
5 Jo Willard	U17	E&H	2.20
6 Olivia Seaman	U17	W&E	1.85

W Pole Vault B

1 Lily-Mae Fisher		SBH	3.30
2 Alice Humble		WSE	3.00

W Shot Putt A

1 Sam Milner		B&B	11.53
2 Yasmin Cazeau	U17	E&H	10.61
3 Makeda Lewis		SBH	10.56
4 Evie Castle		SXN	10.17
5 Amy Smith	U17	BDB	8.89
6 Victoria Onyeka		W&E	7.86
7 Gemma Thrower	U17	NOR	7.57
8 Laura James		WSE	7.48

W Shot Putt B

1 Simisola Oyesanya	U17	SBH	9.76
2 Ellie Duffy-Penny		B&B	8.87
3 Nikki Twine		BDB	8.19
4 Alice Robinson		SXN	7.96
5 Jade Campbell		E&H	7.02
6 Kiera Mooney	U17	NOR	6.44
7 Ebony Bobb-Semple	U17	W&E	5.56
8 Rosie Adams	U17	WSE	4.30

W Triple Jump A

1 Sarah Abrams		B&B	11.12
2 Mary Fasipe	U17	E&H	11.08
3 Laura Green		NOR	10.82
4 Yasmin Lakin	U17	SBH	10.57
5 Deborah Oyelade		BDB	10.30
6 Holly Pattie-Belleli		W&E	9.84
7 Zoe Overall	U17	WSE	9.73

W Triple Jump B

1 Frances Read	U17	B&B	10.64
2 Georgia Sleep	U17	BDB	9.95
3 Patricia Mbata	U17	SBH	9.80
4 Sharon Kazinga	U17	E&H	9.65
5 Katie Vickery	U17	NOR	9.57
6 Hannah Pattie-Belleli	U17	W&E	9.23
7 Sarah Hing	U17	WSE	8.30

W 4x100m Relay

1	B&B	48.13	1 Georgina Middleton		2 Amara Lalemi-Jacobs	
			3 Grace Sheppard		4 Dina Asher-Smith	U17
2	WSE	49.91	1 Ekemini Etefia		2 Jess McCabe	
			3 Shalisha Patrick		4 Sophie Papps	U17
3	SXN	50.39	1 Hannah Smithdale	U17	2 Elise Walker	U17
			3 Enya Moore	U17	4 Emily Lambert	U17
4	E&H	50.71	1 Uzoma Nachawu	U17	2 Amy McDonald	
			3 Sara Ogbonnah-Godfrey		4 Ama Pippi	U17
5	SBH	50.74	1 Fox		2 Rowsell	
			3 Oyesanya		4 Nwachukwu	
6	BDB	51.00	1 Stephanie Agbo		2 Victoria Ohuruogu	
			3 Emma Nwo-For	U17	4 Aziza Hill Williams	U17
7	NOR	52.58	1 Katie Vickery	U17	2 Laura Green	
			3 Victoria Mitchell	U17	4 Kiera Mooney	U17
8	W&E	53.54	1 Holly Pattie-Belleli		2 Hannah Pattie-Belleli	U17
			3 Ebony Bobb-Semple	U17	4 Chelsea Ives	

W 4x400m Relay

1	BDB	3.57.75	1 Jessica Quick	U17	2 Kaylee Dodd	U17
			3 Neha Dabhi		4 Victoria Ohuruogu	
2	B&B	3.59.51	1 Krystal Galley		2 Charlotte Colegate	
			3 Rachel Dickins	U17	4 Pippa Woolven	
3	WSE	4.05.48	1 Jess McCabe		2 Laura Burke	
			3 Emily Barrett		4 Joanne Fallon	U17
4	E&H	4.06.14	1 Akesha Smith	U17	2 Natalie Woodhouse	
			3 Charlotte Wingfield	U17	4 Katie Brown	
5	SXN	4.13.47	1 Caroline Hill		2 Katie Tuttleberry	
			3 Georgia Green-Muid	U17	4 Lucy Barnes	U17
6	W&E	4.30.96	1 Suna Yokes		2 Becky Hewitt	
			3 Lauren McGregor		4 Kate Stockings	

M 4x100m Relay

1	BDB	42.09	1 Kelvin Tairou	U17	2 Kem Ofoegbo	
			3 Aji Lawal		4 David Bolawinra	
2	W&E	43.12	1 Colin Wint		2 Joseph Oewar	U17
			3 Paul Scanlan		4 Omololu Adiodum	
3	SBH	43.84	1 Jerome Musa-Lawal		2 Renard Frederick	
			3 John Otugade	U17	4 A.J Boyce	
4	E&H	44.18	1 Erico Tawiah		2 Clifford Newby	U17
			3 Kershawn Aitken	U17	4 Mustapha Gaye	
5	B&B	44.50	1 Keiran Daly		2 Reuban Fakoya	U17
			3 Ainsley Campbell		4 James Allen	U17
6	WSE	44.52	1 Jan Walusiak	U17	2 David Harvey	
			3 Shiv Talla	U17	4 Jonny Sawyers	
7	NOR	44.63	1 Oliver Brice	U17	2 Tejiri Ighomereho	U17
			3 Shane Atherton		4 Richard Taylor	

M 4x400m Relay

1	SBH	3.24.01	1	Lee	2	Morrison
			3	Sagel	4	Matt McLaughlin U17
2	BDB	3.26.81	1	Dale Clutterbuck	2	Nakole Iddirisu
			3	Lennox Thompson	4	Akeem Akintokun
3	WSE	3.27.42	1	Zak Curran	2	Stefan Richards
			3	Callum Todd U17	4	Khalid Al-Abaidy
4	W&E	3.29.24	1	Tyler Brown U17	2	Omololu Adiodum
			3	Liam Blaikie	4	Paul Scanlan
5	B&B	3.31.20	1	Joshua Oyedele U17	2	Ben Parkin
			3	Ainsley Campbell	4	Craig Morten
6	E&H	3.41.57	1	Mastapha Gaye	2	Tom Pye
			3	Horeb Makabukibi	4	Kershawn Aitken U17
7	NOR	3.47.20	1	Jack Trachan U17	2	Alex Lubbock U17
			3	Anton Pearson U17	4	Adam Herring
8	SXN	3.53.24	1	Revell	2	Wattleworth
			3	Fawcett	4	Bradshaw

PRIOR STANDINGS				MATCH RESULT				LEAGUE STANDINGS			
	Event	Lge		Event	Lge		Event	Lge	Event	Lge	
1	B&B	1079	16	1	SBH	521	8	1	Blackheath & Bromley H&AC	1584	23
2	SBH	1028.5	13	2	B&B	505	7	2	Shaftesbury Barnet H.	1549.5	21
3	WSE	994	13	3	WSE	476.5	6	3	Windsor, Slough, Eton, H'low	1470.5	19
4	E&H	789	9	4	BDB	455	5	4	Enfield & Haringey AC	1147	13
5	SXN	730	8	5	E&H	358	4	5	The Saxons	1064	10
6	W&E	704	5	6	W&E	354.5	3	6	Basildon Beagles	1084	9
7	BDB	629	4	7	SXN	334	2	7	Woodford Grn & Essex Lds	1058.5	8
8	NOR	627.5	4	8	NOR	293	1	8	City of Norwich	920.5	5

Athlete of the Match: David Bolawinra Basildon Beagles 100m 10.54
 Jade Ive Shaftesbury Barnet P.V. 3.80m

Note(s)

BDB Includes + 35pts,
 B&B Includes + 35pts,
 NOR Includes + 35pts,
 E&H Includes + 35pts,
 SBH Includes + 35pts,
 SXN Includes + 15pts,
 WSE Includes + 35pts,
 W&E Includes + 35pts,