

Team	Match Points	Team	Match Points
1 Sussex	324	1 Essex	337
2 Surrey	321	2 Kent	319
3 Essex	320	3 Sussex	269
4 Kent	264	4 Middlesex	252
5 Middlesex	223	5 Hampshire	248
6 Hampshire	172	6 Surrey	162
7 Hertfordshire	103	7 Hertfordshire	23

A string			100m	A string			
1	Dean Hylton	Surrey	10.74	1	Shereen Charles	Middlesex	12.13
2	Eugene Ayaful	Essex	10.77	2	Kim Baptiste	Sussex	12.26
3	Kyron Williams	Middlesex	10.94	3	Kelly Sutton	Essex	12.37
4	Jason Hussain	Sussex	11.02	4	Jade Phillips	Surrey	12.38
5	Duane Bovell	Kent	11.07	5	Darcey Kuypers	Kent	12.59
6	Luke Smith	Hertfordshire	11.26	6	Michaela Ginger	Hampshire	12.86
7				7			
100m B				100m B			
1	Cameron Starr	Surrey	10.98	1	Shauna McFarlane	Kent	12.69
2	Jordan Glaze	Middlesex	11.02	2	Elizabeth Donnelly	Surrey	12.78
3	Chris Hewitt	Sussex	11.43	3	Amy Barclay	Sussex	12.84
4	Mohamed Tamedou	Hertfordshire	11.43	4	Katrina Lindsay	Hampshire	13.02
5	Wesley Walton	Kent	11.50	5	Katy Barber	Middlesex	13.09
6	Olumide Ogunseltan	Essex	11.51	6	Zoe Young	Essex	13.39
7				7			
Non scoring 100m				Non scoring 100m			
1	Renard Frederick		11.22	1	Jazmin Salter	Kent	12.88
2	Emmanuel Mintah		11.43				
3	Justin Bailey		11.95				
4	Callum McKay		12.02				
5	Olaiton Owadesu		12.41				

A string			200m	A string			
1	Jason Hussain	Sussex	21.56	1	Shereen Charles	Middlesex	25.36
2	Kyron Williams	Middlesex	22.39	2	Elise Lovell	Sussex	25.44
3	Joshua Allaway	Hampshire	22.49	3	Kelly Sutton	Essex	25.48
4	Eugene Ayaful	Essex	22.58	4	Ruth Onyekwe	Kent	26.04
5	Federick Afrifa	Surrey	22.75	5	Elizabeth Donnelly	Surrey	26.29
6	Duane Bovell	Kent	22.85	6	Michaela Ginger	Hampshire	26.34
7	Luke Smith	Hertfordshire	23.21	7			
200m B				200m B			
1	Richard Singleton	Essex	23.01	1	Shauna McFarlane	Kent	26.21
2	Emmanuel Mintah	Middlesex	23.01	2	Katrina Lindsay	Hampshire	26.83
3	Seb Tucknott	Sussex	23.51	3	Amy Barclay	Sussex	26.89
4				4	Katy Barber	Middlesex	27.34
5				5	Anna Clark	Essex	27.47
6				6			
7				7			

A string			400m	A string			
1	Nicholas Atwell	Surrey	48.13	1	Joanne Ryan	Essex	56.61
2	Oliver Smith	Sussex	48.35	2	Nastassja Allin	Middlesex	57.74
3	Markus Hunt	Essex	48.75	3	Corin Bearpark	Hampshire	58.90
4	Sam Dawkins	Hampshire	49.03	4	Krystal Galley	Kent	60.76
5	Michael Skee	Middlesex	50.40	5			
6	Ben McGuinness	Hertfordshire	50.72	6			
7	David Stewart	Kent	51.33	7			
400m B				400m B			
1	Jamie Robinson	Hampshire	49.83	1	Alex Hill	Essex	57.14
2	Craig Cox	Surrey	51.11	2	Chloe Thornton	Middlesex	60.34
3	Stephen Goreham	Middlesex	51.32	3	Helen Butler-Day	Hampshire	63.09
4	George Clements	Kent	52.10	4	Bonnie Maugey	Kent	63.93
5	Charlie Shingleton	Essex	53.20	5			
6				6			
7				7			
Non scoring 400m				Non scoring 400m			
1	Ramone Martinez-Rodney		52.70				

A string			800m	A string			
1	Max Thomas	Sussex	1:53.83	1	Joceline Monterio	Essex	2:13.13
2	Ed Dodd	Hampshire	1:54.07	2	Corin Bearpark	Hampshire	2:15.21
3	George Elliott	Essex	1:54.85	3	Stephanie Mitchell	Surrey	2:19.64
4	Hugo Fleming	Surrey	1:55.30	4	Helen Palmer	Middlesex	2:20.53
5	Dylan Rigby	Kent	1:57.39	5	Danielle Critchley	Kent	2:23.30
6	Shaka Palmer	Middlesex	1:58.34	6	Amy Davile	Sussex	2:24.51
7	Samuel Jones	Hertfordshire	2:01.63	7			
800m B				800m B			
1	Tom Bowerman	Hampshire	1:56.72	1	Anna Clark	Essex	2:16.82
2	Kieran Eland	Kent	1:58.71	2	Lucy Short	Hampshire	2:21.52
3	James Tidd	Surrey	1:59.14	3	Tara Bage	Sussex	2:24.64
4	Stephen Strange	Essex	2:01.08	4			
5	Thomas Kearns	Hertfordshire	2:02.96	5			
6	Charlie Baldwin	Sussex	2:04.71	6			
7				7			

A string			1,500m	A string			
1	Owen Hind	Kent	4:01.59	1	Fiona De Mauny	Surrey	4:36.07
2	Dom Nolan	Surrey	4:01.91	2	Emily McKane	Kent	4:44.96

3	Jordan Rowe	Essex	4:03.12
4	Mark Burchett	Sussex	4:04.04
5	Mohamed Hashi	Middlesex	4:04.07
6	Thomas Butler	Hertfordshire	4:10.44
7	Kevin Wheeler	Hampshire	4:53.02
1500m B			
1	Thomas Walker	Surrey	4:05.13
2	James Tydeman	Essex	4:05.54
3	Andrejs Safars	Kent	4:07.18
4	Kris Everett	Sussex	4:07.40
5	Tom Heslop	Middlesex	4:16.43
6			
7			

3	Kirsty Tydeman	Essex	4:46.16
4	Helen Palmer	Middlesex	4:47.59
5	Rebecca Sleep	Hampshire	4:54.27
6	Sophie Markwick	Sussex	4:55.86
7			
1500m B			
1	Molly Riglin	Middlesex	4:50.04
2	Nicola Rogers	Essex	4:51.99
3	Stephanie Mitchell	Surrey	4:53.93
4	Angel Collins	Sussex	4:58.37
5	Lilly Coward	Kent	5:04.32
6			
7			

A string			
5,000m			
1	John Sanderson	Surrey	15:32.50
2	Thomas Wright	Kent	15:34.84
3	Adrian Mussett	Essex	15:35.46
4	Tom Stevens	Hampshire	16:06.57
5	Sean Parker-Harding	Sussex	16:27.16
6			
7			
5000m B			
1	Frederick Slemek	Surrey	15:42.54
2	Andrew Pickett	Kent	15:46.98
3	Grant Webb	Essex	16:09.88
4	Tobias Bremer	Sussex	17:18.11
5			
6			
7			
5000m C			
1	Matthew Sharp	Surrey	15:44.09
2	Nicholas Wood	Kent	16:16.46
3			
4			
5			
6			
7			

A string			
3,000m			
1	Sophie Cowper	Surrey	9:49.51
2	Amy Clements	Kent	9:56.47
3	Fiona Clark	Sussex	10:16.51
4	Cathy Ansell	Middlesex	10:38.33
5	Hannah Howard	Hampshire	10:40.11
6	Emma Houchall	Essex	10:40.72
7			
3,000m B			
1	Cath Stibbs	Kent	10:48.47
2	Katie Bingle	Surrey	10:56.59
3	Emily Ballard	Essex	11:32.08
4	Kennagh Marsh	Sussex	11:34.95
5	Georgie Lavery	Hampshire	12:07.87
6			
7			
3000m C			
1			
2			
3			
4			
5			
6			
7			

A string			
3,000m Wk			
1	Dom King	Essex	12:13.09
2	Luc Legon	Kent	13:30.52
3	Francisco Reis	Middlesex	13:55.66
4	Steve Allen	Hertfordshire	15:38.91
5	Keith Vallis	Hampshire	16:39.48
6	Ollie Hopkins	Sussex	17:06.87
7	Peter Hannel	Surrey	19:29.3
3000m Walk B			
1	Paul Gaston	Sussex	18:31.0
2	Marshall-Smith	Kent	15:45.11
3	Mark Culshaw	Middlesex	16:58.22
4	Stuart Bennett	Essex	17:16.69
5	Costa Michael	Hertfordshire	17:16.86
6	David Bowker	Hertfordshire	17:24.54
7			
3000m Walk - NS			
1	Malcolm Martin	Kent	16:40.48
2	Dan Maskell	Sussex	18:24.7
3			
4			
5			
6			
7			

A string			
1	Grazine Narviliene	Middlesex	14:30.79
2	Heather Butcher	Kent	15:12.05
3	Anne Jones	Sussex	18:56.4
4	Fiona Bishop	Surrey	19:43.5
5			
6			
7			
3000m Walk B			
1	Maureen Noel	Middlesex	18:19.8
2	Angela Martin	Kent	18:27.2
3			
4			
5			
6			
7			
3000m Walk - NS			
1	Lesley Hall	Kent	18:37.1
2			
3			
4			
5			
6			
7			

A string			
3,000m s/c			
1	Tom Collins	Kent	9:50.25
2	Ben Toomer	Surrey	10:01.93
3	Calum Upton	Hampshire	10:07.34
4	Chris Sellens	Essex	10:19.42
5	Tim Ellis	Sussex	11:04.83
6			
7			
3000m S/c B			
1	John Tayleur	Surrey	10:09.95
2	Max Costley	Hampshire	10:28.79
3	Joseph Nourse	Essex	10:30.88
4	Sam Dowler	Kent	10:35.92
5			
6			
7			
3000m S/c NS			
1	Andy Robertson	Kent	11:09.66

A string			
2,000m s/c			
1	Eva Mack	Middlesex	7:15.63
2	Vicky Smith	Essex	7:22.95
3	Amy Bream	Hampshire	7:33.70
4	Hannah Czarnowski	Kent	7:44.77
5			
6			
7			
2,000m S/c B			
1	Phillipa Baxter	Essex	8:12.31
2	Bonnie Maugey	Kent	8:53.21
3			
4			
5			
6			
7			

A string			
110m Hdles			
1	Jack Kirby	Middlesex	14.58
2	Matt Hewitt	Sussex	14.89
3	Calum McKay	Surrey	15.69
4	Greg Goodrem	Essex	16.41
5	Dave Awde	Hampshire	18.13
6			
7			

A string			
100m Hdles			
1	Marilyn Nwawulor	Middlesex	14.26
2	Holly Thomas	Essex	14.32
3	Amy Barclay	Sussex	14.68
4	Ruth Onyekwe	Kent	15.16
5	Claire Lidster	Hampshire	16.11
6			
7			

110m H B				100m H B			
1	Ashley Wilson	Middlesex	15.1	1	Rebecca Jennings	Sussex	14.52
2	Chris Hall	Surrey	16.5	2	Chloe Van Vulven	Essex	15.20
3	George Grainger	Sussex	16.5	3	Kamela Monks	Hampshire	16.00
4				4	Harriet Day	Kent	16.06
5				5			
6				6			
7				7			
Non scoring 110m H							
1	Matt Dore-Weeks		16.69				
A string				400m Hdles			
1	Seb Rodger	Sussex	51.77	1	Becky McLinden	Kent	63.50
2	Joe Yarde	Surrey	56.20	2	Nicola Martell-Smith	Essex	65.05
3	Dave Awde	Hampshire	57.25	3	Julia Machin	Surrey	65.74
4	Greg Goodrem	Essex	60.33	4	Claire Lidster	Hampshire	68.51
5	Matthew Dore-Weeks	Middlesex	64.55	5			
6				6			
7				7			
400m H B				400m H B			
1	Tom Parry	Surrey	53.66	1	Harriet Day	Kent	66.51
2	George Grainger	Sussex	55.77	2	Claire Brennan	Essex	70.43
3	Charlie Shingleton	Essex	67.82	3			
4	Lewis Smith	Kent	69.02	4			
5				5			
6				6			
7				7			
A string				High Jump			
1	Tayo Andrews	Surrey	1.90 m	1	Deborah Martin	Kent	1.75 m
2	Thomas Howlett	Kent	1.85 m	2	Beth Siddens	Essex	1.70 m
3	Brad Armorjje	Essex	1.85 m	3	Camellia Hayes	Surrey	1.70 m
4	George Grainger	Sussex	1.60 m	4	Lillie Franks	Sussex	1.65 m
5	Matthew Dore-Weeks	Middlesex	1.60 m	5	Gemma Finch	Hampshire	1.60 m
6				6			
7				7			
High Jump B				High Jump B			
1	Mark Andrews	Surrey	1.80 m	1	Chris Parsons	Hampshire	1.55 m
2	Will Marklew	Essex	1.80 m	2	Jade Harding	Essex	1.50 m
3	Matthew Smiley	Kent	1.70 m	3	Katey Hamilton	Kent	1.50 m
4	Alex Jenkins	Sussex	1.60 m	4	Elise Lovell	Sussex	1.45 m
5				5			
6				6			
7				7			
A string				Pole Vault			
1	Michael Bartlett	Essex	4.30 m	1	Jade Ive	Surrey	3.70 m
2	Leigh Walker	Sussex	4.20 m	2	Ailis McGovern	Kent	3.50 m
3	Kaspar Kazemarks	Surrey	3.70 m	3	Emma Martin	Middlesex	2.90 m
4	Alexander Wharfe	Kent	3.50 m	4	Tina Quinuvan	Essex	2.70 m
5				5	Claudia Cabbage	Hampshire	2.40 m
6				6	Laura Duke	Sussex	2.40 m
7				7			
Pole Vault B				Pole Vault B			
1	Perry Osborne	Essex	3.80 m	1	Christina Moore	Kent	3.20 m
2	Gordon Lester	Surrey	2.80 m	2	Claire Brennan	Essex	2.30 m
3				3			
4				4			
5				5			
6				6			
7				7			
A string				Long Jump			
1	Darren Morson	Middlesex	7.15 m	1	Elise Lovell	Sussex	5.75 m
2	Tom French	Sussex	7.02 m	2	Marilyn Nwawulor	Middlesex	5.50 m
3	Chris Hall	Surrey	6.44 m	3	Gemma Finch	Hampshire	5.27 m
4	Markus Hunt	Essex	6.43 m	4	Jade Harding	Essex	5.13 m
5	Joshua Goble	Hampshire	6.16 m	5	Claire Capon	Kent	4.87 m
6	Alex Lee	Kent	5.83 m	6			
7				7			
Long Jump B				WoLong Jump B			
1	Noel Butler	Sussex	6.59 m	1	Jess Breach	Sussex	4.88 m
2	Javari Cameron	Surrey	6.12 m	2	Zoe Young	Essex	4.87 m
3	Richard Singleton	Essex	6.08 m	3	Emma Gayler	Middlesex	4.75 m
4	Harrison Smith	Hampshire	6.07 m	4			
5				5			
6				6			
7				7			
A string				Triple Jump			
1	David Wellstead	Surrey	14.05 m	1	Jade Morgan	Essex	11.75 m
2	Jason Richard Thompson	Middlesex	14.00 m	2	Livvy Connor	Sussex	11.42 m
3	Tom French	Sussex	13.65 m	3	Channel Hemmings	Kent	11.18 m
4	Joshua Goble	Hampshire	13.25 m	4	Emma Gayler	Middlesex	10.90 m
5	David Abiona	Essex	13.25 m	5	Kara Peck	Hertfordshire	10.86 m
6	Ashley Buckman	Kent	13.02 m	6	Kamela Monks	Hampshire	10.84 m
7				7	Sarah Rawlings	Surrey	9.76 m
Triple Jump B				WoTriple Jump B			
1	Toheeb Tijani	Middlesex	13.10 m	1	Kirsty Smith	Essex	11.57 m
2	Patrick Apantanku	Sussex	12.51 m	2	Imogen Levy	Sussex	10.58 m
3	Charlie Shingleton	Essex	12.21 m	3	Temilola Tewogbade	Kent	9.76 m

4	Mark Andrews	Surrey	12.11 m	4				
5	Olaiton Awodesu	Kent	12.06 m	5				
6				6				
7				7				
A string				Shot	A string			
1	Chris Dack	Surrey	14.63 m	1	Lucy Underdown	Kent	12.52 m	
2	Sam Hearwood	Sussex	13.46 m	2	Gbemi Olaosebikan	Middlesex	11.62 m	
3	Archie Leeming	Essex	13.35 m	3	Hollie Redman	Essex	11.32 m	
4	Shaun Wall	Hertfordshire	11.10 m	4	Laura Duke	Sussex	10.28 m	
5	David Coleman	Kent	10.94 m	5	Ros Stansbury	Hampshire	9.51 m	
6				6				
7				7				
Shot Putt B				Shot Putt B				
1	Matt Lasis	Sussex	13.40 m	1	Marilyn Nwawulor	Middlesex	11.28 m	
2	Hugh Williams	Essex	11.80 m	2	Sue Lawrence	Essex	9.88 m	
3	Kaspar Kazemarks	Surrey	10.91 m	3	Sarah Hewitt	Sussex	9.40 m	
4	Matthew Harris	Kent	9.82 m	4	Claudia Cabbage	Hampshire	8.83 m	
5	Christopher Line	Hertfordshire	9.51 m	5	Claire Capon	Kent	7.60 m	
6				6				
7				7				
A string				Discus	A string			
1	James Lasis	Sussex	47.45 m	1	Jade Lalley	Surrey	57.52 m	
2	David Coleman	Kent	46.45 m	2	Hollie Redman	Essex	54.95 m	
3	Chris Dack	Surrey	43.06 m	3	Lucy Underdown	Kent	41.85 m	
4	Christopher Line	Hertfordshire	41.15 m	4	Sarah Hewitt	Sussex	37.29 m	
5	Dan Spencer	Hampshire	36.11 m	5	Debbie McCaw	Middlesex	30.88 m	
6	Hugh Williams	Essex	34.14 m	6	Ros Stansbury	Hampshire	24.27 m	
7				7				
Discus B				Discus B				
1	Matt Lasis	Sussex	46.18 m	1	Sue Lawrence	Essex	31.94 m	
2	Matthew Harris	Kent	41.82 m	2	Siobhan Drummond	Middlesex	26.92 m	
3	Will Marklew	Essex	28.94 m	3	Kasia Kublic	Surrey	26.36 m	
4	Shaun Wall	Hertfordshire	27.91 m	4	Laura Duke	Sussex	22.98 m	
5				5	Claire Capon	Kent	18.14 m	
6				6	Claudia Cabbage	Hampshire	16.52 m	
7				7				
A string				Hammer	A string			
1	Matt Lasis	Sussex	61.70 m	1	Louisa James	Sussex	59.11 m	
2	Thomas Head	Essex	59.30 m	2	Debbie McCaw	Middlesex	47.69 m	
3	Graham Holder	Kent	50.69 m	3	Donna Kent	Kent	43.49 m	
4	Peter Cassidy	Surrey	46.59 m	4	Paula Petty	Essex	42.71 m	
5	Joe Flitcroft	Hampshire	44.91 m	5	Ros Stansbury	Hampshire	38.11 m	
6	David Norris	Middlesex	42.28 m	6				
7				7				
Hammer B				Hammer B				
1	James Lasis	Sussex	54.89 m	1	Laura Duke	Sussex	44.76 m	
2	Rob Smith	Surrey	42.82 m	2	Ashleigh Thurman Newel	Kent	38.05 m	
3	Hugh Williams	Essex	32.14 m	3	Tracey Gould	Middlesex	33.24 m	
4	Leon Weaving	Kent	31.38 m	4	Emma Christmas	Essex	16.70 m	
5				5				
6				6				
7				7				
A string				Javelin	A string			
1	Craig Lacy	Middlesex	60.01 m	1	Louise Lockwood	Essex	47.45 m	
2	Matthew Harris	Kent	55.74 m	2	Eloise Meakins	Hertfordshire	45.85 m	
3	Will Marklew	Essex	54.95 m	3	Caroline Garratt	Sussex	39.03 m	
4	Luke Johnson	Sussex	53.12 m	4	Sarah Ellis	Hampshire	37.82 m	
5	Harry McCulloch	Surrey	49.05 m	5	Georgie Floyd	Middlesex	34.56 m	
6	Shaun Wall	Hertfordshire	44.23 m	6	Leanne O'Donovan	Kent	30.62 m	
7	Dave Awde	Hampshire	30.01 m	7	Zoe Fossett	Surrey	25.97 m	
Javelin B				Javelin B				
1	Allandre Johnson	Middlesex	52.43 m	1	Emma Christmas	Essex	43.64 m	
2	Edward Pillai	Sussex	48.42 m	2	Emma Broadey	Hampshire	30.82 m	
3	Luke Beard	Essex	43.30 m	3	Sarah Hewitt	Sussex	24.59 m	
4				4	Siobhan Drummond	Middlesex	21.85 m	
5				5	Natalie Mann	Kent	18.10 m	
6				6				
7				7				
4 x 100				4 x 100				
1	Middlesex	Middlesex	42.80	1	Essex	Essex	49.14	
2	Sussex	Sussex	44.31	2	Sussex	Sussex	49.28	
3	Essex	Essex	45.23	3	Kent	Kent	49.38	
4	Kent	Kent	45.55	4	Hampshire	Hampshire	51.13	
5				5				
6				6				
7				7				
4 x 400				4 x 400				
1	Surrey	Surrey	3:20.19	1	Essex	Essex	3:54.39	
2	Sussex	Sussex	3:20.75	2	Sussex	Sussex	4:04.38	
3	Middlesex	Middlesex	3:23.00	3	Hampshire	Hampshire	4:08.13	
4	Kent	Kent	3:30.67	4	Kent	Kent	4:08.65	
5	Essex	Essex	3:34.13	5				
6				6				
7				7				