

## Senior SE Regional Inter-Counties

## Basingstoke, Hampshire

Sunday 10 July 2016

MEN's Team Scores		
1	Essex	368
2	Middlesex	344
<b>3</b>	<b>Kent</b>	<b>330</b>
4	Sussex	320.5
5	Hertfordshire	267
6	Hampshire	239.5
7	Surrey	122
8	Oxfordshire	13

Combined scores		
1	Middlesex	698
2	Essex	695
<b>3</b>	<b>Kent</b>	<b>668</b>
4	Sussex	601
5	Hampshire	537
6	Hertfordshire	401
7	Surrey	308
8	Oxfordshire	13

WOMEN's Team Scores		
1	Middlesex	354
<b>2</b>	<b>Kent</b>	<b>338</b>
3	Essex	327
4	Hampshire	297.5
5	Sussex	280.5
6	Surrey	186
7	Hertfordshire	134
-	Oxfordshire	0

MEN 100m					
<b>A</b>	1	Leroy Cain	Middlesex	10.94	16
	2	Andy Blow	Hampshire	11.26	15
	3	Alex Cooke	Essex	11.33	14
	4	Max Lowery	Hertfordshire	11.33	13
	<b>5</b>	<b>Wade Thompson</b>	<b>Kent</b>	<b>11.39</b>	<b>12</b>
	6	Lee Fulham	Sussex	11.62	11
	7				
<b>B</b>	1	Patrick Kari-Kari	Middlesex	11.27	8
	2	Charles Tankeh	Essex	11.67	7
	3	Mohamed Tamedou	Hertfordshire	11.68	6
	4	Jimmy Seacombe	Sussex	11.83	5
	<b>5</b>	<b>Daniel Gill</b>	<b>Kent</b>	<b>11.91</b>	<b>4</b>
	6	Kyle Andrews	Surrey	12.24	3
<b>N/S</b>	1	Jordan Duvigneau	Middlesex	11.14	
	2	Jermayne Grant	Middlesex	11.54	
	<b>3</b>	<b>Andy Millen</b>	<b>Kent</b>	<b>11.97</b>	

WOMEN 100m					
<b>A</b>	1	Rachel Miller	Middlesex	11.75	16
	2	Holly Turner	Sussex	12.46	15
	3	Joanne Ryan	Essex	12.64	14
	4	Shanice Harrison	Surrey	12.66	13
	5	Michaela Ginger	Hampshire	12.72	12
	6	Emily Stevens	Hertfordshire	13.18	11
	<b>7</b>	<b>Hannah Sutton</b>	<b>Kent</b>	<b>13.20</b>	<b>10</b>
<b>B</b>	1	Shereen Charles	Middlesex	12.51	8
	<b>2</b>	<b>Emma Giles</b>	<b>Kent</b>	<b>13.06</b>	<b>7</b>
	3	Imogen Levy	Sussex	13.26	6
	4	Eloise Lewis	Essex	13.27	5
	5	Sam Bickley-Vaile	Hampshire	13.33	4
	6				
<b>N/S</b>	<b>1</b>	<b>Jodie Leslie</b>	<b>Kent</b>	<b>12.48</b>	
	<b>2</b>	<b>Darcy Kuypers</b>	<b>Kent</b>	<b>12.80</b>	
	3	Stephanie Smith	Middlesex	12.85	

200m					
<b>A</b>	1	Leroy Cain	Middlesex	22.29	16
	2	Jamie Robinson	Hampshire	22.66	15
	3	Max Lowery	Hertfordshire	22.79	14
	4	Alex Cooke	Essex	22.85	13
	<b>5</b>	<b>Daniel Gill</b>	<b>Kent</b>	<b>23.53</b>	<b>12</b>
	6	Lee Fulham	Sussex	24.04	11
<b>B</b>	1	Jordan Duvigneau	Middlesex	23.30	8
	2	Mohamed Tamedou	Hertfordshire	23.78	7
	3	Charles Tankeh	Essex	23.84	6
	4	Noel Butler	Sussex	23.84	5
	<b>5</b>	<b>Andy Millen</b>	<b>Kent</b>	<b>24.21</b>	<b>4</b>

200m					
<b>A</b>	1	Kim Baptiste	Sussex	24.63	16
	2	Shanice Harrison	Surrey	25.37	15
	3	Joanne Ryan	Essex	25.42	14
	4	Natasha Segal	Middlesex	25.86	13
	5	Michaela Ginger	Hampshire	26.23	12
	<b>6</b>	<b>Samantha Brown</b>	<b>Kent</b>	<b>26.79</b>	<b>11</b>
<b>B</b>	1	Shereen Charles	Middlesex	26.51	8
	<b>2</b>	<b>Darcy Kuypers</b>	<b>Kent</b>	<b>26.69</b>	<b>7</b>
	3	Eloise Lewis	Essex	27.62	6
	4	Sam Bickley-Vaile	Hampshire	27.95	5
	5				

400m					
<b>A</b>	1	Ollie Smith	Sussex	47.95	16
	2	Jacob Paul	Surrey	47.98	15
	3	Niclas Baker	Middlesex	48.95	14
	4	Marcus Hunt	Essex	49.10	13
	5	Peter De'Ath	Hertfordshire	49.35	12
	<b>6</b>	<b>Reece Dimech</b>	<b>Kent</b>	<b>49.96</b>	<b>11</b>
	7	Joe Flitcroft	Hampshire	52.87	10
<b>B</b>	1	Krishawn Aiken	Middlesex	49.9*	8
	2	Charlie Roe	Sussex	50.1*	7
	<b>3</b>	<b>Steven Tester</b>	<b>Kent</b>	<b>51.5*</b>	<b>6</b>
	4	Michael Oka-Ampofo	Essex	53.5*	5
	5				
	6				

400m					
<b>A</b>	1	Nicole Kendall	Surrey	55.44	16
	2	Hayley McLean	Essex	56.16	15
	<b>3</b>	<b>Jodie Leslie</b>	<b>Kent</b>	<b>56.30</b>	<b>14</b>
	4	Deborah Willis	Hertfordshire	56.99	13
	5	Sarah Calcott	Middlesex	57.58	12
	6	Holly Turner	Sussex	58.33	11
	7	Corin Bearpark	Hampshire	59.11	10
<b>B</b>	<b>1</b>	<b>Katherine Sutton</b>	<b>Kent</b>	<b>57.78</b>	<b>8</b>
	2	Alex Hill	Essex	59.35	7
	3	Jess Cook	Sussex	62.19	6
	4	Stephanie Mitchell	Surrey	62.47	5
	5	Sarah Grover	Hertfordshire	63.43	4
	6	Jess Gill	Hampshire	71.44	3

800m					
<b>A</b>	1	Paul Grange	Essex	1:55.1	16
	2	Scott Evans	Surrey	1:55.3	15
	3	Ramone Martinez-Rodney	Middlesex	1:58.0	14
	<b>4</b>	<b>Georges Vacharopoulos</b>	<b>Kent</b>	<b>1:58.4</b>	<b>13</b>
	5	Chris Dodd	Sussex	2:00.3	12
	6	Beck Grover	Hertfordshire	2:02.0	11
	7				

800m					
<b>A</b>	1	Michaela Mayor	Middlesex	2:14.6	16
	2	Corin Bearpark	Hampshire	2:15.5	15
	3	Anna Clark	Essex	2:16.0	14
	<b>4</b>	<b>Jessica Keene</b>	<b>Kent</b>	<b>2:17.8</b>	<b>13</b>
	5	Stephanie Mitchell	Surrey	2:18.2	12
	6	Sarah Grover	Hertfordshire	2:18.7	11
	7	Amber Wallace	Sussex	2:21.0	10

<b>B</b>	<b>1</b>	<b>Benjamin Murphy</b>	<b>Kent</b>	<b>2:01.37</b>	<b>8</b>	<b>B</b>	<b>1</b>	<b>Georgina Taylor</b>	<b>Kent</b>	<b>2:28.99</b>	<b>8</b>
	2	Samuel Jones	Hertfordshire	2:02.00	7		2	Jess Gill	Hampshire	2:38.73	7
	3	Chris Youell	Essex	2:03.06	6		3	Grazina Narviliene	Middlesex	2:53.39	6
	4	Charles Hardy	Middlesex	2:05.79	5		4				
<b>1,500m</b>						<b>1,500m</b>					
<b>A</b>	<b>1</b>	<b>Chris Warburton</b>	<b>Essex</b>	<b>4:02.30</b>	<b>16</b>	<b>A</b>	<b>1</b>	<b>Jessica Keene</b>	<b>Kent</b>	<b>4:46.67</b>	<b>16</b>
	2	Adam Kirk-Smith	Middlesex	4:04.21	15		2	Victoria Hiscock	Essex	4:50.45	15
	3	Billy White	Sussex	4:07.96	14		3	Lucy Ashe	Middlesex	4:51.71	14
	4	Matthew Arnold	Hampshire	4:14.76	13		4	Hannah Froud	Hampshire	4:52.47	13
	<b>5</b>	<b>Charles Davis</b>	<b>Kent</b>	<b>4:30.77</b>	<b>12</b>		5	Izzy Coomber	Sussex	4:54.43	12
<b>B</b>	<b>1</b>	<b>Tom Phillips</b>	<b>Essex</b>	<b>4:03.51</b>	<b>8</b>	<b>B</b>	<b>1</b>	<b>Rhiannon Dunlop</b>	<b>Sussex</b>	<b>4:56.23</b>	<b>8</b>
	2	Edward Hickman-Casey	Middlesex	4:07.88	7		2	Holly Collier	Hampshire	4:57.56	7
	3	Sam Costley	Hampshire	4:16.96	6		<b>3</b>	<b>Isabel Bradley</b>	<b>Kent</b>	<b>5:02.27</b>	<b>6</b>
<b>5,000m</b>						<b>3,000m</b>					
<b>A</b>	<b>1</b>	<b>Abdishakur Nageeye-Abdulle</b>	<b>Middlesex</b>	<b>15:16.94</b>	<b>16</b>	<b>A</b>	<b>1</b>	<b>Sophia Parvizi-Wayne</b>	<b>Middlesex</b>	<b>9:53.16</b>	<b>16</b>
	2	Howard Bristow	Sussex	15:26.78	15		2	Anna Whitfield	Essex	10:16.38	15
	3	Tom Crouch	Hertfordshire	15:37.75	14		<b>3</b>	<b>Clare Elms</b>	<b>Kent</b>	<b>10:29.54</b>	<b>14</b>
	4	Peter Hawkings	Essex	15:41.48	13		4	Hannah Carey	Sussex	11:50.94	13
	<b>5</b>	<b>Thomas Wright</b>	<b>Kent</b>	<b>15:52.51</b>	<b>12</b>		5	Chloe Dearman	Hertfordshire	11:58.44	12
	6	Tom Stevens	Hampshire	16:25.70	11		6				
<b>B</b>	<b>1</b>	<b>James Turner</b>	<b>Sussex</b>	<b>15:40.26</b>	<b>8</b>	<b>B</b>	<b>1</b>	<b>Lucy Ashe</b>	<b>Middlesex</b>	<b>10:39.08</b>	<b>8</b>
	2	Andrew Brooker	Middlesex	15:51.26	7		<b>2</b>	<b>Stephanie Hearn</b>	<b>Kent</b>	<b>10:59.58</b>	<b>7</b>
	3	Tom Gardner	Essex	15:53.41	6		3	Charlotte Bishop	Essex	11:38.19	6
	4	Paul Adams	Hertfordshire	15:54.07	5		4				
	<b>5</b>	<b>Andrew Pickett</b>	<b>Kent</b>	<b>16:25.32</b>	<b>4</b>		5				
<b>C</b>	<b>1</b>	<b>James Baker</b>	<b>Sussex</b>	<b>16:09.68</b>	<b>NS</b>	<b>C</b>	<b>1</b>	<b>Amber Reed</b>	<b>Kent</b>	<b>11:29.18</b>	<b>NS</b>
	2	Sathira Don	Middlesex	16:17.40	NS		2				
<b>3,000m S/chase</b>						<b>2,000m S/chase</b>					
<b>A</b>	<b>1</b>	<b>Adam Kirk-Smith</b>	<b>Middlesex</b>	<b>9:49.66</b>	<b>16</b>	<b>A</b>	<b>1</b>	<b>Amy Bream</b>	<b>Hampshire</b>	<b>7:33.16</b>	<b>16</b>
	2	Thomas Beedell	Essex	10:07.58	15		<b>2</b>	<b>Alice Ralph</b>	<b>Kent</b>	<b>7:42.21</b>	<b>15</b>
	3	Calum Upton	Hampshire	10:23.47	14		3	Tabitha Weddell	Hertfordshire	7:44.74	14
	<b>4</b>	<b>Samuel Dowler</b>	<b>Kent</b>	<b>10:29.32</b>	<b>13</b>		4	Lauren Major	Middlesex	7:46.24	13
	5	Rhys Rowlands	Hertfordshire	10:45.74	12		5	Jess Cook	Sussex	9:02.89	12
	6	Tim Ellis	Sussex	11:12.55	11		6				
<b>B</b>	<b>1</b>	<b>Max Costley</b>	<b>Hampshire</b>	<b>10:27.95</b>	<b>8</b>	<b>B</b>	<b>1</b>	<b>Eva Mack</b>	<b>Middlesex</b>	<b>7:47.92</b>	<b>8</b>
	2	Lee Taylor	Essex	10:48.92	7		<b>2</b>	<b>Hannah Czarnowski</b>	<b>Kent</b>	<b>8:04.19</b>	<b>7</b>
	3						3	Anna Reavey	Hampshire	8:21.20	6
<b>110m Hurdles</b>						<b>100m Hurdles</b>					
<b>A</b>	<b>1</b>	<b>Andy Blow</b>	<b>Hampshire</b>	<b>14.65</b>	<b>16</b>	<b>A</b>	<b>1</b>	<b>Karen Jean-Francois</b>	<b>Middlesex</b>	<b>14.13</b>	<b>16</b>
	2	Matthew Hewitt	Sussex	15.31	15		2	Elise Lovell	Sussex	14.55	15
	3	Bradley Reed	Essex	15.68	14		3	Megan Hildrew	Surrey	15.34	14
	4	Max Schopp	Hertfordshire	16.04	13		<b>4</b>	<b>Simone Baxter</b>	<b>Kent</b>	<b>16.18</b>	<b>13</b>
	<b>5</b>	<b>Juvenal Iragaba</b>	<b>Kent</b>	<b>16.85</b>	<b>12</b>		5	Sam Bickley-Vaile	Hampshire	16.71	12
<b>B</b>	<b>1</b>	<b>Tony Higbee</b>	<b>Hampshire</b>	<b>15.09</b>	<b>8</b>			Holly Thomas	Essex	DNF	
	<b>2</b>	<b>Bilen Ahmet</b>	<b>Kent</b>	<b>19.56</b>	<b>7</b>	<b>B</b>	<b>1</b>	<b>Sarah Calcott</b>	<b>Middlesex</b>	<b>16.59</b>	<b>8</b>
	3	Elior Harris	Hertfordshire	21.32	6		<b>2</b>	<b>Claire Capon</b>	<b>Kent</b>	<b>17.31</b>	<b>7</b>
	-	Lennox Thompson	Essex	DQ			3	Chay Clark	Essex	DQ	
	-	George Grainger	Sussex	DQ			-				
	-						-				
<b>400m Hurdles</b>						<b>400m Hurdles</b>					
<b>A</b>	<b>1</b>	<b>Gwilym Cooper</b>	<b>Sussex</b>	<b>52.84</b>	<b>16</b>	<b>A</b>	<b>1</b>	<b>Sarah Calcott</b>	<b>Middlesex</b>	<b>61.15</b>	<b>16</b>
	2	Lennox Thompson	Essex	53.52	15		2	Alex Hill	Essex	62.71	15
	3	Max Schopp	Hertfordshire	55.43	14		<b>3</b>	<b>Samantha Brown</b>	<b>Kent</b>	<b>63.93</b>	<b>14</b>
	<b>4</b>	<b>Lewis Heffernan</b>	<b>Kent</b>	<b>59.86</b>	<b>13</b>		4	Devon Brimecome	Hampshire	65.59	13
<b>B</b>	<b>1</b>	<b>George Grainger</b>	<b>Sussex</b>	<b>56.15</b>	<b>8</b>	<b>B</b>	<b>1</b>	<b>Zoe Benton</b>	<b>Essex</b>	<b>68.94</b>	<b>8</b>
	2	Bradley Reed	Essex	60.47	7		2	Laura Stewart	Middlesex	70.83	7
	3						<b>3</b>	<b>Claire Capon</b>	<b>Kent</b>	<b>78.59</b>	<b>6</b>
<b>3,000m Walk</b>						<b>3,000m Walk</b>					
<b>A</b>	<b>1</b>	<b>Luc Legon</b>	<b>Kent</b>	<b>14:33.7</b>	<b>16</b>	<b>A</b>	<b>1</b>	<b>Grazina Narviliene</b>	<b>Middlesex</b>	<b>15:49.2</b>	<b>16</b>
	2	Mark Culshaw	Middlesex	16:52.6	15		<b>2</b>	<b>Evie Butcher</b>	<b>Kent</b>	<b>18:55.5</b>	<b>15</b>
	3	Keith Vallis	Hampshire	16:57.2	14		3	Linda Mountford	Essex	20:04.0	14
	4	David Bowker	Hertfordshire	18:19.2	13		4				

5	Simon Le mare	Essex	19:42.2	12
<b>B</b>	<b>1 Jonathan Hobbs</b>	<b>Kent</b>	<b>14:40.2</b>	<b>8</b>
	2 Shaun Lightman	Middlesex	18:38.3	7
	3 Keith Palmer	Essex	20:32.4	6
<b>C</b>	1			
	<b>4 x 100m Relay</b>			
	1	Middlesex	42.39	16
	2	Hampshire	43.59	15
	3	Sussex	43.93	14
	4	Hertfordshire	44.5	13
	<b>5 Kent</b>		<b>45.66</b>	<b>12</b>
	-	Essex	DQ	
	<b>4 x 400m Relay</b>			
	1	Sussex	3:22.6	16
	2	Middlesex	3:23.6	15
	3	Essex	3:27.7	14
	4	Hampshire	3:41.8	13

5				
<b>B</b>	1 Maureen Noel	Middlesex	18:26.6	8
	<b>2 Jacqueline Benson</b>	<b>Kent</b>	<b>19:39.4</b>	<b>7</b>
	3			
<b>C</b>	1 <b>Geraldine Legon</b>	<b>Kent</b>	<b>20:06.5</b>	<b>NS</b>
	<b>4 x 100m Relay</b>			
	1	Sussex	48.62	16
	2	Essex	49.64	15
	3	Surrey	50.81	14
	<b>4 Kent</b>		<b>50.93</b>	<b>13</b>
	5	Hampshire	54.67	12
	-	Middlesex	DNF	
	<b>4 x 400m Relay</b>			
	1	Essex	3:52.8	16
	<b>2 Kent</b>		<b>4:01.0</b>	<b>15</b>
	3	Hampshire	4:12.0	14
	4	Middlesex	4:18.3	13

<b>High Jump</b>				
<b>A</b>	1 William Grimsey	Middlesex	2	16
	2 Elior Harris	Hertfordshire	1.95	15
	3 Jake Field	Surrey	1.9	14
	4 Thomas Hewes	Essex	1.8	13
	<b>5 Richard Essien</b>	<b>Kent</b>	<b>1.8</b>	<b>12</b>
	6= Charlie Button	Hampshire	1.75	10.5
	6= Alex Jenkins	Sussex	1.75	10.5
<b>B</b>	1 Ope Ajanaku	Hertfordshire	1.85	8
	2 Joseph Winn	Essex	1.75	7
	<b>3 Mason Doyle</b>	<b>Kent</b>	<b>1.75</b>	<b>6</b>
	4 Jack Milthorpe	Sussex	1.75	5

<b>High Jump</b>				
<b>A</b>	1 Beth Siddens	Essex	1.65	16
	2 Janet Browne	Hertfordshire	1.60	15
	3 Lucy Milthorpe	Sussex	1.55	13.5
	4 Katya Oldfield	Hampshire	1.55	13.5
	5 Lucy Summer	Surrey	1.55	12
	6 Stephanie Kleynhans	Middlesex	1.50	11
<b>B</b>	1 Chay Clark	Essex	1.55	8
	2 Chrisy Parsons	Hampshire	1.50	7
	3			
	4			

<b>Pole Vault</b>				
<b>A</b>	1 Edward Quiney	Surrey	4.84	16
	2 Sam Bass-Cooper	Hampshire	4.4	15
	<b>3 Matthew Harris</b>	<b>Kent</b>	<b>4.2</b>	<b>14</b>
	4 Michael Bartlett	Essex	4.2	13
	5 Conrad Kalinowski	Middlesex	3.6	12
<b>B</b>	<b>1 Bilen Ahmet</b>	<b>Kent</b>	<b>3.8</b>	<b>8</b>
	2 Perry Osborne	Essex	3.8	7
	3 Stelvio Lemos	Middlesex	3.6	6
	4 Emmanuel Thomas	Surrey	NM	

<b>Pole Vault</b>				
<b>A</b>	1 Laura Edwards	Hampshire	3.40	16
	2 Chloe Bingham	Sussex	3.30	15
	3 Sue Yeomans	Hertfordshire	2.50	14
	<b>4 Jacqueline Montgomery</b>	<b>Kent</b>	<b>2.50</b>	<b>13</b>
	5 Megan Bailey	Middlesex	NM	
<b>B</b>	1 Claudia Cabbage	Hampshire	2.50	8
	2 Louise Kelly	Hertfordshire	2.30	7
	3			
	4			

<b>Long Jump</b>				
<b>A</b>	<b>1 Jacob Burton</b>	<b>Kent</b>	<b>6.74</b>	<b>16</b>
	2 Noel Butler	Sussex	6.69	15
	3 Emmanuel Nwaobodo	Middlesex	6.52	14
	4 Nweike Nwabude	Essex	6.22	13
	5 Nathan Burke	Hertfordshire	5.95	12
<b>B</b>	1 Charlie Shingleton	Essex	6.2	8
	<b>2 Samuel Bobb</b>	<b>Kent</b>	<b>6.19</b>	<b>7</b>
	3 Sanchez Davis	Sussex	5.84	6
	4 Rhys Rowlands	Hertfordshire	3.61	5

<b>Long Jump</b>				
<b>A</b>	1 Elise Lovell	Sussex	5.96	16
	2 Stephanie Kleynhans	Middlesex	5.54	15
	3 Kitan Eleyae	Essex	5.20	14
	4 Lucy Weir	Surrey	4.95	13
	5 Chrisy Parsons	Hampshire	4.63	12
	<b>6 Claire Capon</b>	<b>Kent</b>	<b>4.58</b>	<b>11</b>
<b>B</b>	1 Emma Gayler	Middlesex	5.53	8
	2 Zoe Young	Essex	4.98	7
	3 Imogen Levy	Sussex	4.58	6
	<b>4 Hannah Sutton</b>	<b>Kent</b>	<b>4.32</b>	<b>5</b>

<b>Triple Jump</b>				
<b>A</b>	<b>1 Samuel Bobb</b>	<b>Kent</b>	<b>14.13</b>	<b>16</b>
	2 Peter Kirabo	Essex	13.99	15
	3 Nathan Burke	Hertfordshire	13.19	14
	4 Sanchez Davis	Sussex	13	13
	5 Emmanuel Nwaobodo	Middlesex	12.42	12
<b>B</b>	1 Patrick Apantaku	Sussex	12.64	8
	2 Charlie Shingleton	Essex	12.44	7

<b>Triple Jump</b>				
<b>A</b>	1 Lia Stephenson	Middlesex	11.73	16
	2 Kamela Monks	Hampshire	11.45	15
	3 Victoria Oshunremi	Essex	11.44	14
	4 Kara Peck	Hertfordshire	10.62	13
	5 Annie Onions	Sussex	10.56	12
	<b>6 Claire Capon</b>	<b>Kent</b>	<b>9.10</b>	<b>11</b>
<b>B</b>	1 Beth Siddens	Essex	10.37	8
	2			

<b>Shot</b>				
<b>A</b>	1 Joey Watson	Surrey	16.34	16

<b>Shot</b>				
<b>A</b>	1 Pippa Wingate	Surrey	11.06	16

2	Greg Thompson	Middlesex	15.13	15	2	Hollie Redman	Essex	10.50	15		
3	Sam Heawood	Sussex	13.68	14	3	Harriet Connor	Middlesex	10.49	14		
4	Graham Lay	Hampshire	13.15	13	4	Becky Owen	Sussex	10.38	13		
5	Kevin Wilson	Essex	12.69	12	5	Claudia Cabbage	Hampshire	9.11	12		
6	<b>Matthew Harris</b>	<b>Kent</b>	<b>10.72</b>	<b>11</b>	6	<b>Hannah Owen</b>	<b>Kent</b>	<b>8.91</b>	<b>11</b>		
7	Shaun Wall	Hertfordshire	10.61	10	7	Katherine Doran	Hertfordshire	7.05	10		
<b>B</b>	1	Chris Dack	Surrey	13.78	8	<b>B</b>	1	Laura Duke	Sussex	10.20	8
	2	James Lasis	Sussex	11.88	7		2	Megan Larkins	Essex	10.08	7
	3	Izaiah Turner	Middlesex	10.43	6		3	Debbie McCaw	Middlesex	9.72	6
	4	Chris Line	Hertfordshire	10.06	5		4	<b>Nicola Gregory</b>	<b>Kent</b>	<b>8.77</b>	<b>5</b>
	5	<b>Oliver Cooper</b>	<b>Kent</b>	<b>8.23</b>	<b>4</b>		5	Heather Mballa	Hampshire	8.18	4
	6	Keith Palmer	Essex	4.7	3		6				
<b>Discus</b>					<b>Discus</b>						
<b>A</b>	1	Greg Thompson	Middlesex	59.22	16	<b>A</b>	1	Sophie Mace	Surrey	46.04	16
	2	Chris Linque	Essex	49.77	15		2	Hollie Redman	Essex	44.29	15
	3	James Lasis	Sussex	46.49	14		3	Sarah Hewitt	Sussex	35.43	14
	4	Joey Watson	Surrey	46.23	13		4	Harriet Connor	Middlesex	34.56	13
	5	Gary Jones	Hampshire	44.26	12		5	<b>Nicola Gregory</b>	<b>Kent</b>	<b>30.84</b>	<b>12</b>
	6	<b>Matthew Harris</b>	<b>Kent</b>	<b>36.43</b>	<b>11</b>		6	Heather Mballa	Hampshire	26.38	11
	7	Christopher Line	Hertfordshire	35.63	10		7	Katherine Doran	Hertfordshire	NM	
<b>B</b>	1	Kevin Wilson	Essex	44.05	8	<b>B</b>	1	Georgie Taylor	Essex	42.13	8
	2	Chris Dack	Surrey	39.39	7		2	Pippa Wingate	Surrey	39.32	7
	3	Sam Heawood	Sussex	34.54	6		3	Debbie McCaw	Middlesex	31.32	6
	4	Izaiah Turner	Middlesex	31.51	5		4	Claudia Cabbage	Hampshire	21.39	5
	5	Shaun Wall	Hertfordshire	30.31	4		5	Laura Duke	Sussex	21.32	4
	6	<b>Oliver Cooper</b>	<b>Kent</b>	<b>20.28</b>	<b>3</b>		6	<b>Chloe Williams</b>	<b>Kent</b>	<b>19.86</b>	<b>3</b>
<b>Hammer</b>					<b>Hammer</b>						
<b>A</b>	1	Thomas Head	Essex	58.49	16	<b>A</b>	1	Louisa James	Sussex	58.90	16
	2	James Lasis	Sussex	52.93	15		2	Pippa Wingate	Surrey	54.38	15
	3	<b>Graham Holder</b>	<b>Kent</b>	<b>50.59</b>	<b>14</b>		3	Debbie McCaw	Middlesex	47.49	14
	4	Gary Jones	Hampshire	46.16	13		4	Amy Clarke	Hampshire	42.31	13
	5	Kevin Acraman	Middlesex	40.09	12		5	Megan Larkins	Essex	40.30	12
	6	Rhys Rowlands	Hertfordshire	4.33	11		6	<b>Donna Kent</b>	<b>Kent</b>	<b>36.87</b>	<b>11</b>
<b>B</b>	1	Joe Flitcroft	Hampshire	45.53	8	<b>B</b>	1	Laura Duke	Sussex	41.34	8
	2	<b>Leon Weaving</b>	<b>Kent</b>	<b>30.15</b>	<b>7</b>		2	Ellie Chandler	Middlesex	39.43	7
	3	Izaiah Turner	Middlesex	30.06	6		3	<b>Hannah Owen</b>	<b>Kent</b>	<b>34.88</b>	<b>6</b>
	4	Gorm Young	Sussex	22.74	5		4	Cathy Coleman	Surrey	34.72	5
	5	Alex Warner	Essex	NM			5				
<b>Javelin</b>					<b>Javelin</b>						
<b>A</b>	1	Craig Lacy	Middlesex	64.1	16	<b>A</b>	1	Kike Oniwinde	Essex	47.33	16
	2	Gavin Johnson-Assoon	Surrey	60.72	15		2	Olga Kotmilosi	Middlesex	40.47	15
	3	<b>Sonny Nash</b>	<b>Kent</b>	<b>55.67</b>	<b>14</b>		3	Sarah Ellis	Hampshire	38.22	14
	4	Tom Anstice	Oxfordshire	52.43	13		4	Emma Fossett	Surrey	37.50	13
	5	Luke Johnson	Sussex	51.78	12		5	<b>Jasmine Harding</b>	<b>Kent</b>	<b>29.77</b>	<b>12</b>
	6	Tom Metcalf	Essex	44.88	11		6	Becky Owen	Sussex	28.40	11
	7	David Brice	Hampshire	44.26	10		7	Katherine Doran	Hertfordshire	18.58	10
	8	Shaun Wall	Hertfordshire	42.66	9		8				
<b>B</b>	1	<b>Matthew Harris</b>	<b>Kent</b>	<b>53.41</b>	<b>8</b>	<b>B</b>	1	Louise Lacey	Essex	42.51	8
	2	Michael Bartlett	Essex	38.27	7		2	Georgie Floyd	Middlesex	38.88	7
	3	Noel Butler	Sussex	34.77	6		3	Heather Mballa	Hampshire	26.23	6
	4	Izaiah Turner	Middlesex	26.05	5		4	<b>Elizabeth Duffin</b>	<b>Kent</b>	<b>22.51</b>	<b>5</b>
	5	Rhys Rowlands	Hertfordshire	13.01	4		5	Sarah Hewitt	Sussex	22.22	4