

Men

1	Kent	343.5
2	Hampshire	328.5
3	Sussex	324
4	Surrey	320.5
5	Middlesex	310
6	Buckinghamshire	297
7	Hertfordshire	260.5
8	Essex	0

Women

1	Kent	364
2	Surrey	347
3	Essex	321
4	Hertfordshire	318
5	Hampshire	303
6	Sussex	268
7	Buckinghamshire	221
8	Middlesex	180

100m

A	1	Maxwell Brown	Buckinghamshire	11.13
	2	Alex Truscott	Middlesex	11.22
	3	Daniel Kale	Surrey	11.39
	4	Matthew Knight	Kent	11.43
	5	Jordan Levey	Sussex	11.58
	6	Benjamin Whitehead	Hertfordshire	12.00
	7	Carter Clothier (U15)	Hampshire	12.08
B	1	Bailey Wright	Sussex	11.37
	2	Lee Richards	Buckinghamshire	11.41
	3	Phoenix Lyon	Middlesex	11.45
	4	Eric Hammond-Sarfo	Surrey	11.47
	5	Ethan Brown	Kent	11.51
	6	Christopher Kerr	Hertfordshire	11.86
	7	Louie Power	Hampshire	12.46
N/S	1	Kwame Twumasi-Tawiah	Buckinghamshire	11.44
	2	Dary N'tuka Leonardo	Middlesex	11.45
	3	Jed Hamilton	Kent	11.53
	4	Samuel Adesanya	Middlesex	11.61
	5	David Boakye	Buckinghamshire	11.62
	6	Justin Oludemi	Kent	11.64
	7	Alex Wadley	Sussex	11.66

100m

A	1	Charmont Webster-Tate	Surrey	12.00
	2	Immanuela Aliu	Kent	12.02
	3	Rebecca Jeggo	Essex	12.35
	4	Alyssa White	Sussex	12.41
	5	Hannah Hall	Middlesex	12.49
	6	Ellie Hodgson	Hampshire	12.57
	7	Melieka Daley	Hertfordshire	12.61
	8	Charlotte Bellamy	Buckinghamshire	13.22
B	1	Vera Chinedu	Kent	11.90
	2	Tosin Salami	Surrey	12.30
	3	Jazmin Whitehead-Shakes	Essex	12.70
	4	Chinwe Iwunze	Middlesex	13.00
	5	Bobbie Davies	Hampshire	13.00
	6	Emily Russell	Hertfordshire	13.20
	7	Rosa Pitt	Sussex	13.20
	8	Charlotte Humphries	Buckinghamshire	13.60
N/S	1	Holly Thurgood (U15)	Hampshire	12.87
	2	Eloise Lewis	Essex	12.91
	3	Katie Woolcott	Kent	13.06
	4	Mhairi Brooks	Kent	13.11

200m

A	1	Phoenix Lyon	Middlesex	23.02
	2	Matthew Knight	Kent	23.06
	3	Maxwell Brown	Buckinghamshire	23.22
	4	Adam Bator-Brown	Surrey	23.42
	5	Jack Webber	Hampshire	23.49
	6	Jamie Kealey	Sussex	23.53
	7	Benjamin Whitehead	Hertfordshire	24.93
B	1	Ethan Brown	Kent	22.71
	2	Michael Shonibare	Middlesex	22.87
	3	Kwame Twumasi-Tawiah	Buckinghamshire	23.00
	4	Mason Dowle	Sussex	23.19
	5	Jack Higgins	Hampshire	23.76
	6			
	7			

200m

A	1	Immanuela Aliu	Kent	24.82
	2	Rebecca Jeggo	Essex	24.97
	3	Ella Wansell	Hertfordshire	25.38
	4	Hannah Hall	Middlesex	25.57
	5	Tosin Salami	Surrey	25.71
	6	Abigail Dennison	Hampshire	25.90
	7	Anna Croft	Buckinghamshire	26.01
	8	Estelle Ireland	Sussex	26.72
B	1	Magda Cienciala	Kent	25.35
	2	Anna-Marie Uzokwe	Hertfordshire	25.43
	3	Kendrea Nwaelene	Essex	25.48
	4	Amy Hillier	Middlesex	26.10
	5	Ellie Hodgson	Hampshire	26.13
	6	Rhiannon Ward	Buckinghamshire	26.33
	7	Mia Frost	Sussex	27.03
	8	Katie Purser	Surrey	42.27

400m

A	1	Jack Higgins	Hampshire	51.13
	2	Michael Fagbenle	Kent	51.17
	3	Adam Bator-Brown	Surrey	51.33
	4	Reef Hook	Middlesex	51.86
	5	Brent Morris	Hertfordshire	52.06
	6	Ben Layne	Buckinghamshire	52.94
	7	Joshua Firsh	Sussex	54.19
B	1	Yuri Zavratchiyski	Middlesex	51.53
	2	Sebastian Mills	Buckinghamshire	52.37
	3	Shemar Ferguson	Surrey	52.60
	4	Ben Sutton	Kent	52.85
	5	Samuel Gray	Hampshire	54.57
	6	Harrison Leach	Sussex	disq
	7			

300m

A	1	Anna-Marie Uzokwe	Hertfordshire	39.24
	2	Louise Evans	Kent	39.52
	3	Ellie Grove	Surrey	39.70
	4	Amber Clare	Hampshire	40.44
	5	Louisa Saunders	Sussex	40.48
	6	Michelle Mamudu	Middlesex	40.96
	7	Kyesha Robinson	Essex	41.25
	8	Rhiannon Ward	Buckinghamshire	42.25
B	1	Lydia Sommers	Hampshire	40.35
	2	Asha Root	Kent	40.73
	3	Mica Powell	Surrey	40.93
	4	Jessica Hurley	Hertfordshire	42.85
	5	Amy Fix	Essex	43.07
	6	Jaye Haley	Middlesex	43.33
	7	Charlotte Humphries	Buckinghamshire	43.34
	8	Sarah Huxstep	Sussex	44.70

800m

A	1	Simon Coppard	Kent	1:58.73
	2	Joseph Body	Sussex	2:00.16
	3	Daniel Streeter	Hertfordshire	2:00.22
	4	William Brown	Hampshire	2:00.62
	5	George Grassly	Surrey	2:00.89

800m

A	1	Katy Ann Mcdonald	Surrey	2:10.67
	2	Chloe Sharp	Kent	2:11.33
	3	Natasha Miles	Hampshire	2:14.20
	4	Scarlett Wager-Leigh	Hertfordshire	2:16.00
	5	Jessica Mitchell	Essex	2:16.13

	6	Adam Day	Buckinghamshire	2:04.09		6	Kiera Aslett	Sussex	2:19.55	
	7	John Fielding	Middlesex	2:04.60		7	Anna Kofoed-Gregory	Buckinghamshire	2:24.03	
B	1	George Crocker	Sussex	1:58.18		B	1	Mollie O'Sullivan	Surrey	2:10.70
	2	Jacques Cunningham-Marsh	Kent	1:58.47			2	Lara Atkinson	Kent	2:18.37
	3	Aiden Grainger	Surrey	2:00.09		3	Jordan Hinds	Essex	2:23.41	
	4	Luke Gray	Middlesex	2:00.97		4	Olivia Lyon-Monk	Sussex	2:26.57	
	5	Isaac Du Val	Hampshire	2:02.12		5	Jessica Laitner	Hertfordshire	2:27.03	
	6	Cameron Almand	Buckinghamshire	2:05.40		6	Jess Nuttall	Buckinghamshire	2:31.22	
	7	Jed Lumb	Hertfordshire	disq		7	Holly Thurgood (U15)	Hampshire	2:31.88	
1,500m					1,500m					
A	1	Ricky Lutakome	Surrey	4:05.13		A	1	Kosana Weir	Middlesex	4:45.54
	2	Tom Eames	Sussex	4:05.72			2	Almi Nerurkar	Sussex	4:47.01
	3	Thomas Patrick	Hertfordshire	4:12.91			3	Kelsi Cornish	Kent	4:49.55
	4	Daniel Seagrove	Kent	4:13.78			4	Louise Gilbert	Essex	4:50.32
	5	Alfred Yabsley	Buckinghamshire	4:16.15			5	Poppy Wardley	Surrey	4:57.48
	6	Steven Cross	Hampshire	4:16.82			6	Enya Deysel	Buckinghamshire	4:58.09
	7	Lucillo Burrell	Middlesex	4:19.30			7	Poppy Clements	Hampshire	5:05.44
							8	Hannah Rayden	Hertfordshire	5:26.18
B	1	Max Heyden	Surrey	4:11.46		B	1	Nicola Ravenhill	Middlesex	4:52.29
	2	Adam Hughes	Hertfordshire	4:13.41			2	Clara Tyler	Kent	4:54.42
	3	William Broom	Sussex	4:14.06			3	Katie Hopkins	Surrey	5:00.20
	4	Lewis Mills	Kent	4:15.16			4	Naomi Fonteyn	Sussex	5:02.72
	5	James Young	Middlesex	4:20.51			5	Georgia Tombs	Essex	5:04.72
	6	Ewan Forsythe	Buckinghamshire	4:28.67			6	Emma Mears	Buckinghamshire	5:08.63
	7						7	Katie Standen	Hampshire	5:11.62
							8	Freya Weddell	Hertfordshire	5:38.73
3,000m					3,000m					
A	1	Harry Boyd	Surrey	8:53.73		A	1	Phoebe Barker	Kent	9:47.89
	2	James Puxty	Kent	8:57.47			2	Olivia Stillman	Surrey	10:44.68
	3	Jack Meijer	Buckinghamshire	9:02.86			3	Kate O'Neill	Essex	10:46.04
	4	Jacob O'Hara	Hampshire	9:22.00			4	Darja Knotkova-Hanley	Sussex	11:09.33
	5	Liam Garrett	Middlesex	9:29.44			5	Emily Coulson	Hampshire	11:38.57
	6	Ben Martin	Sussex	9:35.22			6	Grace Birdseye	Hertfordshire	11:44.82
	7	Ben Winfield	Hertfordshire	9:36.20						
B	1	Oliver Percival	Surrey	9:02.69		B	1	Millie Smith	Kent	10:55.00
	2	Oliver Prior	Kent	9:33.60			2	Hannah Watson	Essex	11:03.15
	3	James Minter	Buckinghamshire	9:42.29			3	Stacey Burrows	Hampshire	dnf
	4	Tomer Tarragano	Sussex	9:44.81			4			
	5	Hugo Bisson	Hampshire	9:56.54			5			
	6	Finn Donlon	Middlesex	10:12.32			6			
N/S	1	Ewan Bate	Surrey	9:18.86		N/S	1	Holly Gordon	Kent	11:55.00
	2	Thomas Manning	Kent	9:42.70						
	3	Ben Morton	Sussex	9:49.73						
	4	Harry Cox	Buckinghamshire	9:55.03						
	5	Harry Moore	Hampshire	11:12.98						
		George Kerry	Middlesex	dnf						
100m hdles					80m hdles					
A	1	Toby Seal	Kent	13.39		A	1	Pippa Earley	Surrey	11.34
	2	Ezra Rodrigues	Surrey	14.19			2	Amber Hornbuckle	Essex	11.62
	3	Charlie Button	Hampshire	14.31			3	Emily Russell	Hertfordshire	11.95
	4	Christopher Kerr	Hertfordshire	14.72			4	Ashleigh West	Kent	12.02
	5	Tom Pitts	Sussex	14.81			5	Hannah Haugvik	Hampshire	12.07
	6	Kyle Brown	Middlesex	15.19			6	Natasha Purchas	Sussex	12.27
	7	Jack Porteous	Buckinghamshire	19.21			7	Sophie Willis	Buckinghamshire	12.77
B	1	Jonathan Mann	Kent	14.55		B	1	Nicole Parcell	Hertfordshire	11.73
	2	Jamie Lambert	Sussex	14.59			2	Marissa Sims	Essex	11.96
	3	Evan Campbell	Hampshire	15.02			3	Marcey Winter	Surrey	12.07
	4	Mathew Spicer	Hertfordshire	16.08			4	Natasha Scott	Kent	12.43
	5						5	Sophia Obi	Middlesex	12.74
	6						6	Olivia Allbut	Hampshire	13.02
	7						7	Rosie O'Brien	Buckinghamshire	13.11
400m hdles					300m hdles					
A	1	Isaac Milham	Kent	57.3		A	1	Anna Croft	Buckinghamshire	44.40
	2	Toby Glass	Hampshire	57.4			2	Connie Forman	Essex	45.10
	3	Jamie Lambert	Sussex	57.8			3	Stephanie Fisher	Surrey	45.20
	4	Josh Hathaway	Surrey	62.7			4	Jade Fitt	Kent	45.90
	5	Michael How	Middlesex	63.0			5	Hannah Haugvik	Hampshire	46.70
	6	Mathew Spicer	Hertfordshire	66.3			6	Jessica Lambert	Sussex	46.70
							7	Olive Coles	Hertfordshire	46.90
							8	Rachel Carter	Middlesex	47.20
B	1	Coleman Corry	Kent	60.28		B	1	Sophie Willis	Buckinghamshire	45.70
	2	Ben Holdsworth	Hampshire	65.59			2	Marcey Winter	Surrey	46.10
	3						3	Olivia Allbut	Hampshire	47.70
	4						4	Emily Sharpe	Essex	48.80
	5						5	Laura Stewart	Middlesex	49.70
	6						6	Madeleine Cooper	Kent	52.20
							7	Abigail Jones	Hertfordshire	65.80

1,500m s/c				1,500m s/c					
A	1	Alfred Yabsley	Buckinghamshire	4:33.22	A	1	Katie Balme	Surrey	5:13.72
	2	Bede Pitcairn-Knowles	Kent	4:35.29		2	Yasmin Austridge	Kent	5:16.40
	3	Alex Rowe	Hampshire	4:00.00		3	Rebecca Poole	Hampshire	5:20.17
	4	Dempster Fawden	Middlesex	4:38.95		4	Emma Mears	Buckinghamshire	5:26.00
	5	Adam Hughes	Hertfordshire	4:46.19		5	Grace Birdseye	Hertfordshire	5:52.98
	6	Aaron Enser	Surrey	4:47.46		6	Molly Gransden	Sussex	6:00.91
	7	Alex Halfacree	Sussex	4:54.09		7	Lucie Ball	Essex	6:11.51
B	1	Marshall Smith	Kent	4:41.20	B	1	Ella Newton	Kent	5:28.19
	2	Joseph Yeaman	Hampshire	4:45.64		2	Libby Hedley	Hampshire	5:33.45
	3	Jem O'Flaherty	Middlesex	4:47.22		3	Holly Jamieson	Buckinghamshire	6:03.41
	4	Sam Wilkinson	Sussex	5:01.05		4	Hannah Rayden	Hertfordshire	6:04.09
	5	Ewan Forsythe	Buckinghamshire	5:03.09		5	Daisy Partridge	Essex	6:56.89
	6	Elliot Breen	Hertfordshire	5:13.69		6			
HIGH JUMP				HIGH JUMP					
A	=1	Luke Okosieme	Kent	1.93 m	A	1	Rebecca Hawkins	Kent	1.70 m
	=1	Charlie Button	Hampshire	1.93 m		2	Louise Reilly	Hertfordshire	1.60 m
	3	Harry Baker	Sussex	1.85 m		3	Britli Francis (U15)	Surrey	1.60 m
	4	Toni Ademuwagun	Middlesex	1.85 m		4	Mayi Hughes	Essex	1.55 m
	5	Ricardo James	Hertfordshire	1.70 m		5	Hannah Haugvik	Hampshire	1.55 m
	5	Harry Wright	Surrey	1.70 m		6	Anna McAllister	Middlesex	1.50 m
	7	James Mathew	Buckinghamshire	1.65 m		7	Catherine Scott	Sussex	1.50 m
B	1	Malachi Gair	Hampshire	1.85 m	B	1	Ashleigh West	Kent	1.60 m
	2	Joe Hubbard	Surrey	1.70 m		2	Amy Thurgood	Hertfordshire	1.55 m
	3	Antanas Weston	Middlesex	1.55 m		3	Bethany Harryman	Essex	1.55 m
	4	Hugo Hawes	Sussex	1.55 m		4	Emily Cornwall	Hampshire	1.40 m
	5					5	Ellie Walker	Sussex	1.40 m
POLE VAULT				POLE VAULT					
A	1	Jack Harris	Sussex	4.00 m	A	1	Mimi Miles	Sussex	3.40 m
	2	Emmanuel Thomas	Surrey	3.80 m		2	Anousha Wardley	Surrey	3.00 m
	3	Michael Fryer	Hertfordshire	3.70 m		3	Abigail Pickard	Hertfordshire	2.70 m
	4	Kieran Apps	Hampshire	3.40 m			Jessica Smith (U15)		NHR
	5	Lee Boyt	Buckinghamshire	3.10 m					
	6	Frankie Scrivener	Kent	3.00 m	B	1	Natasha Purchas	Sussex	3.30 m
B	1	Bill Saunders	Sussex	4.00 m		2	Amy Thurgood	Hertfordshire	2.55 m
	2	Lewis Herzog	Surrey	3.30 m		3	Shaye Emmett (U15)	Surrey	NHR
	3	Jack Porteous	Buckinghamshire	2.90 m					
	4	George Pope	Kent	nhr m					
	5	Callum Woodage	Hertfordshire	nhr m					
LONG JUMP				LONG JUMP					
A	1	Samuel Oduro Antwi	Middlesex	6.30 m	A	1	Nicole Parcell	Hertfordshire	5.73 m
	2	Lewis Kirby	Sussex	6.14 m		2	Pippa Earley	Surrey	5.69 m
	3	Kit Kerr	Hertfordshire	5.93 m		3	Molly Adams	Buckinghamshire	5.36 m
	4	Evan Campbell	Hampshire	5.91 m		4	Eloise Harvey	Kent	5.19 m
	5	Eric Hammond-Sarfo	Surrey	5.68 m		5	Lydia Sommers	Hampshire	5.08 m
	6	Toby Ravilious	Buckinghamshire	5.52 m		6	Connie Forman	Essex	5.06 m
B	1	Alex Wadley	Sussex	5.65 m		7	Alyssa White	Sussex	4.93 m
	2	George Rosam	Hampshire	5.64 m		8	Ambra Beason	Middlesex	4.59 m
	3	Joshua Mahmud	Hertfordshire	5.53 m	B	1	Aye Hussein	Surrey	5.21 m
	4	Abbas Adejonwo	Middlesex	5.30 m		2	Jasmine Anderson	Kent	4.78 m
	5	Sebastian Mills	Buckinghamshire	5.16 m		3	Emmi Goldenberg	Essex	4.74 m
	6					4	Hannah Dickins	Hertfordshire	4.57 m
						5	Madeline Wilton (u15)	Hampshire	4.50 m
						6	Tia Margan	Buckinghamshire	4.46 m
						7	Georgia Coleshill	Sussex	4.44 m
TRIPLE JUMP				TRIPLE JUMP					
A	1	Samuel Oduro Antwi	Middlesex	13.82 m	A	1	Claudimira Landim	Middlesex	11.55 m
	2	Joshua Williams	Sussex	12.51 m		2	Kendrea Nwaelene	Essex	11.49 m
	3	George Rosam	Hampshire	11.99 m		3	Eloise Harvey	Kent	11.12 m
	4	Alex Olubusi	Kent	11.84 m		4	Ola Olufeme-Krakue	Surrey	11.10 m
	5	Jack Porteous	Buckinghamshire	11.28 m		5	Bobbie Davies	Hampshire	10.93 m
	6	Joshua Mahmud	Hertfordshire	11.20 m		6	Ella Sharpe	Sussex	10.54 m
B	1	Abbas Adejonwo	Middlesex	13.19 m		7	Ite Aderoju	Buckinghamshire	10.15 m
	2	Alex Wadley	Sussex	12.35 m		8	Hannah Dickins	Hertfordshire	9.66 m
	3	Ben Upfold	Hampshire	11.37 m	B	1	Mayi Hughes	Essex	11.15 m
	4	Fraser Kilsby	Buckinghamshire	10.99 m		2	Karina Harris	Kent	10.82 m
	5					3	Iris-Mae Morse (U15)	Buckinghamshire	10.06 m
	6					4	Madeline Wilton (u15)	Hampshire	9.89 m
						5	Sophie Gunn	Sussex	9.65 m
						6	Lily Jones	Hertfordshire	9.59 m
						7	Ambra Beason	Middlesex	ndr m
SHOT				SHOT					
A	1	Alfie Scopes	Kent	15.08 m	A	1	Gaia Osborne	Hampshire	14.75 m
	2	De-jean Brown-Marshall	Surrey	13.65 m		2	Denisha Marshall-Brown	Surrey	13.21 m
	3	Evan Campbell	Hampshire	12.54 m		3	Eloise Locke	Kent	13.10 m
	4	Emmanuel Enemuwe	Middlesex	11.81 m		4	Gabrielle Quigley	Essex	11.18 m

5	Fraser Kilsby	Buckinghamshire	11.62 m	5	Amelia Royce	Hertfordshire	9.93 m
6	Marcus Jones	Sussex	11.42 m	6	Megan Greenfield	Middlesex	9.22 m
7	Ricardo James	Hertfordshire	9.80 m	7	Larissa Carter	Sussex	8.26 m
				8	Ite Aderoju	Buckinghamshire	7.91 m
	1 Jack Royden	Kent	13.21 m	B	1 Amelia Cook	Hampshire	13.45 m
B	2 Cameron Campbell	Hampshire	12.23 m	2	Britli Francis (U15)	Surrey	11.93 m
	3 Ryan Moumneh	Surrey	11.80 m	3	Philippa Gill	Essex	10.26 m
	4 Hakim Janha	Middlesex	10.57 m	4 Jaratta Adams	Kent	10.09 m	
	5 Isaac Hay	Buckinghamshire	10.42 m	5	Mia O'Connell	Hertfordshire	9.66 m
	6 Harrison Leach	Sussex	10.12 m	6	Abi Hutchby	Buckinghamshire	7.67 m
DISCUS				DISCUS			
A	1 Alfie Scopes	Kent	48.68 m	A	1 Jessica Emery	Hertfordshire	38.94 m
	2 Sam Mace	Surrey	44.10 m	2	Heather Cabbage	Hampshire	38.09 m
	3 Alfred Mawdsley	Buckinghamshire	43.17 m	3	Tait Jones	Surrey	37.06 m
	4 Ben Upfold	Hampshire	41.68 m	4	Emily Robinson	Sussex	36.42 m
	5 Ben Hawkes	Sussex	41.27 m	5	Gabrielle Quigley	Essex	34.03 m
	6 Brandon Norman	Hertfordshire	37.19 m	6 Eve Keith	Kent	32.10 m	
	7 Myles Dotting	Middlesex	28.17 m	7	Abi Hutchby	Buckinghamshire	17.80 m
				8	Morgan Holder	Middlesex	16.08 m
B	1 Philip Bartlett	Surrey	40.48 m	B	1 Rebecca Porter	Hertfordshire	34.88 m
	2 Harrison Leach	Sussex	40.14 m	2	Denisha Marshall-Brown	Surrey	32.28 m
	3 Matt Price	Buckinghamshire	30.33 m	3 Catie Kohler	Kent	30.81 m	
	4 Nathan Sureshkumar	Kent	29.73 m	4	Cerys Thomas	Hampshire	27.12 m
	5 Kai Gordon	Middlesex	27.28 m	5	Eloise Badger	Essex	25.51 m
	6 Mathew Spicer	Hertfordshire	21.24 m	6	Annabel Ralston	Buckinghamshire	15.99 m
	7 Robert Pattison	Hampshire	ndr m	7	Georgia Langham	Sussex	ndr m
HAMMER				HAMMER			
A	1 Ben Hawkes	Sussex	61.62 m	A	1 Laura Runciman	Essex	50.43 m
	2 James Lancaster	Surrey	60.14 m	2	Vicki Pellett	Sussex	49.51 m
	3 Brandon Norman	Hertfordshire	49.69 m	3	Cerys Thomas	Hampshire	45.73 m
	4 Cameron Campbell	Hampshire	42.21 m	4	Sia Banbury	Surrey	44.77 m
	5 Kian Crawford	Kent	31.74 m	5	Demi Beavis	Middlesex	38.20 m
	6 Archard Yabsley	Buckinghamshire	29.93 m	6 Catie Kohler	Kent	32.32 m	
	7 Emmanuel Enemuwe	Middlesex	21.57 m	7	Amelia Royce	Hertfordshire	25.62 m
B	1 Same Mace	Surrey	56.06 m	8	Annabel Ralston	Buckinghamshire	21.61 m
	2 Marcus Jones	Sussex	46.67 m	B	1 Larissa Carter	Sussex	48.49 m
	3 Michael Knowles	Hertfordshire	39.41 m	2	Heather Cabbage	Hampshire	45.50 m
	4 Ben Upfold	Hampshire	29.19 m	3	Jessica Westley	Surrey	39.67 m
	5 Charlie Short	Kent	24.36 m	4 Jacqueline Benson	Kent	30.19 m	
	6 Matt Price	Buckinghamshire	24.28 m	5	Blythe Pearson	Essex	28.89 m
	7 Kai Gordon	Middlesex	20.69 m	6	Kitty Jones	Buckinghamshire	21.29 m
				7	Alisha Levy	Hertfordshire	19.59 m
JAVELIN				JAVELIN			
A	1 Luke Miller	Middlesex	52.25 m	A	1 Gaia Osborne	Hampshire	45.08 m
	2 Harry Gibbons	Surrey	46.83 m	2 Eloise Locke	Kent	41.01 m	
	3 Ben Holdsworth	Hampshire	44.03 m	3	Florence Baulk	Surrey	36.52 m
	4 David Fullbrook	Kent	40.72 m	4	Alisha Levy	Hertfordshire	36.21 m
	5 Michael Miller	Hertfordshire	38.43 m	5	Eloise Walker	Buckinghamshire	34.80 m
	6 Isaac Hay	Buckinghamshire	36.01 m	6	Emily Robinson	Sussex	33.89 m
B	1 Jonny Payne	Middlesex	46.44 m	7	Emily Wilcock	Middlesex	32.50 m
	2 Joshua Buckett	Hampshire	43.65 m	8	Daisy Partridge	Essex	32.29 m
	3 Charlie Tomkins	Kent	36.09 m	B	1 Paige Macheath	Kent	39.15 m
	4 Matt Price	Buckinghamshire	34.77 m	2	Abigail Jones	Hertfordshire	35.66 m
	5 Jonty Mitchell	Surrey	33.78 m	3	Maisie Grice	Hampshire	35.11 m
	6 Michael Fryer	Hertfordshire	29.21 m	4	Nicola Bell	Surrey	33.11 m
				5	Olivia Thomas	Buckinghamshire	31.26 m
				6	Philippa Gill	Essex	28.17 m
				7	Megan Greenfield	Middlesex	ndr m
4x100m Relay				4x100m Relay			
	1	Buckinghamshire	43.69	1	Kent	47.66	
	2	Middlesex	44.00	2	Essex	48.65	
	3	Kent	44.18	3	Hertfordshire	48.71	
	4	Sussex	44.77	4	Surrey	48.95	
	5	Hampshire	46.93	5	Middlesex	49.21	
	6	Surrey	47.84	6	Sussex	49.21	
	7	Hertfordshire	53.00	7	Hampshire	49.27	
				8	Buckinghamshire	50.58	
4x400m Relay				4x300m Relay			
	1	Kent	3:27.83	1	Surrey	2:46.2	
	2	Buckinghamshire	3:28.54	2	Kent	2:46.8	
	3	Surrey	3:29.96	3	Sussex	2:49.3	
	4	Sussex	3:33.06	4	Essex	2:50.4	
	5	Middlesex	3:33.96	5	Hertfordshire	2:51.6	
	6	Hampshire	3:35.60	6	Hampshire	2:51.9	
	7	Hertfordshire	3:38.33	7	Buckinghamshire	2:59.6	