

10 in 100 Men's Plate - Bedford International Stadium

| | | | | Perf | Record | Wind | AW |
|--------------------------|---|----------------|---------------------|-------|----------|------|-------------------------------------|
| <u>Men's 100m</u> | | | | Wind= | -0.5 m/s | | |
| 1 | 1 | Will Green | Bolton Utd Harriers | 11.25 | | | <input checked="" type="checkbox"/> |
| 2 | 4 | Dan Buss | Exeter Harriers | 11.27 | | | <input checked="" type="checkbox"/> |
| 3 | 5 | Kenny Howard | Herts Phoenix AC | 11.40 | | | |
| 4 | 8 | Ollie King | Woking AC | 11.41 | | | |
| 5 | 2 | Tom Bennington | City of York | 11.65 | | | |
| 6 | 6 | Philip Browne | North Down AC | 11.70 | | | |
| 7 | 7 | Ben Horsley | Tamworth AC | 11.83 | | | |
| 8 | | | | | | | |

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|--------------------------|---|-----------------|---------------------|-------|----------|--|-------------------------------------|
| <u>Men's 200m</u> | | | | | +0.4 m/s | | |
| 1 | 8 | Ollie King | Woking AC | 23.00 | | | <input checked="" type="checkbox"/> |
| 2 | 1 | Matthew Osborne | Bolton Utd Harriers | 23.04 | | | |
| 3 | 5 | Ian Tobin | Herts Phoenix AC | 23.16 | | | |
| 4 | 7 | Tom Burton | Tamworth AC | 23.43 | | | |
| 5 | 4 | Lee Salter | Exeter Harriers | 23.88 | | | |
| 6 | 2 | Will Steel | City of York | 24.14 | | | |
| 7 | 6 | James Niblock | North Down AC | 24.42 | | | |
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| <u>Men's 400m</u> | | | | | | | |
| 1 | 5 | Nathan Wake | Herts Phoenix AC | 48.46 | | | <input checked="" type="checkbox"/> |
| 2 | 8 | Tim Kuria | Woking AC | 50.03 | | | <input checked="" type="checkbox"/> |
| 3 | 7 | Daniel Cash | Tamworth AC | 50.29 | | | <input checked="" type="checkbox"/> |
| 4 | 6 | John Saulters | North Down AC | 50.43 | | | <input checked="" type="checkbox"/> |
| 5 | 1 | Chris Eckersley | Bolton Utd Harriers | 51.09 | | | |
| 6 | 4 | Simon Minting | Exeter Harriers | 51.12 | | | |
| 7 | 2 | Johnny McGregor | City of York | 53.07 | | | |
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|----------------------------|---|--------------------|---------------------|----------|--|--|-------------------------------------|
| <u>Men's 800m A</u> | | | | | | | |
| 1 | 1 | Tom Lancashire | Bolton Utd Harriers | 01:55.37 | | | <input checked="" type="checkbox"/> |
| 2 | 8 | Gary Bradbury | Woking AC | 01:56.20 | | | <input checked="" type="checkbox"/> |
| 3 | 4 | Phill Almond (U20) | Exeter Harriers | 01:56.74 | | | <input checked="" type="checkbox"/> |
| 4 | 6 | James Budde | North Down AC | 01:57.25 | | | <input checked="" type="checkbox"/> |
| 5 | 7 | John Jenkins | Tamworth AC | 02:02.48 | | | |
| 6 | 5 | Chris Saville | Herts Phoenix AC | 02:08.77 | | | |
| 7 | 2 | Ali Smith | City of York | 02:12.00 | | | |
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| <u>Men's 1500m A</u> | | | | | | | |
| 1 | 1 | Tom Lancashire | Bolton Utd Harriers | 04:07.80 | | | <input checked="" type="checkbox"/> |
| 2 | 4 | Simon Rusbridge | Exeter Harriers | 04:09.94 | | | |
| 3 | 5 | Mike Tarpey | Herts Phoenix AC | 04:13.67 | | | |
| 4 | 7 | Simon King | Tamworth AC | 04:15.51 | | | |
| 5 | 6 | Robin Brown | North Down AC | 04:17.19 | | | |
| 6 | 2 | James Palmer | City of York | 04:29.91 | | | |
| 7 | 8 | Richard Caliber | Woking AC | 04:33.52 | | | |
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| <u>Men's 3000m S/Chase A</u> | | | | | | | |
| 1 | 1 | Carl Hardman | Bolton Utd Harriers | 09:58.89 | | | <input checked="" type="checkbox"/> |
| 2 | 7 | Tom Adams | Tamworth AC | 10:12.52 | | | |
| 3 | 6 | James Budde | North Down AC | 10:22.29 | | | |
| 4 | 4 | Lee Salter | Exeter Harriers | 10:57.72 | | | |
| 5 | 5 | Markus Allen | Herts Phoenix AC | 11:00.29 | | | |
| 6 | 8 | Craig Holder | Woking AC | 13:37.55 | | | |
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|------------------------------|---|------------------|---------------------|--------|------|-------------------------------------|
| <u>Men's Hammer A</u> | | | | | | |
| 1 | 4 | Jon Milum (V 40) | Exeter Harriers | 49.54 | | <input checked="" type="checkbox"/> |
| 2 | 7 | Alex Berrow | Tamworth AC | 47.95 | | <input checked="" type="checkbox"/> |
| 3 | 2 | Morgan Bell | City of York | 45.41 | | <input checked="" type="checkbox"/> |
| 4 | 6 | Jeremy Harper | North Down AC | 38.42 | | |
| 5 | 8 | Paul Kelly | Woking AC | 38.29 | | |
| 6 | 1 | John Nicholson | Bolton Utd Harriers | 25.37 | | |
| 7 | 5 | Junior Lewis | Herts Phoenix AC | 17.22 | | |
| 8 | | | | | | |

Men's Discus A

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|---|---|------------------|---------------------|-------|--|-------------------------------------|
| 1 | 6 | Jeremy Harper | North Down AC | 49.27 | | <input checked="" type="checkbox"/> |
| 2 | 8 | Nick Webb | Woking AC | 46.02 | | <input checked="" type="checkbox"/> |
| 3 | 4 | Jon Milum (V 40) | Exeter Harriers | 36.24 | | <input checked="" type="checkbox"/> |
| 4 | 1 | John Nicholson | Bolton Utd Harriers | 33.47 | | |
| 5 | 2 | Paul Wilson | City of York | 30.58 | | |
| 6 | 5 | Patrick Barrett | Herts Phoenix AC | 30.42 | | |
| 7 | 7 | Alex Berrow | Tamworth AC | 30.31 | | |
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Men's Triple Jump A

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|---|---|-----------------|---------------------|-------|--|-------------------------------------|
| 1 | 6 | Peter Glass | North Down AC | 13.36 | | <input checked="" type="checkbox"/> |
| 2 | 8 | Matthew Pullen | Woking AC | 13.34 | | <input checked="" type="checkbox"/> |
| 3 | 4 | James Cook | Exeter Harriers | 13.07 | | <input checked="" type="checkbox"/> |
| 4 | 5 | Leo Lundgren | Herts Phoenix AC | 13.01 | | <input checked="" type="checkbox"/> |
| 5 | 1 | Matthew Osborne | Bolton Utd Harriers | 12.56 | | |
| 6 | 2 | Chris Gill | City of York | 12.34 | | |
| 7 | 7 | Matthew James | Tamworth AC | 11.56 | | |
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Men's Pole Vault A

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|----|---|----------------------|---------------------|------|--|-------------------------------------|
| 1 | 6 | Brendan McConville | North Down AC | 4.40 | | <input checked="" type="checkbox"/> |
| 2= | 7 | Gavin Showell | Tamworth AC | 3.60 | | |
| 2= | 8 | Roy Chambers | Woking AC | 3.60 | | |
| 4 | 5 | Patrick Barrett | Herts Phoenix AC | 3.60 | | |
| 5 | 1 | Andy Jones | Bolton Utd Harriers | 3.40 | | |
| 6 | 4 | Dave Robinson (V 50) | Exeter Harriers | 3.00 | | |

Men's 1200m Medley Relay (400m, 2x200m, 400m)

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|---|---|---------------------|----------|
| 1 | 1 | Bolton Utd Harriers | 02:26.52 |
| 2 | 5 | Herts Phoenix AC | 02:27.13 |
| 3 | 6 | North Down AC | 02:27.98 |
| 4 | 8 | Woking AC | 02:28.66 |
| 5 | 7 | Tamworth AC | 02:30.41 |
| 6 | 4 | Exeter Harriers | 02:31.10 |
| 7 | 2 | City of York | 02:35.86 |
| 8 | | | |

| MATCH RESULT | | Match |
|--------------|---------------------|-------|
| 1 | Bolton Utd Harriers | 78.0 |
| 2 | Woking AC | 68.0 |
| 3 | North Down AC | 66.0 |
| 4 | Exeter Harriers | 62.0 |
| 5 | Herts Phoenix AC | 58.0 |
| 6 | Tamworth AC | 53.0 |
| 7 | City of York | 29.0 |

10 in 100 Women's Plate - Bedford International Stadium

| | | | Perf | Record | Wind | AW |
|------------------------------|---|----------------|---------------------|--------|------|-------------------------------------|
| <u>Women's 100m A</u> | | | Wind= +0.4 m/s | | | |
| 1 | 5 | Kelly Thomas | Dartford Harriers | 12.16 | | <input checked="" type="checkbox"/> |
| 2 | 6 | Jade Phillips | Herne Hill Harriers | 12.45 | | <input checked="" type="checkbox"/> |
| 3 | 8 | Sarah Holmes | Woking AC | 12.65 | | <input checked="" type="checkbox"/> |
| 4 | 1 | Lorraine Ugem | Bexley AC | 12.71 | | <input checked="" type="checkbox"/> |
| 5 | 2 | Becky Campsall | City of York | 13.08 | | |
| 6 | 3 | Whitney Taiwo | Bingley Harriers | 13.30 | | |
| 7 | 7 | Amy Frith | Tamworth AC | 13.71 | | |
| 8 | | | | | | |

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|------------------------------|---|------------------|---------------------|-------|--|-------------------------------------|
| <u>Women's 200m A</u> | | | Wind= +1.2 m/s | | | |
| 1 | 6 | Michelle Watson | Herne Hill Harriers | 25.57 | | <input checked="" type="checkbox"/> |
| 2 | 1 | Lorraine Ugem | Bexley AC | 26.13 | | <input checked="" type="checkbox"/> |
| 3 | 8 | Victoria Hewett | Woking AC | 26.13 | | <input checked="" type="checkbox"/> |
| 4 | 5 | Tracy Cunningham | Dartford Harriers | 26.72 | | <input checked="" type="checkbox"/> |
| 5 | 2 | Jess Foster | City of York | 27.67 | | |
| 6 | 3 | Laura Pitts | Bingley Harriers | 28.59 | | |
| 7 | 7 | Hannah Sargeant | Tamworth AC | 32.16 | | |
| 8 | | | | | | |

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|------------------------------|---|------------------|---------------------|-------|--|-------------------------------------|
| <u>Women's 400m A</u> | | | | | | |
| 1 | 6 | Monique Davies | Herne Hill Harriers | 58.94 | | <input checked="" type="checkbox"/> |
| 2 | 7 | Hollie Owen | Tamworth AC | 59.43 | | <input checked="" type="checkbox"/> |
| 3 | 5 | Megan Edwards | Dartford Harriers | 59.66 | | <input checked="" type="checkbox"/> |
| 4 | 8 | Nicky Eglington | Woking AC | 61.19 | | <input checked="" type="checkbox"/> |
| 5 | 2 | Ruth Brandon | City of York | 64.60 | | |
| 6 | 1 | Rebecca Harris | Bexley AC | 65.93 | | |
| 7 | 3 | Abigail Greetham | Bingley Harriers | 70.40 | | |
| 8 | | | | | | |

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|------------------------------|---|-------------------|---------------------|----------|--|-------------------------------------|
| <u>Women's 800m A</u> | | | | | | |
| 1 | 5 | Elaine Murty | Dartford Harriers | 02:21.28 | | <input checked="" type="checkbox"/> |
| 2 | 8 | Helena Corbin | Woking AC | 02:22.47 | | <input checked="" type="checkbox"/> |
| 3 | 7 | Amy Frith | Tamworth AC | 02:23.02 | | <input checked="" type="checkbox"/> |
| 4 | 2 | Charlotte Gaughin | City of York | 02:24.19 | | <input checked="" type="checkbox"/> |
| 5 | 6 | Monique Davies | Herne Hill Harriers | 02:25.22 | | |
| 6 | 3 | Jo Bullock | Bingley Harriers | 02:39.04 | | |
| 7 | 1 | Charis Tanner | Bexley AC | 02:45.88 | | |
| 8 | | | | | | |

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|-------------------------------|---|----------------|---------------------|----------|--|-------------------------------------|
| <u>Women's 3000m A</u> | | | | | | |
| 1 | 3 | Mary Wilkinson | Bingley Harriers | 10:20.04 | | <input checked="" type="checkbox"/> |
| 2 | 1 | Claire Colmer | Bexley AC | 10:24.91 | | <input checked="" type="checkbox"/> |
| 3 | 6 | Clare Pauzers | Herne Hill Harriers | 10:32.99 | | <input checked="" type="checkbox"/> |
| 4 | 5 | Cara Oliver | Dartford Harriers | 11:01.80 | | |
| 5 | 8 | Belle Levine | Woking AC | 11:09.13 | | |
| 6 | 2 | Emma Willits | City of York | 11:30.97 | | |
| 7 | 7 | Rebecca Smith | Tamworth AC | 11:40.01 | | |
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|--------------------------------------|---|---------------------|---------------------|-------|--|-------------------------------------|
| <u>Women's 100m Hurdles A</u> | | | Wind= -0.3 m/s | | | |
| 1 | 7 | Meghan Beesley | Tamworth AC | 14.20 | | <input checked="" type="checkbox"/> |
| 2 | 6 | Robyn St Luce Boyce | Herne Hill Harriers | 15.25 | | <input checked="" type="checkbox"/> |
| 3 | 2 | Helen Goacher | City of York | 16.10 | | <input checked="" type="checkbox"/> |
| 4 | 5 | Claire Capon | Dartford Harriers | 17.10 | | |
| 5 | 3 | Laura Pitts | Bingley Harriers | 18.59 | | |
| 6 | 1 | Sadie Gibbs | Bexley AC | 19.31 | | |
| 7 | 8 | Claire Johnson | Woking AC | 20.18 | | |
| 8 | | | | | | |

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|--------------------------------|---|-------------------|---------------------|-------|--------|------|-------------------------------------|
| <u>Women's Hammer A</u> | | | | | | | |
| 1 | 1 | Donna Kent | Bexley AC | 44.42 | | | <input checked="" type="checkbox"/> |
| 2 | 8 | Eleanor Gatrell | Woking AC | 41.86 | | | <input checked="" type="checkbox"/> |
| 3 | 7 | Alana Smetham | Tamworth AC | 37.02 | | | <input checked="" type="checkbox"/> |
| 4 | 5 | Claire Capon | Dartford Harriers | 29.04 | | | |
| 5 | 6 | Briony Phillips | Herne Hill Harriers | 25.34 | | | |
| 6 | 3 | Adanna Okeahialam | Bingley Harriers | 24.60 | | | |
| 7 | 2 | Laura Hunter | City of York | 21.43 | | | |
| 8 | | | | | | | |

Women's Discus A

| | | | | | | | |
|---|---|-------------------|---------------------|-------|--|--|-------------------------------------|
| 1 | 8 | Eleanor Gatrell | Woking AC | 38.23 | | | <input checked="" type="checkbox"/> |
| 2 | 5 | Rosalind Seeley | Dartford Harriers | 36.59 | | | <input checked="" type="checkbox"/> |
| 3 | 6 | Makeda Quamina | Herne Hill Harriers | 35.86 | | | <input checked="" type="checkbox"/> |
| 4 | 1 | Amber Treadwell | Bexley AC | 35.66 | | | <input checked="" type="checkbox"/> |
| 5 | 7 | Gemma Wheelhouse | Tamworth AC | 30.62 | | | <input checked="" type="checkbox"/> |
| 6 | 3 | Adanna Okeahialam | Bingley Harriers | 26.07 | | | |
| 7 | 2 | Helen Goacher | City of York | 17.75 | | | |
| 8 | | | | | | | |

Women's Triple Jump A

| | | | | | | | |
|---|---|-------------------|---------------------|-------|--|--|-------------------------------------|
| 1 | 6 | Jane Estmafugha | Herne Hill Harriers | 11.35 | | | <input checked="" type="checkbox"/> |
| 2 | 1 | Imeta Barauskiene | Bexley AC | 10.90 | | | <input checked="" type="checkbox"/> |
| 3 | 2 | Stacey Bell | City of York | 10.15 | | | <input checked="" type="checkbox"/> |
| 4 | 3 | Joanne Oates | Bingley Harriers | 9.80 | | | |
| 5 | 5 | Tracy Cunningham | Dartford Harriers | 9.72 | | | |
| 6 | 8 | Natasha Hart | Woking AC | 9.16 | | | |
| 7 | | | | | | | |
| 8 | | | | | | | |

Women's Pole Vault A

| | | | | | | | |
|----|---|--------------------|---------------------|------|--|--|-------------------------------------|
| 1= | 8 | Natasha Hart | Woking AC | 2.70 | | | <input checked="" type="checkbox"/> |
| 1= | 7 | Sarah Williams | Tamworth AC | 2.70 | | | <input checked="" type="checkbox"/> |
| 3 | 6 | Jennifer Honeyball | Herne Hill Harriers | 2.50 | | | <input checked="" type="checkbox"/> |
| 4 | 1 | Kirsty Dobberson | Bexley AC | 2.30 | | | <input checked="" type="checkbox"/> |
| 5 | 5 | Teresa May | Dartford Harriers | 1.90 | | | |
| 6 | 2 | Vicky Needham | City of York | 1.70 | | | |

Women's 1200m Medley Relay (400m, 2x200m, 400m)

| | | | |
|---|---|---------------------|----------|
| 1 | 8 | Woking AC | 02:51.67 |
| 2 | 7 | Tamworth AC | 02:52.82 |
| 3 | 5 | Dartford Harriers | 02:53.35 |
| 4 | 6 | Herne Hill Harriers | 02:59.04 |
| 5 | 3 | Bingley Harriers | 03:08.55 |
| 6 | 1 | Bexley AC | 03:11.99 |
| 7 | 2 | City of York | |
| 8 | | | |

| MATCH RESULT | Match |
|-----------------------|-------|
| 1 Herne Hill Harriers | 77 |
| 2 Woking AC | 71 |
| 3 Dartford Harriers | 68 |
| 4 Bexley AC | 60 |
| 5 Tamworth AC | 57 |
| 6 City of York | 41 |
| 7 Bingley Harriers | 40 |
| 8 Crawley AC | |