	Team		Score	
1	Stevenage & North Herts		216	S
2	Havering AC		171	H
3	Tonbridge AC		196	G
4	Ipswich Harriers		157	I

	Men's A 100m	Wind=				
1	Charlee Yearwood	U20	Stevenage & North Herts	11.10	4	aw
2	Lewis Bailey	U20	Havering AC	11.40	3	aw
3	Mark Ferniz	SM	Ipswich Harriers	11.80	2	
4	Scott Thomson	U20	Tonbridge AC	12.20	1	
	Men's B 100m	**Wind=**				
1	Nathan Steele	U20	Havering AC	12.20	4	
2	Oliver Miller	U17	Ipswich Harriers	12.40	3	
3	Ernie Lake	U17	Tonbridge AC	12.60	2	
4	Timothy Worsley	U20	Stevenage & North Herts	13.10	1	
	Men's A 200m	**Wind=**	-2.8			
1	Charlee Yearwood	U20	Stevenage & North Herts	22.76	4	aw
2	Mark Ferniz	SM	Ipswich Harriers	23.59	3	
3	Fraser Boston	U20	Havering AC	23.83	2	
4	Steve Tester	SM	Tonbridge AC	24.23	1	
	Men's B 200m	**Wind=**	-2.8			
1	Lewis Bailey	U20	Havering AC	24.03	4	
2	Jake Greenleaf	U20	Ipswich Harriers	24.28	3	
3	Alex Hookway	SM	Tonbridge AC	25.50	2	
4	Timothy Worsley	U20	Stevenage & North Herts	25.82	1	
	Men's A 400m					
1	Jake Greenleaf	U20	Ipswich Harriers	51.74	4	aw
2	Brent Morris	U17	Stevenage & North Herts	52.41	3	aw
3	Fraser Boston	U20	Havering AC	52.66	2	aw
4	Steve Tester	SM	Tonbridge AC	52.73	1	aw
	Men's B 400m					
1	Matthew Owers	U20	Havering AC	53.86	4	aw
2	Freddie Reilly	U17	Stevenage & North Herts	54.22	3	aw
3	Alex Hookway	SM	Tonbridge AC	54.67	2	
4	Oliver Miller	U17	Ipswich Harriers	55.32	1	aw
	Men's A 800m					
1	Joshua Hulse	U17	Ipswich Harriers	1:55.47	4	aw
2	Ben Murphy	U20	Tonbridge AC	1:57.27	3	aw
3	Finn Hutton	U20	Havering AC	1:59.52	2	aw
4	Thomas Sloan	SM	Stevenage & North Herts	2:02.76	1	aw
	Men's B 800m					
1	Jamie Brown	U23	Tonbridge AC	2:02.44	4	aw
2	Jack Grady	U17	Ipswich Harriers	2:05.06	3	aw
3	James Beddall	U20	Stevenage & North Herts	2:06.56	2	
4	Paul Kavanagh	SM	Havering AC	2:07.87	1	
	Men's A 1500m					
1	Tom Cox	SM	Tonbridge AC	4:22.12	4	
2	Adel Hamed	U20	Ipswich Harriers	4:34.19	3	
3	James Stewart	U20	Havering AC	4:39.12	2	
4	Liam Gregory	U20	Stevenage & North Herts	4:49.90	1	
	Men's B 1500m					
1	Dan Bradley	SM	Tonbridge AC	4:35.36	4	
2	Jack Grady	U17	Ipswich Harriers	4:37.38	3	
3	Ian Anthony	SM	Havering AC	4:49.90	2	
4	Mathew Spicer	U20	Stevenage & North Herts	5:21.05	1	
	Men's A 5000m					
1	Robert Warner	SM	Havering AC	15:31.88	4	aw
2	Dan Bradley	SM	Tonbridge AC	16:17.41	3	aw
3	Adel Hamed	U20	Ipswich Harriers	16:33.11	2	aw
4	Daniel Poulton	SM	Stevenage & North Herts	17:21.64	1	

Men's B 5000m

1	Ben Reynolds	M50	Tonbridge AC	16:41.66	4	aw
2	Ian Anthony	SM	Havering AC	17:12.60	3	
3	Josh Thompson	SM	Ipswich Harriers	18:52.09	2	
4	Paul Pickard	M45	Stevenage & North Herts	22:22.90	1	

Men's A 110mH **Wind=** 0.5

1	Elior Harris	SM	Stevenage & North Herts	16.77	4	aw
2					3	
3					2	
4					1	

Men's B 110mH **Wind=** 0.5

1	Oscar Jopp	U20	Stevenage & North Herts	16.80	4	aw
2					3	
3					2	
4					1	

Men's A 400mH

1	Freddie Reilly	U17	Stevenage & North Herts	1:01.73	4	aw
2	Luigi Palmieri	U17	Ipswich Harriers	1:03.47	3	aw
3	Kieran Riddell	U20	Havering AC	1:04.98	2	aw
4	Michael Ellis	U23	Tonbridge AC	1:05.00	1	aw

Men's B 400mH

1	Alex Hookway	SM	Tonbridge AC	1:05.48	4	aw
2	Dalton Coe	SM	Ipswich Harriers	1:08.20	3	aw
3	William Rodway	U20	Stevenage & North Herts	1:10.87	2	aw
4					1	

Men's A 2000m Steeplechase

1	Michael Ellis	U23	Tonbridge AC	6:23.89	4	
2	Robert Warner	SM	Havering AC	6:32.45	3	
3	Matthew Snowden	U17	Ipswich Harriers	7:03.10	2	
4	Mark Grayson	M45	Stevenage & North Herts	8:37.51	1	

Men's B 2000m Steeplechase

1	Tom Cox	SM	Tonbridge AC	6:29.93	4	
2	Dalton Coe	SM	Ipswich Harriers	8:06.91	3	
3	Paul Pickard	M45	Stevenage & North Herts	9:43.31	2	
4					1	

Men's A High Jump

1	Elior Harris	SM	Stevenage & North Herts	2.05	4	aw
2	Chris Jones	U20	Ipswich Harriers	1.85	3	aw
3	Shandell Taylor	U20	Havering AC	1.75	2	aw
4	Scott Thomson	U20	Tonbridge AC	1.75	1	aw

Men's B High Jump

1	Tyler Mitchell	U20	Stevenage & North Herts	1.90	4	aw
2	Nathaneal Adeniran	U17	Havering AC	1.70	3	aw
3	Calum Laing	U20	Tonbridge AC	1.60	2	
4	Teddy Ntuli	U17	Ipswich Harriers	1.55	1	

Men's A Pole Vault

1	Nathan Gardner	U20	Stevenage & North Herts	4.20	4	aw
2	Calum Laing	U20	Tonbridge AC	2.90	3	aw
3	Stuart Tufton	M60	Havering AC	2.70	2	aw
4	Michael Fuller	SM	Ipswich Harriers	2.30	1	

Men's B Pole Vault

1	Oscar Jopp	U20	Stevenage & North Herts	3.50	4	aw
2	Kieran Riddel	U17	Havering AC	1.60	3	
3	Jeremy Smith	M45	Ipswich Harriers	1.60	2	
4					1	

Men's A Long Jump Wind

1	Shandell Taylor	U20	Havering AC	6.50	4		aw
2	Peter Keefe	U20	Stevenage & North Herts	6.20	3		aw
3	Scott Thomson	U20	Tonbridge AC	6.04	2		aw
4	Jaaziel Kajoba	U17	Ipswich Harriers	5.76	1		aw

Men's B Long Jump

						Wind	
1	Alex Law	U23	Havering AC	6.43	4		aw
2	Ernie Lake	U17	Tonbridge AC	5.59	3		aw
3	Matthew Spicer	U20	Stevenage & North Herts	5.09	2		
4	Chris Moore	SM	Ipswich Harriers	4.95	1		

Men's A Triple Jump

						Wind	
1	Elior Harris	SM	Stevenage & North Herts	12.71	4		aw
2	Fraser Boston	U20	Havering AC	11.86	3		aw
3	Calum Laing	U20	Tonbridge AC	11.07	2		
4	Chris Moore	SM	Ipswich Harriers	10.88	1		

Men's B Triple Jump

						Wind	
1	Tyler Mitchell	U17	Stevenage & North Herts	12.23	4		aw
2	Nathan Steele	SM	Havering AC	10.43	3		
3	T J Robinson	U17	Ipswich Harriers	10.40	2		
4	Steve Tester	SM	Tonbridge AC	9.60	1		

Men's A Shot Putt

1	Lewis Church	U23	Tonbridge AC	12.48	4	aw
2	Neil McLellan	SM	Stevenage & North Herts	12.02	3	aw
3	David Hughes	M40	Ipswich Harriers	9.64	2	
4	Alex Law	U23	Havering AC	9.47	1	

Men's B Shot Putt

1	James Goss	SM	Stevenage & North Herts	10.05	4	aw
2	Alex Hookway	SM	Tonbridge AC	10.01	3	aw
3	Don Baker	U20	Ipswich Harriers	9.53	2	
4	Michael Duncan	U20	Havering AC	8.08	1	

Men's A Discus

1	Lewis Church	U23	Tonbridge AC	38.57	4	aw
2	Peter Keefe	U20	Stevenage & North Herts	33.97	3	aw
3	Michael Duncan	U20	Havering AC	33.56	2	aw
4	Oliver Graham	U17	Ipswich Harriers	27.59	1	aw

Men's B Discus

1	Scott Thompson	U20	Tonbridge AC	25.05	4	aw
2	Ed Brinton-Quinn	U20	Havering AC	23.74	3	
3	Matthew Spicer	U20	Stevenage & North Herts	19.85	2	
4					1	

Men's A Hammer

1	James Goss	SM	Stevenage & North Herts	46.07	4	aw
2	Oliver Graham	U17	Ipswich Harriers	39.44	3	aw
3	Michael Duncan	U20	Havering AC	17.85	2	
4	Harry Paton	SM	Tonbridge AC	9.51	1	

Men's B Hammer

1	Michael Davis	SM	Ipswich Harriers	36.96	4	aw
2	Tim Saunders-Mullins	M60	Stevenage & North Herts	25.27	3	
3	Ed Brinton-Quinn	U20	Havering AC	17.73	2	
4	Michael Ellis	U23	Tonbridge AC	4.92	1	

Men's A Javelin

1	Neil McLellan	SM	Stevenage & North Herts	62.61	4	aw
2	Don Baker	U20	Ipswich Harriers	53.33	3	aw
3	Sam Harrison	SM	Havering AC	43.70	2	aw
4	Lewis Church	U23	Tonbridge AC	40.87	1	aw

Men's B Javelin

1	Marshall Childs	SM	Ipswich Harriers	43.99	4	aw
2	Alex Law	U23	Havering AC	42.02	3	aw
3	Toby Emm	U17	Tonbridge AC	34.92	2	aw
4	Matthew Spicer	U20	Stevenage & North Herts	28.44	1	

Men's 4x100m

1	Havering AC	SM		45.62	4
2	Stevenage & North Herts	SM		45.67	3
3	Ipswich Harriers	SM		46.13	2
4	Tonbridge AC	SM		48.99	1

Men's 4x400m

1	Tonbridge AC	SM		3:27.98	4
2	Havering AC	SM		3:35.00	3
3	Stevenage & North Herts	SM		3:38.64	2
4	Ipswich Harriers	SM		3:39.18	1

	Women's A 100m	**Wind=**	-1.1			
1	Asha Root	U17	Tonbridge AC	13.06	4	aw
2	Chantelle Kilpatrick	U23	Ipswich Harriers	13.10	3	aw
3	Lucy Bailey	U23	Havering AC	13.55	2	
4	Madeline Hurley	U17	Stevenage & North Herts	13.76	1	
	Women's B 100m	**Wind=**	-1.1			
1	Hannah Lygo	U17	Ipswich Harriers	13.36	4	
2	Jess Murphy	U23	Tonbridge AC	13.39	3	
3	Abigail Shipton	U20	Havering AC	13.92	2	
4	Rebecca Beddall	U20	Stevenage & North Herts	14.27	1	
	Women's A 200m	**Wind=**	1.6			
1	Becky O'Hara	U20	Tonbridge AC	26.72	4	aw
2	Jade Kavanagh	U17	Havering AC	26.86	3	aw
3	Petra Sijuwade	U17	Stevenage & North Herts	26.98	2	aw
4	Hannah Lygo	U17	Ipswich Harriers	27.24	1	aw
	Women's B 200m	**Wind=**	1.6			
1	Bethany Harley	U20	Stevenage & North Herts	27.10	4	aw
2	Jess Murphy	U23	Tonbridge AC	27.75	3	
3	Jasmine Cant	U17	Ipswich Harriers	28.02	2	
4	Katie Dawson	U20	Havering AC	28.47	1	
	Women's A 400m					
1	Anna Marie Uzokwe	U20	Stevenage & North Herts	59.06	4	aw
2	Emma Wood	W45	Tonbridge AC	59.95	3	aw
3	Amy Baggs	U20	Havering AC	1:02.75	2	aw
4	Chloe Godbold	U20	Ipswich Harriers	1:06.80	1	aw
	Women's B 400m					
1	Jess O'Hara	U17	Tonbridge AC	1:00.94	4	aw
2	Amy Baggs	U20	Havering AC	1:04.24	3	aw
3	Leah Cairns	U17	Stevenage & North Herts	1:07.46	2	aw
4	Holy Aston	U20	Ipswich Harriers	1:18.50	1	aw
	Women's A 800m					
1	Alice Ralph	U20	Tonbridge AC	2:24.22	4	aw
2	Chloe Vernon Hamilton	SW	Stevenage & North Herts	2:28.60	3	
3	Clare Davies	SW	Havering AC	2:35.83	2	
4	Grace Linford-Wood	U17	Ipswich Harriers	2:37.87	1	
	Women's B 800m					
1	Hannah Czarnowski	U23	Tonbridge AC	2:31.84	4	
2	Erin Oliver	U17	Stevenage & North Herts	2:35.40	3	
3	Georgia Philips	U20	Havering AC	2:46.28	2	
4	Lauren Ramsey	U23	Ipswich Harriers	2:56.68	1	
	Women's A 1500m					
1	Vicky Smith	SW	Havering AC	5:16.75	4	
2	Maria Heslop	W45	Tonbridge AC	5:23.76	3	aw
3	Sarah Feely	U23	Stevenage & North Herts	5:48.47	2	
4	Lauren Ramsey	U23	Ipswich Harriers	5:57.20	1	
	Women's B 1500m					
1	Elizabeth Heslop	U17	Tonbridge AC	5:41.63	4	
2	Lisa Barber	U20	Stevenage & North Herts	6:03.97	3	
3	Emily James	U20	Havering AC	6:11.08	2	
4					1	
	Women's A 3000m					
1	Vicky Smith	SW	Havering AC	11:34.12	4	
2	Sasha Houghton	W40	Tonbridge AC	11:45.55	3	
3	Marian Patten	U17	Ipswich Harriers	11:45.98	2	aw
4	Helen Cairns	W40	Stevenage & North Herts	12:43.44	1	
	Women's B 3000m					
1	Steph Puxty	U17	Tonbridge AC	11:58.08	4	aw
2	Sarah Feely	U23	Stevenage & North Herts	13:04.59	3	
3	Mandy Godbold	W45	Ipswich Harriers	14:58.86	2	
4					1	
	Women's A 100mH	**Wind=**	-1.2			
1	Bethany Harley	U20	Stevenage & North Herts	17.25	4	aw
2	Bethan Siddons	SW	Havering AC	18.30	3	
3	Amy Taylor	U20	Tonbridge AC	18.42	2	
4					1	

	Women's B 100mH	**Wind=**	-1.2			
1	Molly Gardner	U17	Stevenage & North Herts	19.74	4	
2	Lucy Bailey	U23	Havering AC	dnf	0	####
3					2	
4					1	
	Women's A 400mH					
1	Amy Taylor	U20	Tonbridge AC	1:04.5	4	aw
2	Rebecca Pickard	U20	Stevenage & North Herts	1:08.8	3	aw
3					2	
4					1	
	Women's B 400mH					
1	Rebecca Beddall	U20	Stevenage & North Herts	1:13.0	4	aw
2					3	
3					2	
4					1	
	Women's A 2000m Steeplechase					
1	Alice Ralph	U20	Tonbridge AC	7:58.43	4	aw
2	Lisa Barber	U20	Stevenage & North Herts	9:56.00	3	
3	Mandy Godbold	W45	Ipswich Harriers	11:05.80	2	
4					1	
	Women's B 2000m Steeplechase					
1	Hannah Czarnowski	U20	Tonbridge AC	8:38.30	4	aw
2	Christine Feely	W50	Stevenage & North Herts	10:03.58	3	
3					2	
4					1	
	Women's A High Jump					
1	Bethan Siddons	SW	Havering AC	1.65	4	aw
2	Amy Taylor	U20	Tonbridge AC	1.60	3	aw
3	Grace Mee	U20	Stevenage & North Herts	1.50	2	aw
4	Holly Aston	U20	Ipswich Harriers	1.45	1	
	Women's B High Jump					
1	Mayi Hughes	U17	Havering AC	1.55	4	aw
2	Jasmine Silvester	U17	Tonbridge AC	1.50	3	aw
3	Molly Gardner	U17	Stevenage & North Herts	1.40	2	
4	Morgan Frost	U17	Ipswich Harriers	1.35	1	
	Women's A Pole Vault					
1	Una Laqeretabua	U20	Tonbridge AC	2.40	4	aw
2	Molly Gardner	U17	Stevenage & North Herts	2.00	3	
3					2	
4					1	
	Women's B Pole Vault					
1					4	
2					3	
3					2	
4					1	
	Women's A Long Jump					Wind
1	Chantelle Kilpatrick	U23	Ipswich Harriers	5.26	4	aw
2	Janet Browne	SW	Stevenage & North Herts	4.90	3	aw
3	Jade Kavanagh	U17	Havering AC	4.80	2	aw
4	Jess Murphy	U23	Tonbridge AC	4.35	1	
	Women's B Long Jump					Wind
1	Rachel Ryan	U23	Ipswich Harriers	4.78	4	aw
2	Bethan Siddons	SW	Havering AC	4.65	3	
3	Bethany Harley	U20	Stevenage & North Herts	4.63	2	
4	Jasmine Silvester	U17	Tonbridge AC	3.92	1	
	Women's A Triple Jump					Wind
1	Mayi Hughes	U17	Havering AC	11.61	4	aw
2	Rachel Ryan	U23	Ipswich Harriers	10.81	3	aw
3	Abigail Pickard	U17	Stevenage & North Herts	9.70	2	aw
4					1	
	Women's B Triple Jump					Wind
1	Charlie Moore	U17	Ipswich Harriers	10.01	4	aw
2	Bethan Siddons	SW	Havering AC	9.98	3	aw
3	Rebecca Pickard	U20	Stevenage & North Herts	9.51	2	aw
4					1	

Women's A Shot Putt

1	Chloe Vernon Hamilton	SW	Stevenage & North Herts	12.03	4	aw
2	Lana Fulcher	U20	Ipswich Harriers	9.08	3	aw
3	Philippa Gill	U17	Havering AC	8.94	2	aw
4	Una Laqeretabua	U20	Tonbridge AC	7.87	1	aw

Women's B Shot Putt

1	Amelia Royce	U20	Stevenage & North Herts	9.06	4	aw
2	Rachel Ryan	U23	Ipswich Harriers	8.34	3	aw
3	Emily James	U20	Havering AC	5.21	2	
4					1	

Women's A Discus

1	Kirsty-Ann Ebbage	U17	Tonbridge AC	32.60	4	aw
2	Rosie Brown	U17	Havering AC	30.66	3	aw
3	Amelia Royce	U20	Stevenage & North Herts	28.31	2	aw
4	Lana Fulcher	U20	Ipswich Harriers	20.05	1	

Women's B Discus

1	Una Laqeretabua	U20	Tonbridge AC	28.12	4	aw
2	Libby Taylor	U17	Stevenage & North Herts	20.21	3	
3	Lucy Bailey	U23	Havering AC	15.66	2	
4	Sophie Godbold	U23	Ipswich Harriers	10.04	1	

Women's A Hammer

1	Lana Fulcher	U20	Ipswich Harriers	44.93	4	aw
2	Kirsty-Ann Ebbage	U17	Tonbridge AC	36.04	3	aw
3	Louise Hampton	SW	Stevenage & North Herts	33.63	2	aw
4	Philippa Gill	U17	Havering AC	26.48	1	aw

Women's B Hammer

1	Laura Feely	SW	Stevenage & North Herts	29.14	4	aw
2	Sasha Houghton	W40	Tonbridge AC	9.78	3	
3	Lauren Ramsey	U23	Ipswich Harriers	5.95	2	
4					1	

Women's A Javelin

1	Chloe Vernon Hamilton	SW	Stevenage & North Herts	30.15	4	aw
2	Mayi Hughes	U17	Havering AC	29.90	3	aw
3	Kirsty-Ann Ebbage	U17	Tonbridge AC	27.00	2	aw
4	Holly Aston	U20	Ipswich Harriers	20.05	1	

Women's B Javelin

1	Georgia Shephard Gazely	U17	Stevenage & North Herts	28.83	4	aw
2	Philippa Gill	U17	Havering AC	26.47	3	aw
3	Jess Murphy	U23	Tonbridge AC	20.33	2	
4	Sophie Godbold	U23	Ipswich Harriers	12.04	1	

Women's 4x100m

1	Ipswich Harriers	SW		51.9	4	aw
2	Havering AC	SW		52.1	3	
3	Stevenage & North Herts	SW		52.2	2	
4	Tonbridge AC	SW		53.4	1	

Women's 4x400m

1	Tonbridge AC	SW		4:01.55	4	aw
2	Stevenage & North Herts	SW		4:12.09	3	aw
3	Havering AC	SW		4:33.15	2	
4	Ipswich Harriers	SW		4:35.20	1	