

Team	Score	
1 Cambridge Harriers	169	C
2 Andover & Overton	145.5	O
3 Brighton & Hove	188	R
4 Tonbridge	198.5	T

Men's A 100m		Wind= 1.13				
1	Matt Chant	U17	Andover & Overton	11.31	4	671 aw
2	Franco Vainio-doiseul	SM	Cambridge Harriers	11.47	3	624 aw
3	Chris Ford	sm	Tonbridge	11.47	2	624 aw
4	Chris Hewitt	SM	Brighton & Hove	11.84	1	523
Men's B 100m		Wind= 1.12				
1	Steve Tester	SM	Tonbridge	11.59	4	590
2	James Day	SM	Brighton & Hove	11.61	3	584
3	Omar Francis Brown	SM	Cambridge Harriers	12.06	2	468
4	Cameron Neill	U20	Andover & Overton	12.43	1	383
Men's A 200m		Wind= -1.7				
1	Matt Chant	U17	Andover & Overton	22.56	4	736 aw
2	Alex Bell	U20	Cambridge Harriers	22.82	3	697 aw
3	Ed Hall	U20	Tonbridge	22.96	2	676 aw
4	James Day	SM	Brighton & Hove	23.29	1	629 aw
Men's B 200m		Wind= -0.3				
1	James Folkes	SM	Andover & Overton	22.77	4	705 aw
2	Joe Berth Jones	U20	Cambridge Harriers	22.84	3	694 aw
3	Chris Hewitt	SM	Brighton & Hove	23.40	2	614 aw
4	Wes Walton	U17	Tonbridge	23.88	1	549 aw
Men's A 400m						
1	Ed Hall	U20	Tonbridge	49.56	4	790 aw
2	Gwilym Cooper	U23	Brighton & Hove	50.41	3	738 aw
3	James Folkes	SM	Andover & Overton	51.69	2	665 aw
4	Stephen Ball	U17	Cambridge Harriers	52.71	1	609 aw
Men's B 400m						
1	Steve Tester	SM	Tonbridge	51.47	4	677 aw
2	Dave Awde	SM	Andover & Overton	52.09	3	643 aw
3	Rob McDonald	SM	Cambridge Harriers	52.97	2	596 aw
4	Sam Parsons	SM	Brighton & Hove	53.09	1	589
Men's A 800m						
1	Tom Cox		0 Tonbridge	1:58:1	4	0 #N/A
2	Rob McDonald	SM	Cambridge Harriers	2:00:75	3	0
3	Soloman Lane	U20	Andover & Overton	2:16:01	2	0
4					1	0
Men's B 800m						
1	Toby Ralph		0 Tonbridge	2:01:47	4	0 #N/A
2	Stephen Ball	U17	Cambridge Harriers	2:08:18	3	0
3					2	0
4					1	0
Men's A 1500m						
1	Luca Russo		0 Tonbridge	4:06:01	4	0 #N/A
2	Dimos Evangelidis	SM	Brighton & Hove	4:27:74	3	0
3	o	SM	Andover & Overton	5:32:99	2	0
4					1	0
Men's B 1500m						
1	Max Nicholls		0 Tonbridge	4:15:39	4	0 #N/A
2	Phil McManus	SM	Brighton & Hove	4:39:62	3	0
3	o	U20	Andover & Overton	5:35:17	2	0
4					1	0
Men's A 5000m						
1	Howard Bristow	SM	Brighton & Hove	15:18:7	4	0
2	Ben Shearer	SM	Cambridge Harriers	15:40:26	3	0
3	Graeme Saker		0 Tonbridge	16:40:27	2	0 #N/A
4	Soloman Lane	U20	Andover & Overton	17:12:56	1	0

Men's B 5000m

1	Dimos Evangelidis	SM	Brighton & Hove	15:48:27	4	0
2	James Gordon	SM	Cambridge Harriers	16:35:84	3	0
3	Dave Willumsen	0	Tonbridge	18:42:12	2	0 #N/A
4	Mark Neill	M45	Andover & Overton	19:37:75	1	0

Men's A 110mH Wind= +1

1	Peter Henworth	SM	Brighton & Hove	15.85	4	731 aw
2	Francois Potgieter	SM	Cambridge Harriers	16.78	3	637 aw
3	Lewis Church	U17	Tonbridge	17.33	2	584
4	Dave Awde	SM	Andover & Overton	19.88	1	368

Men's B 110mH Wind=

1	Matthew Hewitt	U23	Brighton & Hove	15.93	4	723 aw
2	Aaron Waterman	SM	Tonbridge	21.04	3	286
3	Matt Woodhouse	SM	Andover & Overton	23.03	2	168
4	Joseph Epps	U20	Cambridge Harriers	DQ	1	#### #VALUE!

Men's A 400mH

1	Sam Parsons	SM	Brighton & Hove	57.80	4	712 aw
2	Dave Awde	SM	Andover & Overton	58.05	3	704 aw
3	Joseph Epps	U20	Cambridge Harriers	59.70	2	653 aw
4	Aaron Waterman	SM	Tonbridge	63.78	1	533

Men's B 400mH

1	Matthew Hewitt	U23	Brighton & Hove	60.04	4	642 aw
2	Francois Potgieter	SM	Cambridge Harriers	60.36	3	632 aw
3	Cameron Neill	U20	Andover & Overton	73.26	2	300
4					1	0

Men's A 2000m Steeplechase

1	Tom Cox	0	Tonbridge	6:22:27	4	0 #N/A
2	Soloman Lane	U20	Andover & Overton	8:41:94	3	0
3	Richard Carter	SM	Brighton & Hove	10:34:72	2	0
4					1	0

Men's B 2000m Steeplechase

1	Alex Howard	0	Tonbridge	6:39:34	4	0 #N/A
2	o	U20	Andover & Overton	9:09:32	3	0
3					2	0
4					1	0

Men's A High Jump

1	Lewis Church	U17	Tonbridge	1.90	4	761 aw
2	Peter Henworth	SM	Brighton & Hove	1.90	3	761 aw
3	Daniel Akin	U17	Cambridge Harriers	1.80	2	678 aw
4	James Folkes	SM	Andover & Overton	1.65	1	553

Men's B High Jump

1	Chris Ford	0	Tonbridge	1.85	4	719 #N/A
2	Joe Pybus	U23	Brighton & Hove	1.70	3	595
3	Jack Templeman	U20	Andover & Overton	1.60	2	511
4					1	0

Men's A Pole Vault

1	David Ingram	SM	Brighton & Hove	4.10	4	719 aw
2	Dave Awde	SM	Andover & Overton	2.90	3	460
3	Francois Potgieter	SM	Cambridge Harriers	2.80	2	438
4	Martyn Ormerod	SM	Tonbridge	2.40	1	348

Men's B Pole Vault

1	Joe Pybus	U23	Brighton & Hove	2.80	4	438
2	Peter Ebbage	0	Tonbridge	2.20	3	303 #N/A
3	James Folkes	SM	Andover & Overton	2.20	2	303
4					1	0

Men's A Long Jump

1	Omar Francis Brown	U20	Cambridge Harriers	6.55	4	764 aw
2	Peter Henworth	SM	Brighton & Hove	6.39	3	732 aw
3	Chris Ford	0	Tonbridge	5.90	2	635 #N/A
4	Jack Templeman	U20	Andover & Overton	5.53	1	562

Wind

Men's B Long Jump						Wind	
1	Jack Valeri	U23	Brighton & Hove	6.23	4		700 aw
2	Martyn Ormerod	SM	Tonbridge	5.37	3		531
3	Michael Francheti	SM	Cambridge Harriers	5.28	2		513
4	Keiran Nichols	U17	Andover & Overton	5.16	1		490
Men's A Triple Jump						Wind	
1	Jack Valeri	U23	Brighton & Hove	14.65	4		874 aw
2	Denton Conteh	U17	Cambridge Harriers	13.98	3		814 aw
3	James Folkes	SM	Andover & Overton	12.44	2		669 aw
4	Lewis Church	U17	Tonbridge	12.08	1		634 aw
Men's B Triple Jump						Wind	
1	Tayo Komolafe	U17	Cambridge Harriers	13.42	4		762 aw
2	Wes Walton	0	Tonbridge	12.04	3		630 #N/A
3	Patrick Apantaku	U23	Brighton & Hove	10.32	2		453
4	Jack Templeman	U20	Andover & Overton	9.75	1		391
Men's A Shot Putt							
1	Joe Pybus	U23	Brighton & Hove	11.87	4		715 aw
2	Tony Tipping	M50	Cambridge Harriers	11.85	3		714 aw
3	Martyn Ormerod	SM	Tonbridge	9.25	2		522
4	Roland Barter	U20	Andover & Overton	7.94	1		410
Men's B Shot Putt							
1	Andy Kruszewski	M50	Cambridge Harriers	11.22	4		670 aw
2	Paddy Vermes	U20	Brighton & Hove	10.09	3		588 aw
3	Peter Ebbage	0	Tonbridge	8.09	2		424 #N/A
4	Keiran Nichols	U17	Andover & Overton	5.86	1		183 aw
Men's A Discus							
1	David Coleman	SM	Tonbridge	40.26	4		764 aw
2	Andy Kruszewski	M50	Cambridge Harriers	38.46	3		736 aw
3	Paddy Vermes	U20	Brighton & Hove	38.36	2		734 aw
4	Dave Awde	SM	Andover & Overton	26.18	1		517
Men's B Discus							
1	Tony Tipping	M50	Cambridge Harriers	35.32	4		684 aw
2	Joe Pybus	U23	Brighton & Hove	26.85	3		531
3	Martyn Ormerod	SM	Tonbridge	23.83	2		468
4	Cameron Neill	U20	Andover & Overton	17.91	1		324
Men's A Hammer							
1	Tony Tipping	M50	Cambridge Harriers	38.95	4		699 aw
2	Paddy Vermes	U20	Brighton & Hove	25.75	3		516 aw
3	Peter Ebbage	M50	Tonbridge	23.91	2		487
4	James Folkes	SM	Andover & Overton	16.85	1		356
Men's B Hammer							
1	Chris Melliush	M60	Cambridge Harriers	29.61	4		575 aw
2	Richard Carter	M45	Brighton & Hove	18.09	3		381
3	Martyn Ormerod	SM	Tonbridge	15.47	2		325
4	Roland Barter	SM	Andover & Overton	12.27	1		244
Men's A Javelin							
1	Craig Lacy	SM	Cambridge Harriers	61.59	4		902 aw
2	David Brice	U23	Brighton & Hove	57.50	3		851 aw
3	Martyn Ormerod	SM	Tonbridge	44.35	2		677 aw
4	James Folkes	SM	Andover & Overton	42.97	1		657 aw
Men's B Javelin							
1	Alastair McDonald	SM	Cambridge Harriers	41.74	4		640 aw
2	Roland Barter	U20	Andover & Overton	40.51	3		622 aw
3	Peter Henworth	SM	Brighton & Hove	32.72	2		505
4	Peter Ebbage	M50	Tonbridge	17.84	1		238
Men's 4x100m							
1	Cambridge Harriers	SM		42.88	4		684 aw
2	Brighton & Hove	SM		44.18	3		562
3	Tonbridge	SM		44.56	2		528
4	Andover & Overton	SM		44.94	1		496
Men's 4x400m							
1	Tonbridge	SM		3:28:83	4		0
2	Brighton & Hove	SM		3:30:47	3		0
3	Cambridge Harriers	SM		3:35:63	2		0
4	Andover & Overton	SM		3:36:61	1		0

Women's A 100m				Wind= 0.72			
1	Renee Ross-Gordon	u17	Cambridge Harriers	12.15	4	834	aw
2	Anna Short	U17	Brighton & Hove	12.79	3	688	aw
3	Katie White	U17	Tonbridge	12.80	2	686	aw
4	Annie Brookes	U20	Andover & Overton	13.44	1	557	
Women's B 100m				Wind= 1.47			
1	Reanne Steele-Gomes	u17	Cambridge Harriers	13.20	4	604	aw
2	Jess Murphy	U20	Tonbridge	13.52	3	542	
3	Jody Kite	SW	Brighton & Hove	13.56	2	535	
4	Hollie Eaton	U17	Andover & Overton	14.15	1	432	
Women's A 200m				Wind= -0.9			
1	Katie White	0	Tonbridge	25.68	4	738	#N/A
2	Anna Short	U17	Brighton & Hove	25.95	3	710	aw
3	Renee Ross-Gordon	u17	Cambridge Harriers	26.77	2	629	aw
4	Hayley Coney	SW	Andover & Overton	27.55	1	558	
Women's B 200m				Wind= -1.5			
1	Bethany Close	U20	Brighton & Hove	26.68	4	638	aw
2	Rose Hairs	U17	Tonbridge	27.00	3	607	aw
3	Kate Laidlow	sw	Cambridge Harriers	27.41	2	570	
4	Annie Brookes	U20	Andover & Overton	28.09	1	512	
Women's A 400m							
1	Emily Stone	U20	Tonbridge	61.04	4	642	aw
2	Louise Card	SW	Andover & Overton	62.29	3	596	aw
3	Ellie Doel	SW	Brighton & Hove	64.75	2	512	
4	Lucy Daniel	u17	Cambridge Harriers	65.22	1	497	
Women's B 400m							
1	Hannah Czarnowski	U17	Tonbridge	61.99	4	607	aw
2	Kelly Butler	U20	Andover & Overton	68.31	3	403	
3	Sarita Murphy	SW	Cambridge Harriers	70.23	2	349	
4					1	0	
Women's A 800m							
1	Alice Wood	SW	Tonbridge	2:23:48	4	0	
2	Clare Elms	w45	Cambridge Harriers	2:24:87	3	0	
3	Emma Jones	U17	Andover & Overton	2:41:37	2	0	
4					1	0	
Women's B 800m							
1	Sian Driscoll	U17	Tonbridge	2:23:56	4	0	
2	Ella Neil	U17	Andover & Overton	2:59:14	3	0	
3					2	0	
4					1	0	
Women's A 1500m							
1	Clare Elms	W45	Cambridge Harriers	4:56:30	4	0	
2	Nicola wilkinson	SW	Tonbridge	5:00:43	3	0	
3	Rachel Titheridge	U20	Brighton & Hove	5:06:88	2	0	
4	Emma Jones	U17	Andover & Overton	5:32:71	1	0	
Women's B 1500m							
1	Saffron Salih	SW	Tonbridge	5:04:12	4	0	
2	Katy Hedgethorpe	U23	Brighton & Hove	5:24:25	3	0	
3	Nicola Richmond	SW	Cambridge Harriers	5:29:96	2	0	
4	Natalie Thomas	SW	Andover & Overton	5:48:22	1	0	
Women's A 3000m							
1	Clare Elms	w45	Cambridge Harriers	10:50:46	4	0	
2	Katy Hedgethorpe	U23	Brighton & Hove	10:57:21	3	0	
3	Natalie Thomas	SW	Andover & Overton	11:10:51	2	0	
4					1	0	
Women's B 3000m							
1	Nicola Richmond	SW	Cambridge Harriers	11:43:99	4	0	
2	Emma Leeson	SW	Brighton & Hove	13:17:80	3	0	
3	Jess Allison	U20	Andover & Overton	13:28:47	2	0	
4					1	0	
Women's A 100mH				Wind= -0.7			
1	Bethany Close	U20	Brighton & Hove	15.57	4	715	aw
2	Danni Horner	SW	Andover & Overton	16.84	3	598	aw
3	Emily Stone	0	Tonbridge	17.69	2	525	#N/A
4	Hatshepsut James	u23	Cambridge Harriers	DQ	1	####	#VALUE!

Women's B 100mH		Wind= 0.2				
1	Ruth Onyekwe	u20	Cambridge Harriers	15.04	4	767 aw
2	Louise Springham	U20	Tonbridge	16.53	3	626 aw
3	Laren Marlow	U20	Andover & Overton	18.50	2	460
4					1	0
Women's A 400mH						
1	Hatshepsut James	u23	Cambridge Harriers	68.68	4	643 aw
2	Anna Woodward.	U17	Tonbridge	72.90	3	538 aw
3	Danni Horner	SW	Andover & Overton	74.84	2	493
4	Emma Revel-Chion	U20	Brighton & Hove	86.45	1	255
Women's B 400mH						
1	Jess Allison	U20	Andover & Overton	81.82	4	342
2					3	0
3					2	0
4					1	0
Women's A 1500m Steeplechase						
1	Nicole Taylor	U20	Tonbridge	5:11:65	4	0
2	Rachel Titheridge	U20	Brighton & Hove	6:24:14	3	0
3					2	0
4					1	0
Women's B 1500m Steeplechase						
1	Katy Hedgethorne	U23	Brighton & Hove	6:24:18	4	0
2					3	0
3					2	0
4					1	0
Women's A High Jump						
1	Ruth Onyekwe	u20	Cambridge Harriers	1.50	4	651 aw
2	Rhianna McCarthy	U20	Tonbridge	1.50	2.5	651 aw
2	Alice Broughton	U20	Andover & Overton	1.50	2.5	651 aw
4	Bethany Close	U20	Brighton & Hove	1.35	1	488
Women's B High Jump						
1	Jo Ware	U17	Tonbridge	1.50	4	651 aw
2	Lauren Marlow	U20	Andover & Overton	1.40	3	542
3					2	0
4					1	0
Women's A Pole Vault						
1	Annie Arnold	U23	Brighton & Hove	2.60	4	529 aw
2	Hayley Coney	SW	Andover & Overton	2.10	3	398
3	Florence Cochrane	0	Tonbridge	1.70	2	288 #N/A
4					1	0
Women's B Pole Vault						
1	Issi Hickmott	U17	Brighton & Hove	2.30	4	451 aw
2	Kelly butler	U17	Andover & Overton	1.90	3	344
3					2	0
4					1	0
Women's A Long Jump						Wind
1	Daryll Neita	u20	Cambridge Harriers	5.35	4	740 aw
2	Shelby Baker	U20	Andover & Overton	5.24	3	715 aw
3	Anna Short	U17	Brighton & Hove	5.18	2	701 aw
4	Emily Stone	U20	Tonbridge	4.92	1	642 aw
Women's B Long Jump						Wind
1	Lauren Marlow	U20	Andover & Overton	4.63	4	576
2	Kate Laidlow	sw	Cambridge Harriers	4.35	3	514
3	Jo Ware	0	Tonbridge	4.30	2	502 #N/A
4	Emma Revel-Chion	U17	Brighton & Hove	4.29	1	500
Women's A Triple Jump						Wind
1	Jo Ware	0	Tonbridge	10.39	4	652 #N/A
2	Annie Onions	SW	Brighton & Hove	10.36	3	649 aw
3	Annie Brookes	U20	Andover & Overton	10.22	2	634 aw
4	Chanel Hemmings	U20	Cambridge Harriers	9.47	1	554 aw
Women's B Triple Jump						Wind
1	Imogen Levy	U17	Brighton & Hove	10.32	4	645 aw
2	Emily Stone	0	Tonbridge	8.85	3	486 #N/A
3	Hollie Eaton	SW	Andover & Overton	8.36	2	431
4	Natalie Mann	SW	Cambridge Harriers	7.76	1	363
Women's A Shot Putt						

1	Emma Kirk-Odunubi	U23	Brighton & Hove	10.99	4
2	Laura Jones	U20	Andover & Overton	9.03	3
3	Chelsey Eyers	U20	Tonbridge	8.47	2
4	Kate Laidlow	SW	Cambridge Harriers	7.69	1

791 aw
653 aw
610 aw
547

Women's B Shot Putt

1	Alice Broughton	U20	Andover & Overton	8.53	4
2	Emily Stone	0	Tonbridge	8.12	3
3	Ellie Woolcott	U20	Brighton & Hove	6.54	2
4	Lynne Atkinson	w50	Cambridge Harriers	5.68	1

615 aw
582 #N/A
446
360

Women's A Discus

1	Chelsey Eyers	U20	Tonbridge	35.81	4
2	Emma Kirk-Odunubi	U23	Brighton & Hove	35.08	3
3	Alice Broughton	U20	Andover & Overton	23.66	2
4	Lynne Atkinson	w50	Cambridge Harriers	18.97	1

817 aw
807 aw
618 aw
520

Women's B Discus

1	Jennifer Stevens	U17	Tonbridge	33.67	4
2	Laura Jones	U20	Andover & Overton	17.49	3
3	Ellie Woolcott	U20	Brighton & Hove	17.43	2
4	Natalie Mann	sw	Cambridge Harriers	13.93	1

786 aw
485
483
386

Women's A Hammer

1	Jennifer Stevens	0	Tonbridge	33.77	4
2	Ellie Woolcott	U20	Brighton & Hove	23.57	3
3	Lynne Atkinson	w50	Cambridge Harriers	22.70	2
4	Alice Broughton	U20	Andover & Overton	18.73	1

661 #N/A
513 aw
499
430

Women's B Hammer

1	Emma Kirk-Odunubi	U23	Brighton & Hove	20.57	4
2	Kemi Ajose	u17	Cambridge Harriers	13.56	3
3	Louise Springham	U20	Tonbridge	12.79	2
4					1

463
325
307
0

Women's A Javelin

1	Alice Broughton	U20	Andover & Overton	35.13	4
2	Jess Murphy	0	Tonbridge	24.72	3
3	Emma Kirk-Odunubi	U23	Brighton & Hove	21.40	2
4	Natalie Mann	SW	Cambridge Harriers	12.56	1

807 aw
641 #N/A
579
367

Women's B Javelin

1	Laura Jones	U20	Andover & Overton	22.90	4
2	Florence Cochrane	U20	Tonbridge	19.69	3
3	Ellie Woolcott	U20	Brighton & Hove	12.64	2
4	Lucy Daniel	u17	Cambridge Harriers	10.66	1

608
544
369
304

Women's 4x100m

1	Cambridge Harriers	SW		48.46	4
2	Brighton & Hove	SW		50.86	3
3	Tonbridge	SW		50.91	2
4	Andover & Overton	SW		52.70	1

737 aw
606 aw
603 aw
512

Women's 4x400m

1	Cambridge Harriers	SW		4:19:09	4
2	Tonbridge	SW		4:29:92	3
3	Brighton & Hove	SW		4:43:89	2
4					1

0
0
0
0