

M 100m A	Wind +3.8 m/s	M 100m B	Wind +3.1 m/s
1 Harvey Byrne	BSD 10.9	1 Mark Dyble	BSD 10.9
2 Charlie Moss	HVG 11.2	2 Ben Sturgess	TBD 11.1
3 Craig Andrew	TBD 11.2	3 Ammad Masood	HVG 11.4
4 David Lo	TCB 11.5	4 Jonathan Gladwell	U17 TCB 11.5
5 Liam Sapsford	SXN 11.8	5 Rob Graham	SXN 11.9

M 200m A	Wind +2.4 m/s	M 200m B	Wind +2.2 m/s
1 Rashid Kokola	BSD 22.6	1 Antony Kitterman	SXN 24.4
2 Ben Sturgess	TBD 23.0	2 Joe Woodfinch	U17 TBD 26.0
3 Charlie Moss	HVG 23.2		
4 David Lo	TCB 23.4		
5 Liam Sapsford	SXN 24.6		
6 Brad Armorgie	HPX 24.8		

M 400m A		M 400m B	
1 Lloyd Heard	TCB 51.4	1 Mark Stylianou	U17 TCB 65.3
2 Alec Wing	HPX 51.5		
3 Harvey Byrne	BSD 53.1		
4 Glen Pascal	TBD 53.5		
5 Grant Twist	HVG 54.4		
6 Jonathan Moore	SXN 54.9		

M 800m A		M 800m B	
1 John Bird	SXN 2.03.0	1	TBD 2.09.8
2 Richard Pollitt	U17 TCB 2.03.3	2 Jim Norris	U17 SXN 2.10.1
3 Tom Barfoot	U17 HPX 2.07.1	3	TCB 2.11.3
4 Massi Dendani	U17 HVG 2.10.4	4 Josh Saydraouten	HPX 2.12.7
5 Stuart Baird	TBD 2.12.4		

M 1500m A		M 1500m B	
1 Kieran Clements	U17 SXN 4.07.9	1 Sam Pettit	U17 BSD 4.26.4
2 Callum Sutton	HVG 4.07.9	2 Ian Price	HVG 4.27.0
3 Grant Webb	BSD 4.18.8	3 Dan Kett	SXN 4.33.6

M 3000m A		M 3000m B	
1 Dale Clutterbuck	BSD 9.19.0	1 Chris James	BSD 9.33.9
2 Jamie Buckley-Stanton	U17 HVG 9.34.5	2 Tim Byford	SXN 10.26.6
3 Tom Gough	HPX 9.40.5	3 Massi Dendani	U17 HVG 11.19.3
4 Jack Garvin	U17 SXN 9.44.9		

M 110mH A	Wind +4.5 m/s	M 110mH B	Wind +1.4 m/s
1 Emmanuel Okpokiri	BSD 14.4	1 Jonathan Moore	SXN 15.7
2 Jack Edgar-Hill	U17 HVG 15.0	2 Joe Peploe	U17 BSD 15.7
3 Bradley Reed	SXN 15.3	3 Alec Wing	HPX 16.5
4 Ross Armorgie	HPX 18.0	4 Kieran Nelson	HVG 25.5

M 400mH A		M 400mH B	
1 Alec Wing	HPX 57.4	1 Antony Kitterman	SXN 63.0
2 Chris Stubbings	SXN 59.5	2 Josh Saydraouten	HPX 65.1
3 Jake Nelson	U17 HVG 68.0	3 Kieran Nelson	HVG 74.7

M 2000m Sc A		M 2000m Sc B	
1 Peter Benedickter	TBD 6.26.7	1 Stuart Baird	TBD 7.04.1
2 Grant Twist	HVG 6.35.5	2	SXN 7.42.4
3 Jordan Ali	SXN 6.56.4	3 Adam Wileman	U17 HVG 7.54.3
4 Peter Townsend	HPX 7.08.3		

M Discus Throw A		M Discus Throw B	
1 Joe Bloomfield	SXN 45.94	1 Tariq Martin	U17 BSD 36.01
2 Matthew Baptiste	BSD 44.16	2 Adam McCarthy	HVG 18.97
3 Laurence Goodacre	U17 HVG 30.93	3 Josh Saydraouten	HPX 12.94
4 Ben Montgomery	HPX 28.23	4 Robert Fensome	U17 TBD 4.42
5 Stuart West	TBD 18.79		

M Hammer Throw A		M Hammer Throw B	
1 Joe Bloomfield	SXN 57.38	1 Stuart West	TBD 28.27
2 Matthew Baptiste	BSD 41.14	2 Alec Wing	HPX 18.63
3 Robert Fensome	U17 TBD 37.70	3 Rhys Macdonald	SXN 11.02
4 Ben Montgomery	HPX 37.32		

M High Jump A		M High Jump B	
1 Scott Johnson	TBD 2.05	1 Ross Armorgie	HPX 1.90
2 Brad Armorgie	HPX 1.90	2 Charlie Simmons	U17 TBD 1.75
3=Jonathan Moore	SXN 1.80	3 Ajibola Lawal	BSD 1.60
3=Chris Swanborough	U17 BSD 1.80	4=Antony Kitterman	SXN 1.55
5 Grant Twist	HVG 1.55	4=Jake Nelson	U17 HVG 1.55

M Javelin Throw A

1 Ben Montgomery	HPX	49.36
2 Georgie Bean	HVG	47.06
3 Joe Bloomfield	SXN	40.90
4 Alex Wright	U17 BSD	40.53
5 Christian Smith	U17 TBD	28.05

M Javelin Throw B

1 Laurence Goodacre	U17 HVG	38.15
2 Kieron Record	U17 BSD	36.37
3 Ross Armorgie	HPX	32.73
4 Stuart West	TBD	21.97
5 Jordan Ali	SXN	11.20

M Long Jump A

1 Jonathan Gladwell	U17 TCB	6.16
2 Anthony Hadgill	HPX	6.14
3 James Godfrey	BSD	5.84
4 Rob Graham	SXN	5.70
5 Craig Andrew	TBD	5.65
6 Jack Edgar-Hill	U17 HVG	5.52

M Long Jump B

1 Brad Armorgie	HPX	6.10
2 Joshua Ejinkonye	BSD	5.79
3 Joseph Ramie	HVG	5.49
4 Jonathan Moore	SXN	5.41
5 Jumar Uddin	TBD	5.34

M Pole Vault A

1 Rob Graham	SXN	2.75
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M Pole Vault B

1 Antony Kitterman	SXN	2.00
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M Shot Putt A

1 Matthew Baptiste	BSD	14.72
2 Joe Bloomfield	SXN	13.59
3 Laurence Goodacre	U17 HVG	12.05
4 Leo Lundgren	HPX	11.14
5 Stuart West	TBD	9.55

M Shot Putt B

1 Tariq Martin	U17 BSD	11.65
2 Rhys Macdonald	SXN	8.86
3 Glenn Wileman	U17 HVG	6.90

M Triple Jump A

1 Leo Lundgren	HPX	13.39
2 Joshua Ejinkonye	BSD	12.99
3 Rob Graham	SXN	12.97
4 Joseph Ramie	HVG	12.96
5 Craig Andrew	TBD	12.73

M Triple Jump B

1 James Godfrey	BSD	12.14
2 Christian Smith	U17 TBD	11.91
3 Anthony Hadgill	HPX	11.37
4 Terry Hughes	U17 HVG	11.18

W 100m A

	Wind +2.7 m/s	
1 Kirsty Shepherd	BSD	12.4
2 Georgina Malster	SXN	12.5
3 Kerry Salter	TBD	12.6
4 Aleasha Kiddle	TCB	12.8
5 Holly Thomas	U17 HVG	12.8
6 Emily Stevens	HPX	12.9

W 100m B

	Wind +3.8 m/s	
1 Lauren Stewart	U17 TBD	12.7
2 Elise Walker	SXN	12.9
3 Lydia St Ange	HVG	13.0
4 Sarah Kigozi	BSD	13.2

W 200m A	Wind +4.1 m/s	W 200m B	Wind +2.9 m/s
1 Georgina Malster	SXN 25.3	1 Kirsty Shepherd	BSD 26.4
2 Victoria Ohuruogu	U17 BSD 25.7	2 Gemma Malster	SXN 27.2
3 Holly Thomas	U17 HVG 26.9	3 Lydia St Ange	HVG 28.0
4 Deborah Willis	HPX 27.9		

W 400m A		W 400m B	
1 Jessica Tappin	SXN 59.9	1 Hannah Lloyd	U17 HPX 62.4
2 Deborah Willis	HPX 61.6	2 Nikki Twine	U17 BSD 63.0
3 Eleanor Bounds	U17 HVG 61.9	3 Alex Leigh-Pearson	U17 SXN 63.3
4 Becky Lister	TBD 62.6		
5 Doja Attenda	U17 BSD 63.7		
6 Kundai Matringe	U17 TCB 64.2		

W 800m A		W 800m B	
1 Gemma Kersey	BSD 2.18.7	1 Denise Dignum	BSD 2.23.3
2 Mary Galbraith	U17 SXN 2.25.3	2 Emma Burroughs	SXN 2.33.2
3 Stacey Eyres	U17 TCB 2.30.5	3 Laura Hillyard	TCB 2.40.8
4 Nicole Matthews	U17 TBD 2.43.1		

W 1500m A		W 1500m B	
1 Charlotte Christianson	U17 SXN 4.47.9	1 Alice Burgin	U17 TBD 5.14.3
2 Sophie Carroll	BSD 4.54.9	2 Charlotte Bishop	U17 BSD 5.20.2
3 Abbi Mackinnon-Austin	U17 TBD 4.58.4	3 Gemma Phillips	HVG 5.32.5
4 Becky O'Neill	U17 HVG 5.01.8	4 Emma Burroughs	SXN 5.34.2

W 3000m A		W 3000m B	
1 Emily Ballard	U17 BSD 11.33.5		
2 Chloe Anne Currie	U17 HPX 13.33.0		

W 100mH A	Wind +4.9 m/s	W 100mH B	Wind +4.9 m/s
1 Jessica Tappin	SXN 15.1	1 Angela James	HVG 15.8
2 Emily Stevens	HPX 15.3	2 Stephanie Ugbo	U17 BSD 19.9
3 Lauren Edgar-Hill	HVG 17.1		
4 Rochelle Jones	BSD 22.4		

W 400mH A

1 Rebecca Hore HPX 69.4  
2 Nikki Twine U17 BSD 72.1  
3 Lauren Edgar-Hill HVG DNF

W 400mH B

1 Emily Stevens HPX 71.3  
2 Nicola Peachey U17 HVG 72.7  
3 Doja Attenda U17 BSD 74.9

W Discus Throw A

1 Chelsea Coker U17 SXN 39.15  
2 Sophie Baggs U17 HVG 33.11  
3 Grace Jenkins U17 BSD 30.59  
4 Sarah Miller U17 HPX 29.61  
5 Evie Castle U17 TCB 19.20  
6 Holly Robinson U17 TBD 17.23

W Discus Throw B

1 Georgina Howe SXN 31.51  
2 Peta Lundgren HPX 21.75  
3 Abigail Mills U17 BSD 21.21  
4 Becky O'Neill U17 HVG 16.36  
5 Lucy Mapp U17 TCB 14.78

W Hammer Throw A

1 Chelsea Coker U17 SXN 38.23  
2 Grace Jenkins U17 BSD 30.70  
3 Lauren Edgar-Hill HVG 18.48  
4 Jenny Hutchings U17 HPX 17.96  
5 Holly Robinson U17 TBD 16.41

W Hammer Throw B

1 Georgina Howe SXN 35.13  
2 Natasha Scarlett BSD 20.69  
3 Chloe Anne Currie U17 HPX 15.20  
4 Sophie Baggs U17 HVG 8.58

W High Jump A

1 Hannah Frith U17 TBD 1.70  
2 Jenny Hutchings U17 HPX 1.55  
3 Sade Bailey BSD 1.55  
4 Lucy Mapp U17 TCB 1.40  
5 Nicola Peachey U17 HVG 1.40

W High Jump B

1 Gemma Armorgie U17 HPX 1.55  
2 Stephanie Ugbo U17 BSD 1.50

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## W Javelin Throw A

1 Peta Lundgren	HPX	39.84
2 Jess Cutts	U17 TCB	27.61
3 Jessica Tappin	SXN	25.85
4 Angela James	HVG	25.74
5 Jasmine Raymond	U17 BSD	22.80
6 Holly Robinson	U17 TBD	10.10

## W Javelin Throw B

1 Katie Grehan	HPX	38.21
2 Evie Castle	U17 TCB	27.09
3 Lauren Edgar-Hill	HVG	23.30
4 Gemma Malster	SXN	18.06
5 Natasha Scarlett	BSD	9.77

## W Long Jump A

1 Aleasha Kiddle	TCB	5.30
2 Holly Thomas	U17 HVG	5.20
3 Shakira Francis	TBD	4.80
4 Annabelle Baker	U17 BSD	4.70
5 Ellie Besford	U17 SXN	4.64

## W Long Jump B

1 Katy Doody	TBD	4.73
2 Elizabeth Ridley	U17 SXN	4.23
3 Kelly Jarrold	U17 HVG	4.16
4 Stephanie Ugbo	U17 BSD	3.64

## W Pole Vault A

1 Ellie Besford	U17 SXN	3.65
2 Lucy Mapp	U17 TCB	2.05

## W Pole Vault B

1 Elizabeth Ridley	U17 SXN	2.50
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## W Shot Putt A

1 Chelsea Coker	U17 SXN	11.51
2 Peta Lundgren	HPX	10.22
3 Grace Jenkins	U17 BSD	9.57
4 Sophie Baggs	U17 HVG	7.95
5 Jess Cutts	U17 TCB	7.95
6 Holly Robinson	U17 TBD	5.62

## W Shot Putt B

1 Sarah Miller	U17 HPX	9.23
2 Emma Dougherty	U17 BSD	8.15
3 Evie Castle	U17 TCB	7.90
4 Georgina Howe	SXN	7.07

## W Triple Jump A

1 Rochelle Jones	BSD	10.89
2 Shakira Francis	TBD	10.20
3 Daniell Currie	HPX	10.00
4 Angela James	HVG	9.04

## W Triple Jump B

1 Katy Doody	TBD	10.06
2 Maria Okpokiri	BSD	10.02
3 Kelly Jarrold	U17 HVG	8.88
4 Jenny Hutchings	U17 HPX	8.70

Results by [www.Resultsbox.co.uk](http://www.Resultsbox.co.uk) and Athletics Weekly

W 4x100m Relay

1	TBD	50.5	1		2	
			3		4	
2	BSD	51.1	1	Victoria Ohuruogu U17	2	Rochelle Jones
			3	Kirsty Shepherd	4	Stephanie Ugbo U17
3	SXN	51.8	1	Ellie Besford U17	2	Elise Walker
			3	Alex Leigh-Pearson U17	4	Georgina Malster
4	HVG	53.0	1	Holly Thomas U17	2	Lydia St Ange
			3	Angela James	4	Lauren Edgar-Hill
5	HPX	53.8	1	Katie Grehan	2	Gemma Armorgie U17
			3	Hannah Lloyd U17	4	Rebecca Hore
6	TCB	57.2	1	Evie Castle U17	2	Lucy Mapp U17
			3	Jess Cutts U17	4	Kundai Matringe U17

W 4x400m Relay

1	BSD	4.11.9	1	Gemma Kersey	2	Denise Dignum
			3	Nikki Twine U17	4	Doja Attenda U17
2	HPX	4.19.8	1	Hannah Lloyd U17	2	Rebecca Hore
			3	Emily Stevens	4	Deborah Willis
3	TBD	4.19.9	1		2	
			3		4	
4	HVG	4.30.0	1	Nicola Peachey U17	2	Becky O'Neill U17
			3	Eleanor Bounds U17	4	Rachel Sadler U17

M 4x100m Relay

1	BSD	43.8	1	Harvey Byrne	2	Mark Dyble
			3	Rashid Kokola	4	Jorhelio Ramos
2	HVG	45.1	1	Charlie Moss	2	Terry Hughes U17
			3	Jack Edgar-Hill U17	4	Ammad Masood
3	TBD	45.5	1		2	
			3		4	
4	SXN	46.7	1	Rhys Macdonald	2	Jonathan Moore
			3	Liam Sapsford	4	Bradley Reed
5	HPX	46.9	1	Alec Wing	2	Josh Saydraouten
			3	Brad Armorgie	4	Ross Armorgie

M 4x400m Relay

1	BSD	3.36.0	1	Chris James	2	Dale Clutterbuck	
			3	Rashid Kokola	4	Ajibok Lawal	
2	HPX	3.41.7	1	Josh Saydraouten	2	Brad Armorgie	
			3	Leo Lundgren	4	Tom Gough	
3	SXN	3.42.2	1	Bradley Reed	2	Rhys Macdonald	
			3	Liam Sapsford	4	John Bird	
4	HVG	3.51.9	1	Grant Twist	2	Callum Sutton	
			3	Jamie Buckley-Stanton U17	4	Massi Dendani	U17
5	TBD	4.11.3	1		2		
			3		4		

After 37.5 of 38 events

	Event	Lge
1	Basildon AC	491.5 8
2	The Saxons	481 7
3	Havering Mayesbrook AC	407.5 6
4	Herts Phoenix AC	406 5
5	Team Bedford	342 4
6	Team Cobra	186 3
7	Orion Harriers	0 0

Athlete of the Match: Scott Johnson TBD 2.05m High Jump  
Ellie Besford SXN 3.65m Pole Vault

Note(s)

BSD Includes + 25pts,  
HVG Includes + 35pts,  
HPX Includes + 35pts,  
TBD Includes + 35pts,  
TCB Includes + 25pts,  
SXN Includes + 25pts,

Results by [www.Resultsbox.co.uk](http://www.Resultsbox.co.uk) and Athletics Weekly

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Mayesbrook Park, Barking, Sun 26 July 2009

100m Women	Wind +3.8 m/s	100m Men - race 1 w/s+3.1	
1 Esther Lake	HVG 15.3	1 Joe Woodfinch	TBD 11.4

100m Men - race 2 w/s+2.0		1500m Women	
1 Jorhelio Ramos	BSD 11.2	1 Tarley Barnes	TBD 5.20.2
2 Jack Edgar-Hill	HVG 11.6		
3 Christian Smith	TBD 11.8		
4 Jonathan Moore	SXN 11.9		
5 Liam O'Dell	TBD 12.2		

800m Women		200m Men w/s +2.2	
1 Eleanor Corcoran	BSD 2.25.7	1 Jorhelio Ramos	BSD 23.1
		2 Liam O'Dell	TBD 26.8

1500m Men			
1 Paige Haines	BSD 4.16.5		
2 Stephen Strange	BSD 4.40.0		