

Team	Score
1 Luton	97
2 Ipswich	113
3 Marshall Milton Keynes	126
4 Worthing	69
5 City of Portsmouth	121

L
I
M
U
P

Event	Rank	Name	Club	Score	Notes
Senior A 100m					
100	1	Jamie Gabbidon	SM	City of Portsmouth	11.8 5
L	2	Sbo Ngwane	SM	Luton	11.8 4
M	3	Sheyin Bonet	SM	Marshall Milton Keynes	11.9 3
U	4	L.Cullen	U17	Worthing	12.0 2
I	5	A. Rawling	U20	Ipswich	12.3 1
Senior B 100m					
100	1	Chris Tandi	SM	City of Portsmouth	11.5 5
PP	2	Nick Choudhury	SM	Luton	11.7 4
LL	3	Pannos Ioannou	SM	Marshall Milton Keynes	12.0 3
MM	4	T. Powell	U17	Ipswich	12.1 2
II	5	P. Apantaku	U20	Worthing	12.8 1
Senior A 200m					
200	1	Chris Tandi	SM	City of Portsmouth	22.3 5
L	2	Sbo Ngwane	SM	Luton	23.4 4
M	3	Sheyin Bonet	SM	Marshall Milton Keynes	23.8 3
I	4	T. Powell	U17	Ipswich	23.9 2
U	5	L. Cullen	U17	Worthing	24.6 1
Senior B 200m					
200	1	Adam Smith	SM	Marshall Milton Keynes	23.1 5
MM	2	Jamie Gabbidon	SM	City of Portsmouth	23.3 4
PP	3	D. Story	SM	Worthing	24.1 3
UU	4	N. Gillingham	SM	Ipswich	24.3 2
II	5	Daniel Bottesch	SM	Luton	26.1 1
Senior A 400m					
400	1	Nick Choudhury	SM	Luton	50.3 5
L	2	Joni Kean	SM	Marshall Milton Keynes	51.9 4
M	3	M. Robinson	SM	Ipswich	52.1 3
I	4	Josh Bullyment	U20	City of Portsmouth	53.0 2
P	5	C. Baker	SM	Worthing	64.5 1
Senior B 400m					
400	1	John MacDonnell	U20	Luton	53.9 5
LL	2	T. Byford	U20	Ipswich	54.7 4
MM	3	Ross Threfall	SM	Marshall Milton Keynes	56.0 3
PP	4	Lee Jones	SM	City of Portsmouth	60.5 2
UU	5	D. Story	SM	Worthing	72.7 1
Senior A 800m					
800	1	John MacDonnell	U20	Luton	1:55.5 5
L	2	Sam Deathe	SM	Marshall Milton Keynes	1:56.7 4
M	3	T. Tica	SM	Ipswich	2:01.5 3
I	4	James Teuten	SM	City of Portsmouth	2:07.3 2
P	5	P. Apantaku	U20	Worthing	2:40.4 1
Senior B 800m					
800	1	Liam MacNabola	SM	Luton	2:00.8 5
LL	2	Ross Threfall	SM	Marshall Milton Keynes	2:01.7 4
MM	3	T. Byford	U20	Ipswich	2:02.9 3
PP	4	Alex Teuten	U20	City of Portsmouth	2:04.8 2
UU	5				2
Senior A 1500m					
1500	1	Tom Comerford	SM	Marshall Milton Keynes	4:04.7 5
L	2	Tom Mead	U20	Luton	4:11.2 4
M	3	T. Tica	SM	Ipswich	4:21.3 3
I	4	Alex Teuten	U20	City of Portsmouth	4:22.3 2
P	5	G. Patterson	M45	Worthing	5:38.5 1
Senior B 1500m					
1500	1	Matt Eager	SM	Marshall Milton Keynes	4:14.5 5
MM	2	Sean Still	U20	Luton	4:15.1 4
PP	3	Ross Thomas	U20	City of Portsmouth	4:27.0 3
UU	4	A. Revell	U17	Ipswich	4:37.6 2
II	5				1
Senior A 5000m					
5000	1	C. Rooke	SM	Ipswich	15:13.6 5
L	2	Rob Palmer	M35	Luton	15:29.0 4
M	3	Matt Willmott	SM	Marshall Milton Keynes	16:15.3 3
I	4	Paul Bleach	SM	City of Portsmouth	16:16.3 2
P	5				1
Senior B 5000m					
5000	1	S. Gardiner	SM	Ipswich	16:31.2 5
II	2	Steve Herring	SM	Marshall Milton Keynes	17:08.7 4
MM	3	Chris Scott	SM	City of Portsmouth	17:09.9 3
PP	4	Stuart Still	M40	Luton	17:17.1 2
UU	5				1
Senior A 110mH					
110H	1	D. Story	SM	Worthing	18.5 5
PP	2	Dan Cleal	SM	City of Portsmouth	19.4 4
L	3	Chris Kingshott	SM	Luton	19.8 3
I	4	A. Kitterman	U20	Ipswich	23.2 2
U	5				1
Senior B 110mH					
110H	1	L. Collison	SM	Worthing	20.5 5
UU	2	Owen Keenan-Lindsey	SM	Luton	22.6 4
LL	3	J. Smith	SM	Ipswich	25.3 3
II	4				2
U	5				1
Senior A 400mH					
400H	1	Adam Smith	SM	Marshall Milton Keynes	58.5 5
M	2	C. Baker	SM	Worthing	59.7 4
U	3	Jordan Smallin	U17	Luton	60.9 3
L	4	A. Kitterman	U20	Ipswich	64.6 2
I	5	Lee Jones	SM	City of Portsmouth	72.4 1
Senior B 400mH					
400H	1	Elliot Winter	SM	Marshall Milton Keynes	64.2 5
MM	2	Peter Benedickter	U20	Luton	68.5 4
PP	3	Tony Hooker	SM	City of Portsmouth	75.3 3
UU	4	L. Collison	SM	Worthing	78.2 2
II	5				1
Senior A 3000m Steeplechase					
3000Sc	1	Elliot Winter	SM	Marshall Milton Keynes	9:45.1 5
M	2	C. Rooke	SM	Ipswich	9:45.4 4
I	3	Stuart Baird	SM	Luton	10:46.9 3
L	4	Tony Hewitt	SM	City of Portsmouth	12:31.4 2
P	5	G. Patterson	M45	Worthing	13:23.4 1
Senior B 3000m Steeplechase					
3000Sc	1	R.Fawcett	M40	Ipswich	10:41.6 5
II	2	Josh Lyman	SM	Marshall Milton Keynes	10:43.4 4
MM	3	Peter Benedickter	U20	Luton	11:13.3 3
PP	4	Lee Jones	SM	City of Portsmouth	12:59.3 2
UU	5	L. Collison	SM	Worthing	16:32.0 1
Senior A High Jump					
HJ	1	D. Story	SM	Worthing	1.90 5
U	2	Adam Akehurst	SM	City of Portsmouth	1.85 4
P	3	R. MacDonald	U20	Ipswich	1.75 3
II	4	Chuko Cribb	SM	Marshall Milton Keynes	1.75 2
M	5	Kristian Smith	U20	Luton	1.7 1
Senior B High Jump					
HJ	1	Dan Cleal	SM	City of Portsmouth	1.75 5
PP	2	T. Powell	U17	Ipswich	1.65 4
I	3	P. Apantaku	U20	Worthing	1.55 3
UU	4	Owen Keenan-Lindsey	SM	Luton	1.40 2
LL	5				1
Senior A Pole Vault					
PV	1	John Price	SM	City of Portsmouth	3.6 5
L	2	Chris Kingshott	SM	Luton	3.5 4
U	3	C. Baker	SM	Worthing	3.5 3
M	4	Liam Hutton	SM	Marshall Milton Keynes	3.2 2
I	5	C. Bradshaw	U20	Ipswich	3.2 1
Senior B Pole Vault					
PV	1	Dan Cleal	SM	City of Portsmouth	3.2 5
PP	2	Jackson Curtis	SM	Marshall Milton Keynes	2.8 4
MM	3	R. Graham	U20	Ipswich	2.6 3
LL	4	Owen Keenan-Lindsey	SM	Luton	0.8 2
UU	5				1
Senior A Long Jump					
LJ	1	Adam Akehurst	SM	City of Portsmouth	6.57 5
P	2	Franklin Ocran	SM	Marshall Milton Keynes	6.20 4
M	3	Ezra Leonce	U17	Luton	6.18 3
LL	4	C. Bradshaw	U20	Ipswich	6.18 2
I	5	D. Story	SM	Worthing	6.16 1
Senior B Long Jump					
LJ	1	Chris Tandi	SM	City of Portsmouth	6.20 5
PP	2	Kristian Smith	U20	Luton	6.14 4
M	3	Chuko Cribb	SM	Marshall Milton Keynes	6.06 3
LL	4	Dean Storry	SM	Worthing	5.97 2
UU	5	R. MacDonald	U20	Ipswich	5.92 1
Senior A Triple Jump					
TJ	1	R. Graham	U20	Ipswich	13.59 5
II	2	Chuko Cribb	SM	Marshall Milton Keynes	13.17 4
MM	3	Kristian Smith	U20	Luton	12.98 3
L	4	P. Apantaku	U20	Worthing	12.73 2
U	5	Dan Cleal	SM	City of Portsmouth	12.08 1
Senior B Triple Jump					
TJ	1	R. MacDonald	U20	Ipswich	13.99 5
I	2	Franklin Ocran	SM	Marshall Milton Keynes	12.55 4
M	3	Adam Akehurst	SM	City of Portsmouth	12.08 3
P	4	D. Story	SM	Worthing	11.92 2
UU	5				1
Senior A Shot Putt					
SP	1	J. Bloomfield	SM	Ipswich	13.31 5
I	2	Adam Akehurst	SM	City of Portsmouth	12.43 4
P	3	C. Baker	SM	Worthing	11.59 3
U	4	Michael Cox	SM	Marshall Milton Keynes	10.69 2
MM	5	Dave Powers	M50	Luton	10.07 1
Senior B Shot Putt					
SP	1	Richard Shuttleworth	SM	City of Portsmouth	12.03 5
PP	2	P. Apantaku	U20	Worthing	10.26 4
UU	3	Kieran McConnel	SM	Marshall Milton Keynes	8.88 3
M	4	R. McMillan	SM	Ipswich	7.97 2
II	5	Owen Keenan-Lindsey	SM	Luton	7.41 1
Senior A Discus					
DT	1	J. Bloomfield	SM	Ipswich	46.32 5
I	2	Kieran McConnel	SM	Marshall Milton Keynes	42.28 4
M	3	Adam Akehurst	SM	City of Portsmouth	33.46 3
P	4	C. Baker	SM	Worthing	31.92 2
U	5	Dave Powers	M50	Luton	24.51 1
Senior B Discus					
DT	1	Jackson Curtis	SM	Marshall Milton Keynes	36.82 5
MM	2	Steve Davey	SM	City of Portsmouth	31.13 4
PP	3	R. McMillan	U20	Ipswich	28.82 3
II	4	L. Collison	SM	Worthing	21.79 2
UU	5	Owen Keenan-Lindsey	SM	Luton	21.16 1
Senior A Hammer					
HT	1	J. Bloomfield	SM	Ipswich	57.40 5
I	2	Mark Roberson	SM	Marshall Milton Keynes	42.96 4
MM	3	Neil Fitzpatrick	SM	City of Portsmouth	34.96 3
M	4	Dave Powers	M50	Luton	29.39 2
P	5	L. Collison	SM	Worthing	23.25 1
Senior B Hammer					
HT	1	Alex Fitzpatrick	U20	City of Portsmouth	34.4 5
PP	2	C. Bloomfield	SM	Ipswich	31.04 4
II	3	A. Easey	M45	Worthing	18.65 3
MM	4	Michael Cox	SM	Marshall Milton Keynes	17.69 2
LL	5	Owen Keenan-Lindsey	SM	Luton	17.57 1
Senior A Javelin					
JT	1	Richard Shuttleworth	SM	City of Portsmouth	61.05 5
P	2	Michael Cox	SM	Marshall Milton Keynes	52.99 4
M	3	C. Baker	SM	Worthing	48.43 3
U	4	P. Dowding	U20	Ipswich	46.30 2
I	5	Owen Keenan-Lindsey	SM	Luton	35.20 1
Senior B Javelin					
JT	1	Jackson Curtis	SM	Marshall Milton Keynes	50.87 5
II	2	M. Fuller	SM	Ipswich	40.89 4
PP	3	Steve Davey	SM	City of Portsmouth	37.13 3
MM	4	A. Easey	M45	Worthing	26.42 2
UU	5	Dave Powers	M50	Luton	21.03 1
Senior 4x100m					
4x100	1	Marshall Milton Keynes	SM	Marshall Milton Keynes	45.4 5
M	2	City of Portsmouth	SM	City of Portsmouth	46.3 4
P	3	Ipswich	SM	Ipswich	46.4 3
I	4	Worthing	SM	Worthing	48.2 2
U	5				1
Senior 4x400m					
4x400	1	Ipswich	SM	Ipswich	3:30.1 5
I	2	Marshall Milton Keynes	SM	Marshall Milton Keynes	3:31.2 4
M	3	City of Portsmouth	SM	City of Portsmouth	3:33.6 3
P	4	Luton	SM	Luton	3:38.3 2
L	5				1

Event	T1	T2	T3	T4	T5	Waste	Notes
100A	L	I	M	U	P		
100B						5	aw
200A						5	aw
200B						4	aw
400A						1	aw
400B						2	aw
800A						1	aw
800B						2	aw
1500A						5	aw
1500B						3	aw
5000A						5	aw
5000B						4	aw
110HA						5	aw
110HB						5	aw
400HA						4	aw
400HB						1	aw
3000ScA						5	aw
3000ScB						4	aw
HJA						5	aw
HJB						5	aw
PVA						5	aw
PVB						5	aw
LJA						5	aw
LJB						5	aw
TJA						5	aw
TJB						5	aw
SPA						5	aw
SPB						5	aw
DTA						5	aw
DTB						5	aw
HTA						5	aw
HTB						5	aw
JTA						5	aw
JTB						5	aw
4x100						5	aw
4x400						5	aw

97 113 126 69 121 14

