

Sweatshop Southern Athletics League: Division 3 North - Round 4 - Luton - 14 July 2018

Team		Score				
1	Luton		335			X
2	Woodford Green with Essex Ladies		321			W
3	Serpentine		309			S
4	Iford AC		169			I
5	West Norfolk AC		79			K
6	West Suffolk		58			J
Men's A 100m		Wind=				
1	Joseph Hubbock	U20	Luton	11.1	6	736 aw 3281671
2	Matthew Adum-Yeboah	U17	Woodford Green with Essex Ladies	11.4	5	644 aw 3782211
3	Dan Wheeler	U20	Iford AC	11.6	4	587 aw 3668225
4	Miles Kershaw	SM	Serpentine	11.9	3	507 3422544
5	Charlie Williams	U17	West Norfolk AC	12.3	2	412 3459161
Men's B 100m		Wind=				
1	Joey O'Neill	U20	Woodford Green with Essex Ladies	11.3	6	674 aw 3575149
2	Ben Whitehead	U20	Luton	11.6	5	587 aw 3364009
3	Anthony George	U17	Iford AC	11.7	4	560 aw 3591166
4	Declan Boothe-Brennan	SM	Serpentine	13.3	3	224 3533456
5	Cameron Ross	U23	West Norfolk AC	13.5	2	194 3348082
Men's A 200m		Wind=				
1	Joseph Hubbock	U20	Luton	22.5	6	731 aw 3281671
2	Adrian Richards	SM	Woodford Green with Essex Ladies	23.3	5	615 aw 2972621
3	Dan Wheeler	U20	Iford AC	23.5	4	588 aw 3668225
4	Rahim Benson	U20	West Norfolk AC	24.1	3	511 2995367
5	Miles Kershaw	SM	Serpentine	24.5	2	463 3422544
Men's B 200m		Wind=				
1	Jordan Akinpelu	U20	Iford AC	23.7	6	562 aw 3757002
2	Ben Stanton	SM	Serpentine	25.2	5	386 3370662
3	Carlo Conradie	U17	Luton	25.2	4	386 3613737
4	Cameron Ross	U23	West Norfolk AC	28.6	3	120 3348082
Men's A 400m						
1	Adrian Richards	SM	Woodford Green with Essex Ladies	51.0	6	704 aw 2972621
2	Sam Malekout	SM	Iford AC	53.5	5	568 2813788
3	Bartosz Porzuczek	SM	Serpentine	54.7	4	509 3349625
4	Carlo Conradie	U17	Luton	57.7	3	377 3613737
Men's B 400m						
1	Vivek Joshi	SM	Woodford Green with Essex Ladies	52.1	6	642 aw 3394788
2	Alex Richards	SM	Iford AC	53.6	5	563 2982549
3	Ben Stanton	SM	Serpentine	56.2	4	440 3370662
4	Dan O'Shea	M40	Luton	134.8	3	0 3669856
Men's A 800m						
1	Alex Richards	SM	Iford AC	1:59.4	6	718 aw 2982549
2	Bartosz Porzuczek	SM	Serpentine	2:05.7	5	563 3349625
3	Videsh Weerakkody	U17	Woodford Green with Essex Ladies	2:07.6	4	521 aw 3706263
4	Jed Noblett	U17	Luton	2:13.3	3	406 3500294
Men's B 800m						
1	Peter Caton	M40	Woodford Green with Essex Ladies	2:09.3	6	485 3445593
2	Ben Stanton	SM	Serpentine	2:11.2	5	447 3370662
3	Lee Carey	SM	Luton	2:53.8	4	16 3465551
Men's A 1500m						
1	Ahmed Abdulle	U20	Woodford Green with Essex Ladies	4:00.4	6	784 aw 3387213
2	Jed Noblett	U17	Luton	4:31.0	5	462 aw 3500294
3	Bartosz Porzuczek	SM	Serpentine	4:37.4	4	407 3349625
Men's B 1500m						
1	Sam Sloan	U17	Woodford Green with Essex Ladies	4:36.7	6	413 3371759
2	Peter Clarke	M50	Serpentine	4:41.6	5	373 aw 3361238
3	Lee Carey	SM	Luton	6:35.7	4	0 3465551
Men's A 3000m						
1		0	Iford AC	9:15.3	6	619 #N/A 0
2	Daniel De Palol	M40	Serpentine	9:36.0	5	523 3244490
3	Robert Cox	SM	Woodford Green with Essex Ladies	9:40.3	4	504 2920182
4	Ben Collison	SM	West Norfolk AC	11:27.9	3	151 2784048
Men's B 3000m						
1	Tom Gardener	SM	Iford AC	9:16.4	6	613 aw 2833384
2	Daniel Steel	SM	Woodford Green with Essex Ladies	9:42.7	5	494 3438574
3	Michele Bottone	M40	Serpentine	10:05.8	4	400 3446764
Men's A 110mH		Wind=				
1	Ryan McKinlay	SM	Woodford Green with Essex Ladies	19.7	6	397 3119102
2	Jaran Finn	M40	Serpentine	22.3	5	216 2786890
Men's B 110mH		Wind=				
1	Frank Womelsdorf	M40	Serpentine	24.3	6	113 3381401
Men's A 400mH						
1	Sam Malekout	SM	Iford AC	62.3	6	604 aw 2813788
2	Andrew Reeves	M45	Serpentine	67.8	5	448 aw 2787313
3	Dan Bottesch	M40	Luton	81.3	4	160 2768766
Men's B 400mH						
1	Jaran Finn	M40	Serpentine	75.6	6	265 2786890
Men's A 3000m Steeplechase						
1	Andrew Reeves	M45	Serpentine	10:20.8	6	667 aw 2787313
2	Robert Wilbraham	SM	Woodford Green with Essex Ladies	11:00.0	5	540 aw 3275787

3	Shane Jay	M40	Luton	11:00.2	4	539		3218356
6					1	0		
Men's B 3000m Steeplechase								
1	Nicola Barberis Negra	SM	Serpentine	10:51.2	6	567	aw	2873744
2	Paul Brooks	M50	Luton	16:41.2	5	5		2768768
Men's A High Jump								
1	Jamie Baughan	SM	Luton	1.78	6	655	aw	3012644
2	Dan Wheeler	U20	Ilford AC	1.73	5	613	aw	3668225
3	Luke Allen	SM	West Suffolk	1.58	4	490		2698723
4	Grantas Mockaitis	U20	Woodford Green with Essex Ladies	1.53	3	448		3776187
5	Rahim Benson	U20	West Norfolk AC	1.38	2	324		2995367
6	Daniel De Palol	M40	Serpentine	1.38	1	324		3244490
Men's B High Jump								
1	Jordan Akinpelu	U20	Ilford AC	1.43	6	365		3757002
2	Nicola Barberis Negra	SM	Serpentine	1.33	5	282		2873744
3	Dan Bottesch	M40	Luton	1.23	4	198		2768766
4	Hugh Williams	SM	Woodford Green with Essex Ladies	1.23	3	198		3113554
Men's A Pole Vault								
1	Ryan McKinlay	SM	Woodford Green with Essex Ladies	2.45	6	378		3119102
2	David Cull	SM	Serpentine	2.45	5	378		3412914
3	Sam Malekout	SM	Ilford AC	2.25	4	330		2813788
4	Dan Bottesch	M40	Luton	1.00	3	0		2768766
Men's B Pole Vault								
1	Tony McGahan	M65	Serpentine	2.05	6	281	#N/A	3422565
2	Pete Whiting	M50	Ilford AC	1.65	5	182		2982512
3	Liam McNabola	SM	Luton	1.00	4	0		
Men's A Long Jump								
1	Mat Hudson	SM	Luton	6.34	6	715	aw	2727802
2	Jordan Akinpelu	U20	Ilford AC	6.16	5	679	aw	3757002
3	Rahim Benson	U20	West Norfolk AC	6.14	4	675	aw	2995367
4	Miles Kershaw	SM	Serpentine	5.86	3	621	aw	3422544
5	Keith Newton	M45	Woodford Green with Essex Ladies	5.60	2	570	aw	2749330
6	Luke Allen	SM	West Suffolk	5.44	1	539		2698723
Men's B Long Jump								
1	Jack Richards	U20	West Suffolk	5.34	6	520		3118305
2	Anthony George	U17	Ilford AC	5.20	5	493		3591166
3	Olaoluwa Ogunade	U20	Woodford Green with Essex Ladies	4.93	4	441		3483453
4	Declan Boothe-Brennan	SM	Serpentine	4.84	3	423		3533456
5	Cameron Ross	U23	West Norfolk AC	4.30	2	321		3348082
Men's A Triple Jump								
1	Keith Newton	M45	Woodford Green with Essex Ladies	11.95	6	646	aw	2749330
2	Anthony George	U17	Ilford AC	11.80	5	630	aw	3591166
3	Jack Richards	U20	West Suffolk	11.58	4	607	aw	3118305
4	Mat Hudson	SM	Luton	11.46	3	595		2727802
5	Declan Boothe-Brennan	SM	Serpentine	10.78	2	522		3533456
Men's B Triple Jump								
1	Jordan Akinpelu	U20	Ilford AC	11.32	6	580		3757002
2	Joseph Hubbock	U20	Luton	10.88	5	533		3281671
3	Alan James	M40	Woodford Green with Essex Ladies	8.89	4	303		2749269
4	Alex Malzer	M45	Serpentine	8.60	3	265		0
Men's A Shot Putt								
1	Hugh Williams	SM	Woodford Green with Essex Ladies	12.36	6	726	aw	3113554
2	Lamal King	SM	Serpentine	11.69	5	682	aw	3796097
3	Jamie Potton-Burrell	SM	Luton	11.56	4	673	aw	2769792
4	Steve Fenner	SM	West Suffolk	11.45	3	666	aw	3140107
5	Sam Malekout	SM	Ilford AC	7.51	2	359		2813788
6	Adam Dewdney	M45	West Norfolk AC	6.52	1	258		3220054
Men's B Shot Putt								
1	Matt Hill	SM	Luton	11.12	6	643	aw	3085729
2	Devon Douglas	SM	Woodford Green with Essex Ladies	10.94	5	631	aw	2749201
3	Christopher Kent	M40	West Suffolk	10.77	4	619	aw	3808791
4	Danny McIntosh	M55	Serpentine	8.52	3	448		2787153
5	Pete Whiting	M50	Ilford AC	6.15	2	215		2982512
6	Cameron Ross	U23	West Norfolk AC	4.79	1	0		3348082
Men's A Discus								
1	Devon Douglas	SM	Woodford Green with Essex Ladies	42.54	6	759	aw	2749201
2	Lamal King	SM	Serpentine	33.17	5	615	aw	3796097
3	Matt Hill	SM	Luton	32.09	4	597	aw	3085729
4	Christopher Kent	M40	West Suffolk	26.24	3	492		3808791
5	Sam Malekout	SM	Ilford AC	24.50	2	458		2813788
6	Adam Dewdney	M45	West Norfolk AC	15.59	1	241		3220054
Men's B Discus								
1	Jamie Potton-Burrell	SM	Luton	31.53	6	588	aw	2768792
2	Hugh Williams	SM	Woodford Green with Essex Ladies	26.69	5	501		3113554
3	Steve Fenner	SM	West Suffolk	24.42	4	457		3140107
4	Frank Womelsdorf	M40	Serpentine	20.45	3	371		3381401
5	Dan Wheeler	U20	Ilford AC	18.85	2	332		3668225
Men's A Hammer								
1	Peter Clarke	SM	Woodford Green with Essex Ladies	53.34	6	794	aw	2749177
2	Jamie Potton-Burrell	SM	Luton	51.40	5	775	aw	2768792
3	Christopher Kent	M40	West Suffolk	23.52	4	442		3808791

4	Danny McIntosh	M55	Serpentine	20.87	3	399	2787153
5	Pete Whiting	M50	Ilford AC	14.15	2	271	2982512
Men's B Hammer							
1	Fergus Harford	M50	Woodford Green with Essex Ladies	32.76	6	570 aw	2749248
2	Matt Hill	SM	Luton	23.11	5	436	3085729
3	Steve Fenner	SM	West Suffolk	21.05	4	402	3140107
4	Alex Malzer	M45	Serpentine	16.69	3	324	0
5	Sam Malekout	SM	Ilford AC	13.61	2	258	2813788
Men's A Javelin							
1	Matt Hill	SM	Luton	44.39	6	657 aw	3085729
2	Christopher Kent	M40	West Suffolk	41.46	5	617 aw	3808791
3	Sam Malekout	SM	Ilford AC	38.49	4	575 aw	2813788
4	David Cull	SM	Serpentine	32.29	3	484	3412914
5	Charlie Williams	U17	West Norfolk AC	31.21	2	467 aw	3459161
6	Grantas Mockaitis	U20	Woodford Green with Essex Ladies	29.50	1	440	3776187
Men's B Javelin							
1	Luke Allen	SM	West Suffolk	37.87	6	566 aw	2698723
2	Frank Womelsdorf	M40	Serpentine	31.08	5	465	3381401
3	Devon Douglas	SM	Woodford Green with Essex Ladies	28.37	4	422	2749201
4	Jamie Potton-Burrell	SM	Luton	27.79	3	412	2768792
5	Pete Whiting	M50	Ilford AC	24.60	2	358	2982512
6	Adam Dewdney	M45	West Norfolk AC	19.55	1	266	3220054
Men's 4x100m							
1	Luton	SM	Luton	45.6	6	443	
2	Woodford Green with Essex Ladies	SM	Woodford Green with Essex Ladies	46.1	5	405	
3	Serpentine	SM	Serpentine	50.4	4	151	
4	West Norfolk AC	SM	West Norfolk AC	51.6	3	104	
Men's 4x400m							
1	Woodford Green with Essex Ladies	SM	Woodford Green with Essex Ladies	3:39.0	6	410	
2	Luton	SM	Luton	3:52.3	5	249	
3	Serpentine	SM	Serpentine	3:57.8	4	194	
4	West Norfolk AC	SM	West Norfolk AC	4:11.8	3	88	
Women's A 100m Wind=							
1	Rebecca Fafowora	U20	Woodford Green with Essex Ladies	12.9	6	665 aw	3546789
2	Krystle Balogun	SW	Ilford AC	13.5	5	546	3271331
3	Aleah Givans-Flynn	U20	Luton	13.9	4	474	3218357
4	Rhiannon Needham	W35	Serpentine	15.2	3	281	3612758
Women's B 100m Wind=							
1	Denesha Rocastle	U20	Woodford Green with Essex Ladies	13.1	6	624 aw	3575148
2	Efe Autinz	U17	Ilford AC	13.4	5	565	3691566
3	Jaala Sutherland	U17	Luton	13.9	4	474	3575708
4	Caroline Torry	W35	Serpentine	16.9	3	113	3093333
Women's A 200m Wind=							
1	Krystle Balogun	SW	Ilford AC	26.7	6	636 aw	3271331
2	Kyra Boyce	U17	Woodford Green with Essex Ladies	27.4	5	571 aw	3575023
3	Natasha Hayman	U20	Luton	28.4	4	486	3126649
4	Rhiannon Needham	W35	Serpentine	32.2	3	238	3612758
Women's B 200m Wind=							
1	Efe Autinz	U17	Ilford AC	27.7	6	545	3691566
2	Rhianna Buaku	U20	Woodford Green with Essex Ladies	27.8	5	536	3114470
3	Ariana Williams	U17	Luton	32.3	4	233	3571864
4	Catkin Shelley	W50	Serpentine	32.6	3	218	2914424
Women's A 400m							
1	Gemima Eshimu Massamba	U20	Ilford AC	59.7	6	692 aw	3705530
2	Nicole Alves	U17	Woodford Green with Essex Ladies	62.5	5	589 aw	3574945
3	Laura Carmichael	SW	Serpentine	62.8	4	578 aw	2717055
4	Charlene Jacobs-Conradie	W35	Luton	63.8	3	544 aw	3613736
Women's B 400m							
1	Krystle Balogun	SW	Ilford AC	59.7	6	692 aw	3271331
2	Rosie Keane	SW	Luton	64.7	5	514	2768748
3	Temi Olusesan	U20	Woodford Green with Essex Ladies	66.2	4	466	3546790
4	Jacqueline O'connor	W40	Serpentine	66.9	3	444 aw	3756120
Women's A 800m							
1	Rosie Keane	SW	Luton	NT	6	#VALUE!	#VALUE!
2	Jordan Hinds	U20	Ilford AC	2:24.8	5	642 aw	3515517
3	Laura Carmichael	SW	Serpentine	2:26.7	4	613 aw	2717055
Women's B 800m							
1	Charlene Jacobs-Conradie	W35	Luton	NT	6	#VALUE!	#VALUE!
2	Jacqueline O'Connor	W40	Serpentine	2:36.8	5	468 aw	3756120
Women's A 1500m							
1	Rosie Keane	SW	Luton	4:50.0	6	703 aw	2768748
2	Catkin Shelley	W50	Serpentine	5:15.6	5	518 aw	2914424
3	-	0	Ilford AC	5:27.6	4	441	#N/A
4	Georgina Warren	U23	Woodford Green with Essex Ladies	5:41.9	3	358	2899501
Women's B 1500m							
1	Charlene Jacobs-Conradie	W35	Luton	5:04.6	6	594 aw	3613736
2	Zuzana Sinalova	SW	Ilford AC	5:29.4	5	430	3479531
3	Caroline Morgan	W35	Serpentine	5:42.5	4	355	2787325
4	Alex Wardle	W50	Woodford Green with Essex Ladies	6:57.5	3	62	2749434
Women's A 5000m							
1	Natasha Sheel	SW	Serpentine	19:10.5	6	640 aw	3236283

2	Rosie Canham	W40	Luton	22:46.7	5	297	2901066
3	Alex Wardle	W50	Woodford Green with Essex Ladies	22:58.4	4	282	2749434
Women's B 5000m							
1	Molly Noblett	U20	Luton	22:53.0	6	289	3151415
2	Rhiannon Needham	W35	Serpentine	23:05.6	5	273	3612758
Women's A 100mH Wind=							
1	Jade Currie	SW	Woodford Green with Essex Ladies	16.9	6	623 aw	3705474
2	Aleah Givans-Flynn	U20	Luton	20.0	5	366	3218357
3	Caroline Morgan	W35	Serpentine	25.0	4	87	2787325
Women's B 100mH Wind=							
1	Phoebe Fuhr	U20	Woodford Green with Essex Ladies	22.6	6	199	3275486
2	Jacqueline O'connor	W40	Serpentine	27.2	5	22	3756120
Women's A 400mH							
1	Emma Hagues	SW	Luton	84.9	6	297	3450234
2	Rhiannon Needham	W35	Serpentine	103.9	5	29	3612758
Women's B 400mH							
1	Jonelle Johnson-Turner	SW	Luton	93.0	6	156	2768747
2	Caroline Morgan	W35	Serpentine	113.7	5	0	2787325
Women's A 1500m Steeplechase							
1	Rosie Keane	SW	Luton	5:48.8	6	670 aw	2768748
2	Jacqueline O'connor	W40	Serpentine	6:07.5	5	583	3756120
3	Phoebe Fuhr	U20	Woodford Green with Essex Ladies	9:03.1	4	69	3275486
Women's B 1500m Steeplechase							
1	Charlene Jacobs-Conradie	W35	Luton	5:52.9	6	650	3613736
2	Samantha Day	W45	Serpentine	6:20.4	5	527	3493416
Women's A High Jump							
1	Tayla Benson	U23	West Norfolk AC	1.50	6	638 aw	2916955
2	Jonelle Johnson-Turner	SW	Luton	1.43	5	563	2768747
3	Phoebe Fuhr	U20	Woodford Green with Essex Ladies	1.43	4	563	3275486
4	Mary Davies	W40	Serpentine	1.03	3	138	2828928
Women's B High Jump							
1	Emma Hagues	SW	Luton	1.38	6	510	3450234
2	Rebecca Fafowora	U20	Woodford Green with Essex Ladies	1.38	5	510	3546789
3	Natasha Sheel	SW	Serpentine	1.03	4	138	3236283
Women's A Pole Vault							
1	Phoebe Fuhr	U20	Woodford Green with Essex Ladies	2.00	6	393	3275486
2	Caroline Morgan	W35	Serpentine	1.65	5	291	2787325
3	Jonelle Johnson-Turner	SW	Luton	1.00	4	82	2768747
Women's B Pole Vault							
1	Emma Hagues	SW	Luton	1.00	6	82	3450234
Women's A Long Jump Wind							
1	Denesha Rocastle	U20	Woodford Green with Essex Ladies	5.24	6	751 aw	3575148
2	Tayla Benson	U23	West Norfolk AC	5.04	5	703 aw	2916955
3	Natasha Hayman	U20	Luton	4.95	4	681 aw	3126649
4	Rhiannon Needham	W35	Serpentine	3.60	3	365	3612758
Women's B Long Jump Wind							
1	Jade Currie	SW	Woodford Green with Essex Ladies	4.85	6	657 aw	3705474
2	Ariana Williams	U17	Luton	4.80	5	646 aw	3571864
3	Hel James	W65	Serpentine	3.05	4	241 #N/A	2787019
Women's A Triple Jump Wind							
1	Denesha Rocastle	U20	Woodford Green with Essex Ladies	10.52	6	699 aw	3575148
2	Tayla Benson	U23	West Norfolk AC	10.08	5	650 aw	2916955
3	Emma Hagues	SW	Luton	9.72	4	610 aw	3450234
4	Caroline Morgan	W35	Serpentine	7.20	3	312	2787325
Women's B Triple Jump Wind							
1	Rebecca Fafowora	U20	Woodford Green with Essex Ladies	10.20	6	664 aw	3546789
2	Jonelle Johnson-Turner	SW	Luton	9.10	5	539	2768747
3	Rhiannon Needham	W35	Serpentine	6.65	4	243	3612758
Women's A Shot Putt							
1	Emmaline Okafor	U23	Woodford Green with Essex Ladies	9.31	6	647 aw	3595732
2	Suzanna Wise	SW	Luton	7.87	5	540	2684079
3	Tayla Benson	U23	West Norfolk AC	7.30	4	494	2916955
4	Krystle Balogun	SW	Ilford AC	6.99	3	468	3271331
5	Mary Davies	W40	Serpentine	6.98	2	467	2828928
Women's B Shot Putt							
1	Jade Currie	SW	Woodford Green with Essex Ladies	8.99	6	624 aw	3705474
2	Keely Grinsted	W50	Luton	6.35	5	411	3363783
3	Emma Dewdney	U20	West Norfolk AC	5.82	4	359	3008812
4	Samantha Day	W45	Serpentine	5.16	3	289	3493416
5	Ayesha Lawrence	U17	Ilford AC	4.71	2	234	3612647
Women's A Discus							
1	Suzanna Wise	SW	Luton	28.42	6	654 aw	2684079
2	Eike Vardja	SW	Woodford Green with Essex Ladies	27.94	5	647 aw	3345599
3	Mary Davies	W40	Serpentine	16.62	4	430	2828928
4	Tayla Benson	U23	West Norfolk AC	12.01	3	297	2916955
Women's B Discus							
1	Emmaline Okafor	U23	Woodford Green with Essex Ladies	24.79	6	595	3595732
2	Keely Grinsted	W50	Luton	13.76	5	354	3363783
3	Hel James	W65	Serpentine	12.88	4	327 #N/A	2787019
4	Emma Dewdney	U20	West Norfolk AC	11.59	3	281	3008812
Women's A Hammer							

1	Suzanna Wise	SW	Luton	39.66	6	736 aw	2684079
2	Emmaline Okafor	U23	Woodford Green with Essex Ladies	39.42	5	733 aw	3595732
3	Mary Davies	W40	Serpentine	24.33	4	525	2828928
Women's B Hammer							
1	Becky Knapp	SW	Woodford Green with Essex Ladies	35.68	6	686 aw	2729408
2	Keely Grinsted	W50	Luton	21.01	5	470	3363783
3	Camilla Allwood	W55	Serpentine	14.48	4	345	3689684
Women's A Javelin							
1	Eike Vardja	SW	Woodford Green with Essex Ladies	27.89	6	647 aw	3345599
2	Natasha Hayman	U20	Luton	22.98	5	566	3126649
3	Mary Davies	W40	Serpentine	17.47	4	461	2828928
4	Emma Dewdney	U20	West Norfolk AC	11.16	3	299	3008812
Women's B Javelin							
1	Suzanna Wise	SW	Luton	17.56	6	462	2684079
2	Emmaline Okafor	U23	Woodford Green with Essex Ladies	14.77	5	399	3595732
3	Caroline Morgan	W35	Serpentine	13.41	4	364	2787325
4	Tayla Benson	U23	West Norfolk AC	9.65	3	246	2916955
Women's 4x100m							
1	Woodford Green with Essex Ladies	SW	Woodford Green with Essex Ladies	50.7	6	614 aw	
2	Ilford AC	SW	Ilford AC	52.9	5	502	
3	Luton	SW	Luton	55.1	4	399	
4	Serpentine	SW	Serpentine	64.9	3	67	
Women's 4x400m							
1	Woodford Green with Essex Ladies	SW	Woodford Green with Essex Ladies	4:28.3	6	435	
2	Serpentine	SW	Serpentine	4:40.2	5	343	
3	Luton	SW	Luton	4:42.2	4	329	

Men		Non-scoring events						
Event	No	Name	Cat	Club	Perf.	Wind	aw	URN
800	83	Luke Parker	SM	Serpentine	2:15.7			
800	12	Daniel De Palol	M40	Serpentine	2:19.0			
800	34	Nicola Barberis Negra	SM	Serpentine	2:23.3			
800	13	Alex Melzer	M45	Serpentine	2:29.0			
100	97	Winfred Hakeem	U20	Woodford Green with Essex Ladies	11.7			
100	100	Sikiru Onigbanjo	U17	Woodford Green with Essex Ladies	11.7			
100	98	Ola Ogunade	U20	Woodford Green with Essex Ladies	12.1			
100	99	Eliss Ward	U17	Woodford Green with Essex Ladies	12.3			
100	20	Dan Bottesch	M40	Luton	12.4			
100	96	??			12.5			
100	85	David Campbell	SM	Serpentine	13.4			
3000	342	Ben Sloan	U17	Woodford Green with Essex Ladies	9:47.6			
SP	95	Deb Biswas	SM	Serpentine	6.88			
SP	17	Geoff Grinsted	M50	Luton	10.41		aw	
SP	82	David Cull	SM	Serpentine	7.93			
200	185	Matthew Adum-Yeboah	U17	Woodford Green with Essex Ladies	23.8		aw	
200	100	Sikiru Onigbanjo	U17	Woodford Green with Essex Ladies	24.3		aw	
200	338	Sam Barker	U20	Woodford Green with Essex Ladies	24.9			
200	20	Dan Bottesch	M40	Luton	25.3			
200	88	Declan Boothe-Brennan	SM	Serpentine	27.7			
200	94	Michele Bottone	M40	Serpentine	31.2			
200	12	Daniel De Palol	M40	Serpentine	31.9			
1500	333	Ryan McKinlay	SM	Woodford Green with Essex Ladies	4:30.0			
1500	335	Robbie Cox	SM	Woodford Green with Essex Ladies	4:42.3			
1500	337	Dan Steel	SM	Woodford Green with Essex Ladies	4:43.5			
1500	83	Luke Parker	SM	Serpentine	4:49.4			
1500	85	David Campbell	SM	Serpentine	4:55.2			
1500	94	Michele Bottone	M40	Serpentine	5:01.7			
1500	13	Alex Melzer	M45	Serpentine	5:04.8			
3000SC	12	Daniel De Palol	M40	Serpentine	10:54.5		aw	
DT	13	Alex Melzer	M45	Serpentine	18.26			
DT	328	Grantas Mockaitis	U20	Woodford Green with Essex Ladies	31.20		aw	
DT	17	Geoff Grinsted	M50	Luton	30.69		aw	
DT	82	David Cull	SM	Serpentine	22.13			
HT	95	Deb Biswas	SM	Serpentine	14.58			
HT	17	Geoff Grinsted	M50	Luton	24.47			
JT	75	Steve Fenner	SM	West Suffolk	31.65			3140107
JT	17	Geoff Grinsted	M50	Luton	18.72			

Women		Non-scoring events						
Event	No	Name	Cat	Club	Perf.	Wind	aw	URN
400H	91	Camilla Allwood		Serpentine	1:56.6			
800	32	Danielle Clarke	U17	Luton	2:43.0			
100	349	Kyra Boyce	U17	Woodford Green with Essex Ladies	13.2			
100	84	Rhianna Buaku	U20	Woodford Green with Essex Ladies	13.3			
100	86	??			14.2			
100	89	Hel James	W65	W65	17.9			
200	340	??			28.5			
200	95	Ayshah Lawrence	U17	Ilford	29.1			
1500SCW	92	Caroline Morgan	W35	Serpentine	7:24.8			
1500SCW	347	??		Serpentine??	8:05.1			
1500SCW	91	Camilla Allwood		Serpentine	8:23.1			
DTW	91	Camilla Allwood		Serpentine	4.23			

SPW	91	Camilla Allwood		Serpentine	14.03
JTW	89	Hel James	W65	Serpentine	9.84

Man of the Match Awards

Men

Hammer	1	Peter Clarke	SM	Woodford Green with Essex Ladies	53.34	794
1500m	1	Ahmed Abdulle	U20	Woodford Green with Essex Ladies	4:00.4	784
Hammer	2	Jamie Potton-Burrell	SM	Luton	51.4	775
Discus	1	Devon Douglas	SM	Woodford Green with Essex Ladies	42.54	759
100m	1	Joseph Hubbock	U20	Luton	11.1	736
200m	1	Joseph Hubbock	U20	Luton	22.5	731

Women

Long Jump	1	Denesha Rocastle	U20	Woodford Green with Essex Ladies	5.24	751
Hammer	1	Suzanna Wise	SW	Luton	39.66	736
Hammer	2	Emmaline Okafor	U23	Woodford Green with Essex Ladies	39.42	733
1500m	1	Rosie Keane	SW	Luton	04:50.0	703
Long Jump	2	Tayla Benson	U23	West Norfolk AC	5.04	703
Triple Jump	1	Denesha Rocastle	U20	Woodford Green with Essex Ladies	10.52	699

Total