



Nat 4 2012 - Windsor				Perf	Record	Wind	18 August 2012				Perf	Wind
Men's 100m A				Wind=	+2.0		Men's 100m B				Wind=	+1.8
1	2	Scott Bajere	Bristol & West AC	10.82			1	22	Elliott Prendergast	Bristol & West AC	11.14	
2	4	Anthony Ransford	Mansfield Harriers	10.86			2	33	Alex Bell	Cambridge Harriers	11.16	
3	6	Mike Nevill	Reading AC	10.99			3	11	Giziel Lima	Bournemouth AC	11.21	
4	1	Bradley Pickup	Bournemouth AC	11.01			4	55	Sam Lawrence	Nene Valley Harriers	11.31	
5	5	Scott Parsons	Nene Valley Harriers	11.60			5	44	Thomas Walleth	Mansfield Harriers	11.56	
6							6					
7							7					
8							8					
Men's 200m A				Wind=	+1.1		Men's 200m B				Wind=	+0.0
1	2	Scott Bajere	Bristol & West AC	21.86			1	33	Alex Bell	Cambridge Harriers	22.13	
2	6	Mike Nevill	Reading AC	21.95			2	44	Adam Sansom	Mansfield Harriers	22.51	
3	4	Anthony Ransford	Mansfield Harriers	22.17			3	22	Chris Stone	Bristol & West AC	22.63	
4	3	Joe Berth-Jones	Cambridge Harriers	22.24			4	66	Rian Corbin	Reading AC	22.73	
5	5	Darrellon Harding	Nene Valley Harriers	22.47			5	11	Ed Moyse	Bournemouth AC	22.74	
6	1	Giziel Lima	Bournemouth AC	22.59			6	55	Scott Parsons	Nene Valley Harriers	23.18	
7							7					
8							8					
Men's 400m A							Men's 400m B					
1	4	Samuel Cordin	Mansfield Harriers	48.46			1	11	Darryn Campbell	Bournemouth AC	50.58	
2	5	Darrellon Harding	Nene Valley Harriers	48.55			2	66	Adam Hassan	Reading AC	50.68	
3	3	Omari Markland-Mo	Cambridge Harriers	48.86			3	22	Andrew Dean-Young	Bristol & West AC	50.76	
4	1	Chris Greenaway	Bournemouth AC	49.21			4	33	Nicholas Belo	Cambridge Harriers	50.90	
5	2	Caspar Eliot	Bristol & West AC	49.40			5	44	Martin Cook	Mansfield Harriers	51.23	
6	6	Mark Robinson	Reading AC	50.97			6	55	David Brown	Nene Valley Harriers	53.07	
7							7					
8							8					
Men's 800m A							Men's 800m B					
1	4	Chris Brown	Mansfield Harriers	01:57.70			1	44	Stuart King	Mansfield Harriers	01:57.53	
2	2	Dan Studley	Bristol & West AC	01:58.13			2	22	Andrew Dean-Young	Bristol & West AC	01:59.26	
3	6	Jonathan Davies	Reading AC	01:58.33			3	55	David Bush	Nene Valley Harriers	02:01.97	
4	3	Robert Macdonald	Cambridge Harriers	02:01.52			4	33	Dave Reader	Cambridge Harriers	02:03.12	
5	5	Lloyd Kempson	Nene Valley Harriers	02:02.55			5	66	Simon Reed	Reading AC	02:09.38	
6							6					
7							7					
8							8					
Men's 1500m A							Men's 1500m B					
1	4	Luke Cragg	Mansfield Harriers	03:59.13			1	44	Stuart King	Mansfield Harriers	04:01.40	
2	2	Dan Studley	Bristol & West AC	04:02.78			2	22	Adam Speake	Bristol & West AC	04:05.52	
3	6	Jack Williams	Reading AC	04:03.38			3	66	Jonathan Roberts	Reading AC	04:05.92	
4	5	James Vernau	Nene Valley Harriers	04:13.68			4	55	Chris Wright	Nene Valley Harriers	04:24.30	
5	1	Rob McTaggart	Bournemouth AC	04:15.50			5	33	Andy Knight	Cambridge Harriers	04:50.36	
6	3	Andy Sheriden	Cambridge Harriers	04:49.64			6					X
7							7					
8							8					
Men's 3000m S/Chase A							Men's 3000m S/Chase B					
1	6	Nick Earl	Reading AC	09:33.0			1	66	DanThorne	Reading AC	09:46.2	
2	5	Josh Lunn	Nene Valley Harriers	09:59.2			2	33	Andy Sheriden	Cambridge Harriers	10:43.5	
3	4	Chris Brown	Mansfield Harriers	10:17.9			3	55	Tom Rodgers	Nene Valley Harriers	10:49.9	
4	11	Jacek Cieluszecki	Bournemouth AC	10:19.2			4	1	Simon Munro	Bournemouth AC	10:53.5	
5	3	Robert Macdonald	Cambridge Harriers	10:35.8			5	44	Daniel Heathcote	Mansfield Harriers	11:06.7	
6							6					X
7							7					
8							8					



Nat 4 2012 - Windsor

				Perf	Record	Wind	18 August 2012				Perf	Wind
Men's 5000m A							Men's 5000m B					
1	4	Luke Cragg	Mansfield Harriers	15:07.76			1	44	James Mee	Mansfield Harriers	16:04.99	
2	2	Tom Merson	Bristol & West AC	15:08.39			2	11	Jon Sharkey	Bournemouth AC	16:11.26	
3	6	Fabian Downs	Reading AC	15:08.40			3	22	Phil Parry	Bristol & West AC	16:18.59	
4	1	Steve Way	Bournemouth AC	15:19.60			4	55	Adam Birch	Nene Valley Harriers	16:27.24	
5	5	Paul Halford	Nene Valley Harriers	16:24.79			5	33	Alasdair Macdonald	Cambridge Harriers	19:23.42	
6	3	Matt Winn-Smith	Cambridge Harriers	16:53.45			6					X
7						X	7					
8							8					

Men's 400m Hurdles A

1	4	Adam Sansom	Mansfield Harriers	54.83
2	6	Mike Dyer	Reading AC	55.82
3	5	Sean Reidy	Nene Valley Harriers	56.54
4	3	Charlie Perry	Cambridge Harriers	58.63
5	1	Nigel Hayman	Bournemouth AC	62.91
6	2	Caspar Eliot	Bristol & West AC	DNF
7				
8				

Men's 400m Hurdles B

1	44	Stefan Wilcockson	Mansfield Harriers	55.97
2	55	Ben Jones	Nene Valley Harriers	56.23
3	66	Dan Brock	Reading AC	59.96
4	22	James Trezona	Bristol & West AC	62.08
5	33	Alasdair Macdonald	Cambridge Harriers	63.17
6				
7				
8				

Men's 110m Hurdles A

Wind= +0.1

1	6	Mike Dyer	Reading AC	15.05
2	3	Charlie Perry	Cambridge Harriers	16.09
3	4	Stefan Wilcockson	Mansfield Harriers	16.12
4	5	Sean Reidy	Nene Valley Harriers	16.19
5	1	Nigel Hayman	Bournemouth AC	16.38
6	2	Caspar Eliot	Bristol & West AC	16.86
7				
8				

Men's 110m Hurdles B

Wind= +1.3

1	66	Dwayne Stoddard	Reading AC	15.24
2	55	Ben Jones	Nene Valley Harriers	16.74
3	33	Juvenal Iragaba	Cambridge Harriers	16.78
4	44	Jonathan Newell	Mansfield Harriers	18.00
5	22	James Trezona	Bristol & West AC	18.21
6				
7				
8				

Men's Hammer A

1	5	Jonathon Edwards	Nene Valley Harriers	55.93
2	1	Matt Frampton	Bournemouth AC	50.21
3	2	Matt Spicer	Bristol & West AC	46.80
4	6	Mark White	Reading AC	39.88
5	4	Paul Gair	Mansfield Harriers	38.78
6	3	Craig Lacy	Cambridge Harriers	37.17
7				
8				

Men's Hammer B

1	22	Ben Hale	Bristol & West AC	41.05
2	44	Richard Woolley	Mansfield Harriers	36.91
3	11	Simon Armstrong	Bournemouth AC	36.53
4	55	Andy Wain	Nene Valley Harriers	33.68
5	33	Pete Wishart	Cambridge Harriers	23.67
6	66	Dwayne Stoddard	Reading AC	18.79
7				
8				

Men's Discus A

1	2	James Ptreston	Bristol & West AC	41.29
2	5	Jonathon Edwards	Nene Valley Harriers	41.14
3	33	Andrew Kruszewski	Cambridge Harriers	40.71
4	11	Simon Armstrong	Bournemouth AC	35.42
5	6	Nigel Spratley-Kemp	Reading AC	33.74
6	44	Greg Millar	Mansfield Harriers	25.85
7				
8				

Men's Discus B

1	3	Craig Lacy	Cambridge Harriers	36.96
2	55	Martin Tinkler	Nene Valley Harriers	36.60
3	1	Peter Briant	Bournemouth AC	34.33
4	66	Mike Dyer	Reading AC	33.53
5	4	Paul Gair	Mansfield Harriers	24.31
6	22	Ben Hale	Bristol & West AC	19.04
7				
8				

Men's Javelin A

1	4	Greg Millar	Mansfield Harriers	58.47
2	3	Craig Lacy	Cambridge Harriers	56.04
3	1	Aaron Harris	Bournemouth AC	52.23
4	5	Sam Lawrence	Nene Valley Harriers	48.91
5	6	Ryan Bonifas	Reading AC	42.99
6	2	Scott Davie	Bristol & West AC	28.77
7				
8				

Men's Javelin B

1	44	Richard Woolley	Mansfield Harriers	56.63
2	55	Ken Baker	Nene Valley Harriers	41.31
3	11	Alex Cox	Bournemouth AC	41.18
4	33	Alasdair Macdonald	Cambridge Harriers	38.32
5	66	Luke Wale	Reading AC	35.60
6				
7				
8				



Nat 4 2012 - Windsor				18 August 2012						
			Perf	Record	Wind		Perf	Wind		
<u>Men's Shot Putt A</u>				<u>Men's Shot Putt B</u>						
1	5	Ken Baker	Nene Valley Harriers	13.80		1	55	Martin Tinkler	Nene Valley Harriers	13.49
2	4	Richard Woolley	Mansfield Harriers	13.30		2	33	Andrew Kruszewski	Cambridge Harriers	11.53
3	2	James Preston	Bristol & West AC	12.65		3	66	Mike Dyer	Reading AC	11.34
4	6	Nigel Spratley-Kemp	Reading AC	12.29		4	11	Simon Armstrong	Bournemouth AC	11.15
5	3	Craig Lacy	Cambridge Harriers	11.92		5	44	Paul Gair	Mansfield Harriers	9.22
6	1	Matt Frampton	Bournemouth AC	11.48		6	22	Martin Davies	Bristol & West AC	7.72
7						7				
8						8				
<u>Men's Long Jump A</u>				<u>Men's Long Jump B</u>						
1	1	Bradley Pickup	Bournemouth AC	7.54	+1.7	1	11	Alex Cox	Bournemouth AC	6.61
2	2	Ding Yang	Bristol & West AC	6.69		2	66	Neil Hallett	Reading AC	6.15
3	6	Ben Pearson	Reading AC	6.43		3	22	James Diamond	Bristol & West AC	5.82
4	4	Adam Sansom	Mansfield Harriers	5.89		4	3	Nigel Munjoma	Cambridge Harriers	5.60
5	33	Juvenal Iragaba	Cambridge Harriers	5.82		5	55	Adam Fidgett	Nene Valley Harriers	5.51
6	5	Laurie Pirie	Nene Valley Harriers	5.70		6	44	Jake Brittain	Mansfield Harriers	5.44
7						7				
8						8				
<u>Men's Triple Jump A</u>				<u>Men's Triple Jump B</u>						
1	6	James Osun-Sanmi	Reading AC	13.45		1	3	Denton Conteh	Cambridge Harriers	13.21
2	33	Olatayo Komolafe	Cambridge Harriers	13.40		2	5	Laurie Pirie	Nene Valley Harriers	11.87
3	2	Scott Davie	Bristol & West AC	12.72		3	66	Ryan Bonifas	Reading AC	11.77
4	4	Martin Cook	Mansfield Harriers	12.72		4	44	Stefan Wilcockson	Mansfield Harriers	11.42
5	55	Joe Evling White	Nene Valley Harriers	12.43		5				
6	1	Bradley Pickup	Bournemouth AC	12.33		6				
7						7				
8						8				
<u>Men's High Jump A</u>				<u>Men's High Jump B</u>						
1	6	Ryan Bonifas	Reading AC	2.07		1	66	Brian Flatley	Reading AC	1.95
2	1	Alex Cox	Bournemouth AC	1.95		2	11	Matt Aldridge	Bournemouth AC	1.90
3	5	Laurie Pirie	Nene Valley Harriers	1.85		3	55	Ben Jones	Nene Valley Harriers	1.70
4	4	Jake Brittain	Mansfield Harriers	1.80		4	44	Nathan Pentin	Mansfield Harriers	1.65
5	22	Luke Bailey	Bristol & West AC	1.65		5=	2	Scott Davie	Bristol & West AC	1.60
6	33	Juvenal Iragaba	Cambridge Harriers	1.65		5=	3	Nigel Munjoma	Cambridge Harriers	1.60
<u>Men's Pole Vault A</u>				<u>Men's Pole Vault B</u>						
1	2	Tony Hillier	Bristol & West AC	4.40		1	22	Luke Bailey	Bristol & West AC	4.10
2=	4	Nathan Pentin	Mansfield Harriers	3.80		2	66	Brian Flatley	Reading AC	3.80
2=	6	Mike Dyer	Reading AC	3.80		3	44	Connor McHale	Mansfield Harriers	3.80
4	5	Carl Titman	Nene Valley Harriers	3.80		4	55	Adam Fidgett	Nene Valley Harriers	3.20
5	3	Jackson Ferris-Choi	Cambridge Harriers	3.20		5	11	Ben Amey	Bournemouth AC	1.50
6	1	Simon Armstrong	Bournemouth AC	2.00						
<u>Men's 4x100m Relay</u>										
1	4	Mansfield Harriers	Tom Wallett	Sam Cordin	Adam Sansom	Anthony Ransford	42.39			
2	6	Reading AC	Luke Wale	Mike Nevill	Rian Corbin	Phil Brickley	42.50			
3	3	Cambridge Harriers	Charlie Perry	Alex Bell	Omari Markland-Montgomery	Joe Berth-Jones	42.88			
4	1	Bournemouth AC	Ed Moyse	Darryn Campbell	Giziel Lima	Bradley Pickup	42.97			
5	2	Bristol & West AC	Matti Lattibeaudiere	Chris Stone	Elliott Prendergast	Scott Bajere	44.55			
6	5	Nene Valley Harriers	Sam Lawrence	Darrellon Harding	Ben Jones	Scott Parsons	44.59			
7										
8										



Nat 4 2012 - Windsor

Perf Record Wind

18 August 2012

Perf Wind

Men's 4x400m Relay

1	4	Mansfield Harriers	Adam Sansom	Chris Brown	Martin Cook	Samuel Cordin	03:20.37
2	5	Nene Valley Harriers	Scott Parsons	David Brown	Darrellon Harding	David Bush	03:23.62
3	6	Reading AC	Mark Robinson	Jack Williams	Adam Hassan	Phil Wren	03:23.99
4	2	Bristol & West AC	Andrew Dean-Young	Dan Studley	Romaine Hyman	Caspar Eliot	03:24.23
5							
6							
7							
8							

MATCH RESULT

Points

1	Mansfield Harriers	252.0
2	Reading AC	230.0
3	Nene Valley Harriers	206.0
4	Bristol & West AC	201.5
5	Cambridge Harriers	175.5
6	Bournemouth AC	161.0
7		
8		