

# INTER-COUNTIES 15/08/2010 - MENS RESULTS

A String					
Pos	C No	Athlete	County	Perf	Pts

## 100m

w/s +4.5

1	K	Darren Green	Kent	10.63	16
2	X	Jason Hussain	Sussex	10.75	15
3	T	Lewis Clarke	Hertfordshire	10.78	14
4	M	William de Torvy-Balbu	Middlesex	10.83	13
5	E	Mark Dyble	Essex	10.92	12
6	H	Marvin Gayle	Hampshire	10.95	11
7	S	Emanuel Adeyemi	Surrey	11.01	10

## 200m

w/s +1.5

1	K	Darren Green	Kent	21.43	16
2	X	Jason Hussain	Sussex	21.46	15
3	E	Rashid Kakoza	Essex	21.61	14
4	M	William de Torvy-Balbu	Middlesex	22.04	13
5	T	Cameron Webb (U20M)	Hertfordshire	22.42	12
6	H	Marvin Gayle	Hampshire	22.46	11
7	S	Emanuel Adeyemi	Surrey	23.16	10

## 400m

1	E	Richard Morrisey	Essex	48.59	16
2	T	Matt Hamilton	Hertfordshire	49.03	15
3	M	Bomene Barikor	Middlesex	49.31	14
4	S	Samuel Adeyemi	Surrey	49.33	13
5	X	Seb Rodger	Sussex	49.42	12
6	H	Darren Campbell	Hampshire	50.76	11
7	K	Steve Tester	Kent	50.83	10

## 800m

1	S	Ben Wallis	Surrey	1:54.00	16
2	X	Nick Duggan	Sussex	1:54.28	15
3	T	Joshua Moss (U20M)	Hertfordshire	1:56.23	14
4	H	Jonathon Slade	Hampshire	1:57.27	13
5	E	David Smale	Essex	1:58.13	12
6	K	Jason Prickett	Kent	1:59.32	11

## 1500m

1	XX	Scott Harris	Sussex	4:01.61	16
2	EE	David Gibbon	Essex	4:01.88	15
3	T	Daniel Poulton	Hertfordshire	4:05.06	14
4	HH	Mathew Mizen	Hampshire	4:05.59	13
5	K	James Taylor	Kent	4:08.40	12
6	M	Martin Bateman	Middlesex	4:10.89	11

## 5000m

1	E	Adam Hickey	Essex	14:45.81	16
2	K	Dean Lacy	Kent	15:02.71	15
3	MM	Ryan McKinlay	Middlesex	15:09.43	14
4	H	David Bramfoot	Hampshire	15:30.33	13
5	T	Michael Tarpey	Hertfordshire	15:36.88	12
6	X	Finn McNally	Sussex	15:39.62	11
7	O	Peter Haarer	Oxfordshire	16:05.35	10

## 5000m Non Scoring


## 110m HURDLES

w/s +3.5

1	H	Richard Fox	Hampshire	15.22	16
2	E	James Mclean	Essex	15.54	15
3	T	Stephen Barnard	Hertfordshire	15.72	14
4	M	Israel Nworgu	Middlesex	15.87	13
5	K	Peter Davey	Kent	16.33	12

B String					
Pos	C No	Athlete	County	Perf	Pts

w/s +5.1

1	KK	Adam Gemilli	Kent	10.72	8
2	EE	Rashid Kakoza	Essex	10.83	7
3	TT	Cameron Webb (U20M)	Hertfordshire	11.03	6
4	MM	Moses Bawo	Middlesex	11.05	5
5	SS	Samuel Adeyemi	Surrey	11.19	4
6	XX	Luke Sargeant	Sussex	11.23	3

w/s +3.5

1	KK	Adam Gemilli	Kent	21.87	8
2	EE	Mark Dyble	Essex	22.15	7
3	XX	Luke Sargeant	Sussex	22.16	6
4	TT	Lewis Clarke	Hertfordshire	22.38	5
5	MM	Lumar Sylvester	Middlesex	disq	

1	EE	Matt Harrison	Essex	48.98	8
2	XX	Matt Sinclair	Sussex	49.72	7
3	KK	Chris Chancellor	Kent	50.36	6
4	TT	Adam Daish	Hertfordshire	50.53	5
5	MM	Jason Dwaah	Middlesex	55.27	4

1	SS	Matthew Grant	Surrey	1:59.85	8
2	TT	Sam Poulton	Hertfordshire	2:00.08	7
3	XX	Adam Stainsby	Sussex	2:00.51	6
4	KK	Dan Bradley	Kent	2:01.66	5
5	EE	Pete Smale	Essex	2:02.60	4

1	E	Tom Frith	Essex	4:02.62	8
2	H	John Hutchings	Hampshire	4:06.30	7
3	X	James McCarthy	Sussex	4:07.22	6
4	TT	Adam Searle	Hertfordshire	4:08.83	5
5	KK	Jason Prickett	Kent	4:18.27	4

1	M	Henry Dodwell	Middlesex	15:10.07	8
2	EE	Mark Sanford	Essex	15:58.51	7
3	HH	Tim Spencer	Hampshire	15:59.36	6
4	KK	Mark Wilkins	Kent	16:25.10	5
5	XX	Dave Rayner	Sussex	17:24.42	4

w/s +3.5

1	EE	Simon Hemmings	Essex	16.38	8
2	KK	Gareth Morris	Kent	16.52	7
3	TT	Craig Shearer	Hertfordshire	19.38	6

# INTER-COUNTIES 15/08/2010 - MENS RESULTS

A String					
Pos	C No	Athlete	County	Perf	Pts

B String					
Pos	C No	Athlete	County	Perf	Pts

## 400m HURDLES

1	X	Chris Wakefield	Sussex	53.37	16
2	H	Richard Fox	Hampshire	55.48	15
3	K	Gareth Morris	Kent	56.09	14
4	E	James Wright	Essex	57.83	13
5	TT	Craig Shearer	Hertfordshire	61.09	12

1	XX	Sam Parsons	Sussex	55.55	8
2	EE	Chris Stubbings	Essex	57.90	7
3	T	Michael Wadlow (U20M)	Hertfordshire	dnf	

## 3000mSC

1	MM	Ryan McKinlay	Middlesex	9:40.35	16
2	K	Tom Collins	Kent	9:44.17	15
3	X	Andrew Donno	Sussex	9:53.04	14
4	H	Tom Bowerman	Hampshire	10:06.04	13
5	E	Lee Pickering	Essex	10:11.28	12

1	XX	Jack Swallow	Sussex	9:56.66	8
2	EE	Ryan Prout	Essex	10:26.52	7
3	KK	Richard Munn	Kent	10:30.46	6
4	M	Paul Lemmon	Middlesex	10:53.11	5

## 3000m Walk

1	E	Dan King	Essex	12:36.28	16
2	K	Liam Baldwin	Kent	15:46.67	15
3	T	Steve Allen	Hertfordshire	15:53.38	14
4	MM	Sean Pender	Middlesex	18:24.47	13

1	EE	Dominic King	Essex	12:40.33	8
2	KK	Ben Parsons	Kent	16:56.89	7
3	M	Kabur Kemp	Middlesex	24:24.02	6

## HIGH JUMP

1	T	Jason Hamilton (U20M)	Hertfordshire	2.00	16
2	XX	Dan Dunscombe	Sussex	1.95	15
3	K	Daniel Alexander	Kent	1.90	14
4	EE	Pat Halcrow	Essex	1.85	13

1	X	Tom Gardener	Sussex	1.95	8
2	E	Dan George	Essex	1.85	7
3	TT	Elior Harris	Hertfordshire	1.85	6
4	KK	Aaron Barham	Kent	1.80	5

## POLE VAULT

1	M	Martin Densley	Middlesex	4.80	16
2	H	Christopher Mills	Hampshire	4.30	15
3	X	Dave Ingram	Sussex	4.15	13.5
3	EE	Kevin Hughes	Essex	4.15	13.5
5	T	Paul Yeomans	Hertfordshire	3.60	12

1	MM	Stephen McLennan	Middlesex	4.60	8
2	XX	Leigh Walker	Sussex	4.00	7
3	E	Jason Fry	Essex	3.80	6
4	TT	Craig Shearer	Hertfordshire	3.20	5

## LONG JUMP

				w/s	
1	H	James Croocock	Hampshire	7.16	+2.3 16
2	X	Seb Rodger	Sussex	7.12	+2.5 15
3	E	Mitchell Jarvis	Essex	6.77	+4.3 14
4	TT	Paul Yeomans	Hertfordshire	5.42	+2.2 13
	O	Jackson Curtis	Oxfordshire	ndr	

				w/s	
1	XX	Tom French	Sussex	6.87	+2.6 8
2	EE	James Wright	Essex	6.43	+0.7 7
3	T	Craig Shearer	Hertfordshire	5.36	+2.1 6

## TRIPLE JUMP

				w/s	
1	K	Matt Morsia	Kent	15.17	- 16
2	E	Kevin Brown	Essex	14.29	- 15
3	X	Tom French	Sussex	13.88	- 14
4	H	Christopher Bull	Hampshire	13.06	- 13
5	TT	Elior Harris (U20M)	Hertfordshire	12.65	- 12
6	M	Nathan Cyrus	Middlesex	11.34	- 11

				w/s	
1	EE	Dan George	Essex	12.88	- 8
2	KK	Stuart Ballard	Kent	11.77	- 7
	T	Jason Hamilton (U20M)	Hertfordshire	ndr	

## SHOT

1	E	Pat Halcrow	Essex	13.81	16
2	XX	Neil Mansbridge	Sussex	13.16	15
3	K	David Coleman	Kent	12.81	14
4	T	Ashley Ralph (U20M)	Hertfordshire	11.93	13
5	H	Allan Leiper	Hampshire	11.58	12

1	EE	Chris Linque	Essex	13.43	8
2	X	Bradley Hall	Sussex	12.25	7
3	KK	Craig Lacy	Kent	10.66	6
4	TT	Jonathan Constaniou (U20M)	Hertfordshire	10.07	5
5	HH	Alex Fitzpatrick	Hampshire	6.23	4

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A String					
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B String					
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## DISCUS

1	K	David Coleman	Kent	52.58	16
2	E	Chris Linque	Essex	49.85	15
3	O	Perris Wilkins	Oxfordshire	47.99	14
4	T	Ashley Ralph (U20M)	Hertfordshire	44.43	13
5	X	Bradley Hall	Sussex	42.60	12
6	H	Allan Leiper	Hampshire	32.35	11

1	EE	Pat Halcrow	Essex	40.27	8
2	XX	Neil Mansbridge	Sussex	39.60	7
3	KK	Craig Lacy	Kent	32.44	6
4	HH	Neil Fitzpatrick	Hampshire	31.95	5
5	OO	Jackson Curtis	Oxfordshire	31.75	4
6	TT	Michael Wadlow (U20M)	Hertfordshire	28.12	3

## HAMMER

1	X	Mick Jones	Sussex	64.84	16
2	TT	Ben Flash (U20M)	Hertfordshire	41.35	15
3	M	Alan French	Middlesex	35.31	14
4	E	Fergus Harford	Essex	34.10	13
5	HH	Neil Fitzpatrick	Hampshire	33.69	12

1	XX	Matt Lasis	Sussex	44.23	8
2	T	Ashley Ralph (U20M)	Hertfordshire	39.00	7
3	EE	Pat Halcrow	Essex	30.09	6
4	H	Alex Fitzpatrick	Hampshire	29.43	5

## JAVELIN

1	E	David Sketchley	Essex	62.52	16
2	K	Dominic Sadewski	Kent	60.95	15
3	XX	Neil Mansbridge	Sussex	48.77	14
4	O	Jackson Curtis	Oxfordshire	48.37	13
5	T	Jonathan Constaniou (U20M)	Hertfordshire	47.21	12
6	H	Allan Leiper	Hampshire	38.65	11
7	M	Nathan Cyrus	Middlesex	36.66	10

1	KK	Craig Lacy	Kent	50.73	8
2	EE	James Wright	Essex	45.97	7
3	TT	Jason Reineri	Hertfordshire	45.90	6
4	X	Bradley Hall	Sussex	39.14	5
5	HH	Neil Fitzpatrick	Hampshire	37.44	4

## 4x100m RELAYS

1	M	Middlesex	William de Torvy-Balbu, Moses Bawo, Lumar Sylvester, Chaka Maillet	43.02	16
2	K	Kent	Darren Green, Adam Gemilli, Peter Davey, Chris Chancellor	43.46	15
3	X	Sussex	Chris Brownlee, Chris Wakefield, Luke Sargeant, Jason Hussain	43.60	14
4	E	Essex	Rashid Kakoza, James Mclean, Mark Doble, Charlie Dack	43.93	13
5	T	Hertfordshire	Craig Shearer, Elijior Harris, Matt Hamilton, Lewis Edwards	44.77	12

## 4x400m RELAYS

1	X	Sussex	Craig Fox, Nick Duggan, Matt Sinclair, Seb Rodger	3:18.53	16
2	T	Hertfordshire	Adam Daish, Cameron Webb (U20M), Joshua Moss (U20M), Matt Hamilton	3:18.90	15
3	E	Essex	Matt Harrison, Tom Frith, David Smale, Richard Morrissey	3:27.54	14
4	K	Kent	Steve Tester, Chris Chancellor, Jason Prickett, Dan Bradley	3:29.73	13
5	M	Middlesex	William de Torvy-Balbu, Moses Bawo, Lumar Sylvester, Chaka Maillet	3:34.60	12

## Men's Results

1	E	Essex	411.5		
2	X	Sussex	356.5		
3	K	Kent	327		
4	T	Hertfordshire	326		
5	H	Hampshire	237		
6	M	Middlesex	222		
7	S	Surrey	61		
8	O	Oxfordshire	41		

## Meeting Result

1	E	Essex	755.5		
2	K	Kent	714.5		
3	X	Sussex	680		
4	M	Middlesex	585		
5	T	Hertfordshire	462		
6	H	Hampshire	341		
7	S	Surrey	256		
8	O	Oxfordshire	54		

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A String					
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B String					
Pos	C No	Athlete	County	Perf	Pts

## 100m Non Scoring

w/s +4.5

	105	Lumar Sylvester	Middlesex	10.93
	111	Matt Hamilton	Hertfordshire	11.06
	109	Jason Hamilton	Hertfordshire	11.12
	106	Chaka Mallet	Middlesex	11.41
	107	Chris Brownlee	Sussex	11.47
	110	Ellior Harris	Hertfordshire	11.51

w/s


# INTER-COUNTIES 15/08/2010 - WOMENS RESULTS

A String					
Pos	C No	Athlete	County	Perf	Pts

## 100m

w/s +1.6

1	K	Natalie Bartley	Kent	11.97	16
2	S	Twinelle Hopeson	Surrey	12.02	15
3	M	Shereen Charles	Middlesex	12.14	14
4	X	Laura Hitchman	Sussex	12.50	13
5	E	Heidi Nicholas	Essex	12.55	12
6	H	Sam Vaile	Hampshire	12.88	11

## 200m

w/s +1.8

1	S	Twinelle Hopeson	Surrey	24.43	16
2	E	Rachel Giwa	Essex	24.53	15
3	M	Shereen Charles	Middlesex	24.96	14
4	K	Natalie Bartley	Kent	25.27	13
5	X	Laura Hitchman	Sussex	25.84	12
6	T	Emily Stevens	Hertfordshire	26.47	11
7	H	Sam Vaile	Hampshire	26.58	10

## 400m

1	X	Savannah Echel-Thomson	Sussex	55.27	16
2	K	Frederica Foster (U20)	Kent	57.03	15
3	M	Ambwene Simukonda	Middlesex	57.61	14
4	H	Becca Carozzi	Hampshire	58.15	13
5	E	Heather Sheppard	Essex	58.82	12
6	T	Sandra Reed	Hertfordshire	63.34	11

## 800m

1	M	Michaela Hutchison	Middlesex	2:16.10	16
2	E	Katherine Foy	Essex	2:18.39	15
3	K	Caroline Ford (U20)	Kent	2:26.82	14
4	S	Louise Ionascu	Surrey	2:31.35	13
5	H	Claire Kiely	Hampshire	2:38.88	12

## 1500m

1	M	Emma Grant	Middlesex	4:39.37	16
2	K	Grace Nicholls (U20)	Kent	4:40.80	15
3	S	Liz Kipling	Surrey	4:43.37	14
4	E	Stacey Wheat	Essex	4:44.75	13
5	X	Fiona Clark	Sussex	4:46.91	12
6	T	Rebecca Newstead	Hertfordshire	4:51.74	11

## 3000m

1	X	Fiona Clark	Sussex	9:39.58	16
2	K	Clare Elms (W45)	Kent	9:49.95	15
3	EE	Charlotte Leppaert	Essex	10:27.12	14
4	M	Emily Ferenczi	Middlesex	10:41.20	13

## 3000m Non Scoring

1	KK	Cara Oliver (W35)	Kent	11:17.09	

B String					
Pos	C No	Athlete	County	Perf	Pts

w/s +5.2

1	MM	Nick Famodun	Middlesex	12.65	8
2	EE	Lyndsay North	Essex	12.66	7
3	KK	Grace Sheppard (U20)	Kent	12.67	6
4	XX	Katie Urquhart	Sussex	12.76	5
5	HH	Claire Paterson	Hampshire	12.97	4

w/s +2.8

1	EE	Aleasha Kindle	Essex	25.65	8
2	MM	Nick Famodun	Middlesex	25.95	7
3	KK	Yasmyn Joseph (U20)	Kent	26.51	6
4	HH	Grace Paterson	Hampshire	26.77	5
5	XX	Katie Urquhart	Sussex	27.13	4
6	TT	Deborah Willis	Hertfordshire	27.17	3

1	XX	Carley Wenham	Sussex	58.94	8
2	HH	Corin Reynolds	Hampshire	61.54	7
3	EE	Heidi Nicholas	Essex	61.77	6
4	MM	Kristy Wilson	Middlesex	62.44	5
5	KK	Claire Capon	Kent	67.95	4

1	MM	Sue Rust	Middlesex	2:18.17	8

1	MM	Leigh Lattimore	Middlesex	4:47.37	8
2	EE	Anna Whitfield	Essex	4:55.65	7
3	KK	Melody Kane (U20)	Kent	5:24.78	6

1	XX	Holly Wheeler	Sussex	10:15.75	8
2	MM	Sylvie Lloyd	Middlesex	10:42.39	7
3	E	Kath Gunderson	Essex	10:46.99	6
4	4	Jane Bradshaw (W35)	Kent	11:12.46	5

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B String					
Pos	C No	Athlete	County	Perf	Pts

## 100m HURDLES

w/s +1.9

1	T	Emily Stevens	Hertfordshire	14.76	16
2	E	Jess Tappin	Essex	14.76	15
3	X	Rebecca Jennings	Sussex	15.20	14
4	S	Jodie Favell	Surrey	15.55	13
5	M	Kate Brook	Middlesex	15.69	12
6	K	Jodie Shaw (U20)	Kent	16.81	11

w/s +0.7

1	EE	Heidi Nicholas	Essex	15.31	8
2	KK	Claire Capon	Kent	16.58	7
3	TT	Deborah Willis	Hertfordshire	18.05	6

## 400m HURDLES

1	K	Katrina Cosby (U20)	Kent	61.40	16
2	S	Jodie Favell	Surrey	65.20	15
3	T	Emily Stevens	Hertfordshire	65.91	14
4	M	Kristy Wilson	Middlesex	66.43	13
5	X	Claire Stokes	Sussex	68.21	12
6	H	Amy Harris	Hampshire	71.30	11

1	MM	Kate Brook	Middlesex	66.77	8
2	TT	Deborah Willis	Hertfordshire	67.77	7
3	KK	Samantha Beckett (U20)	Kent	68.66	6
4	XX	Ellen Franks	Sussex	77.70	5

## 3000mSC

1	K	Shavaun Henry	Kent	11:47.97	16

1	KK	Jessica Jones (U17)	Kent	14:02.4*	

## 3000m Walk

1	KK	Diane Bradley (W45)	Kent	15:14.66	16
2	X	Joan Lennon	Sussex	16:51.43	15
3	M	Maureen Noel	Middlesex	18:39.24	14
4	S	Fiona Bishop	Surrey	18:46.07	13
5	HH	Sue Davis	Hampshire	18:48.48	12
6	E	Linda Mountfield	Essex	20:02.53	11

1	K	Kelsey Howard (U17)	Kent	16:00.56	8
2	H	Ann Lewis	Hampshire	19:12.12	7
3	MM	Norma Grimsey	Middlesex	20:53.69	6
4	EE	Val Mountfield	Essex	24:10.94	5

## HIGH JUMP

1	S	Julie Machin	Surrey	1.75	16
2	E	Sam Moodie	Essex	1.70	15
3	XX	Liz Maries	Sussex	1.55	14
4	K	Imeta Barauskiene (W45)	Kent	1.50	13
5	M	Ester Ajie	Middlesex	1.50	12

1	SS	Charis O'Connor	Surrey	1.70	8
2	EE	Jess Tappin	Essex	1.65	7
3	MM	Angela Barrett	Middlesex	1.45	6
4	X	Natalie Sampson	Sussex	1.45	4.5
4	KK	Gemma Dowsett	Kent	1.45	4.5

## POLE VAULT

1	KK	Rachel Arnheim	Kent	3.61	16
2	X	Steph Smith	Sussex	3.40	15
3	E	Kirsty McIntosh	Essex	3.40	14
4	T	Sarka Robinson	Hertfordshire	3.30	13
5	M	Jade Tallent	Middlesex	2.90	12

1	K	Liz Hughes	Kent	3.50	8
2	XX	Lucy Stickland	Sussex	3.30	7
3	TT	Sue Yeomans	Hertfordshire	2.80	6
4	EE	Lauren Kennedy	Essex	2.70	5

## LONG JUMP

1	S	Sarah Wellstead	Surrey	5.93	-	16
2	M	Angela Barrett	Middlesex	5.84	-	15
3	EE	Heidi Nicholas	Essex	5.24	-	14
4	X	Katie Hardcastle	Sussex	5.20	-	13
5	K	Jodie Shaw (U20)	Kent	4.91	-	12
6	TT	Sandra Reed	Hertfordshire	4.47	-	11

1	SS	Charis O'Connor	Surrey	5.56	-	8
2	E	Aleasha Kiddle	Essex	5.16	-	7
3	KK	Amy Underdown	Kent	4.65	-	6
4	XX	Liz Maries	Sussex	3.97	-	5
5	MM	Dee Bakre	Middlesex	3.94	-	4

## TRIPLE JUMP

w/s

1	M	Angela Barrett	Middlesex	12.65	-	16
2	S	Julia Machin	Surrey	11.41	-	15
3	K	Rachel Hanagan (U20)	Kent	11.26	-	14
4	X	Katie Hardcastle	Sussex	10.66	-	13
5	E	Heidi Nicholas	Essex	10.25	-	12
6	TT	Sandra Reed	Hertfordshire	9.41	-	11

w/s

1	MM	Dee Bakre	Middlesex	11.76	-	8
2	KK	Amy Underdown	Kent	10.08	-	7
3	XX	Natalie Sampson	Sussex	10.05	-	6

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A String					
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B String					
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## SHOT

1	K	Lucy Underdown	Kent	12.11	16
2	E	Mel Harrison	Essex	11.36	15
3	S	Julia Machin	Surrey	11.31	14
4	X	Laura Duke	Sussex	11.02	13
5	M	Joanne John	Middlesex	9.22	12

1	XX	Becca Baines	Sussex	9.69	8
2	KK	Sarah Snare	Kent	9.34	7
3	EE	Zoe Young	Essex	8.99	6
4	MM	Sue Rust	Middlesex	4.92	5

## DISCUS

1	EE	Hollie Redman	Essex	42.32	16
2	K	Lucy Underdown	Kent	41.25	15
3	M	Joanne John	Middlesex	41.00	14
4	S	Angela Mitchell	Surrey	35.09	13
5	X	Joanne Davison	Sussex	33.14	12

1	KK	Rosalind Seeley	Kent	41.17	8
2	E	Mel Harrison	Essex	39.97	7
3	SS	Kasia Kublik	Surrey	31.34	6
4	MM	Debbie McCaw	Middlesex	27.15	5
5	XX	Laura Duke	Sussex	25.45	4

## HAMMER

1	E	Sarah Smith	Essex	49.07	16
2	MM	Debbie McCaw	Middlesex	47.54	15
3	X	Joanne Davison	Sussex	47.41	14
4	K	Donna Kent	Kent	41.06	13

1	M	Joanne John	Middlesex	47.40	8
2	XX	Laura Duke	Sussex	43.39	7
3	EE	Mel Harrison	Essex	36.31	6
4	KK	Claire Capon	Kent	30.02	5

## JAVELIN

1	T	Eloise Meakins	Hertfordshire	44.39	16
2	E	Emma Smith	Essex	39.46	15
3	M	Felicia Rudolfo	Middlesex	37.89	14
4	O	Amy Peacock	Oxfordshire	35.89	13
5	KK	Sarah Snare	Kent	31.81	12
6	X	Becca Baines	Sussex	28.87	11

1	K	Jodie Shaw (U20)	Kent	30.10	8
2	EE	Mel Harrison	Essex	28.65	7
3	XX	Ellen Franks	Sussex	28.61	6
4	MM	Ambwene Simukonda	Middlesex	13.00	5

## 4x100m RELAYS

1	X	Sussex	Katie Urquhart, Savannah Echel-Thomson, Laura Hitchman, Carley Wenham	49.22	16
2	E	Essex	Aleasha Kiddle, Lyndsay North, Heidi Nicholas, Rachel Giwa	49.35	15
3	K	Kent	Yasmyn Joseph (U20), Samantha Beckett (U20), Grace Sheppard (U20), Natalie Bartley	50.38	14
4	M	Middlesex	Ambwene Simukonda, Nick Famodun, Dee Bakre, Shereen Charles	50.79	13
5	H	Hampshire	Grace Patterson, Claire Paterson, Corin Reynolds, Sam Vaile	53.57	12

## 4x400m RELAYS

1	M	Middlesex	Emma Grant, Sue Rust, Angela Barrett, Ambwene Simukonda	4:01.03	16
2	X	Sussex	Carley Wenham, Steph Smith, Claire Stokes, Savannah Echel-Thomson	4:03.24	15
3	K	Kent	Samantha Beckett (U20), Yasmyn Joseph (U20), Caroline Ford (U20), Rachel Hanagan (U20)	4:08.76	14
4	E	Essex	Heather Sheppard, Stacey Wheat, Heidi Nicholas, Anna Whitfield	4:11.47	13

## Women's Results

1	K	Kent	387.5		
2	M	Middlesex	363		
3	E	Essex	344		
4	X	Sussex	323.5		
5	S	Surrey	195		
6	T	Hertfordshire	136		
7	H	Hampshire	104		
8	O	Oxfordshire	13		