

Southern Senior Inter-Counties - Overall and Mens Results - Mile End Road, London 13/07/2014

Overall Results

1	Essex	768.5
2	Middlesex	711.5
3	Kent	666.5
4	Sussex	632.5
5	Hertfordshire	505
6	Hampshire	405
7	Surrey	301
8	Oxfordshire	134

Mens Results

1	Essex	401
2	Middlesex	363
3	Sussex	352
4	Kent	319
5	Hertfordshire	287
6	Hampshire	224
7	Oxfordshire	44
8	Surrey	29

A String

Pos	Cnty	Athlete	Perf
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B String

Pos	Cnty	Athlete	Perf
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100m

w/s -1.1

1	O	Kyle Ennis	Oxfordshire	10.64
2	H	Dean Showler-Davis	Hampshire	10.83
3	M	Kyron Williams	Middlesex	10.98
4	E	Eugene Ayanful	Essex	11.06
5	X	Jason Hussain	Sussex	11.09
6	K	Darren Green	Kent	11.20
7	G	Cameron Webb	Hertfordshire	11.53

w/s -1.3

1	EE	Lee Dollard	Essex	10.99
2	KK	Benjamin Abiodun	Kent	11.09
3	HH	Jamie Gabbidon	Hampshire	11.17
4	MM	Darren Corbin	Middlesex	11.24
5	XX	Harvey Byrn	Sussex	11.26
6	GG	Peter De'ath	Hertfordshire	11.73

100m Non Scoring

w/s -1.1

1	5	Liam Ormes	Middlesex	11.13	
2	8	Chris Hewitt	Sussex	11.39	
3	88	Peter Moreno	Sussex	11.40	
4	4	Andy Millen	Kent	11.67	

w/s

200m

w/s 2.2

1	O	Kyle Ennis	Oxfordshire	21.43
2	H	Dean Showler-Davis	Hampshire	21.67
3	M	Kyron Williams	Middlesex	21.98
4	E	Jemaine Hamilton	Essex	21.99
5	X	Harvey Byrn	Sussex	22.40
6	K	Dwayne Bovell	Kent	22.49
7	G	Cameron Webb	Hertfordshire	23.11

w/s 2.2

1	EE	Lee Dollard	Essex	21.62
2	XX	Chris Hewitt	Sussex	22.41
3	GG	Max Lowery	Hertfordshire	22.41
4	MM	Darren Corbin	Middlesex	22.55
5	KK	Andy Millen	Kent	23.81

400m

1	K	Farren Morgan	Kent	48.38
2	E	Markus Hunt	Essex	49.10
3	M	Andrew Kendall	Middlesex	49.18
4	X	Ollie Smith	Sussex	49.58
5	G	Matt Hamilton	Hertfordshire	49.97
6	H	Harrison Pocock	Hampshire	51.93

1	EE	Lennox Thompson	Essex	49.23
2	MM	Isaac Ogunlade	Middlesex	49.34
3	KK	Reece Dimech	Kent	49.88
4	XX	Seb Tucknott	Sussex	50.54
5	GG	Jon Rendell	Hertfordshire	51.14
6	HH	Hywel Robinson	Hampshire	51.45

800m

1	X	Dan Stepney	Sussex	1:52.46
2	G	Nathan Wake	Hertfordshire	1:52.78
3	E	Tom Frith	Essex	1:55.59
4	M	Shaka Palmer	Middlesex	1:55.95
5	K	Dylan Rigby	Kent	1:57.10
6	H	Joseph Wales	Hampshire	2:02.40

1	MM	Jamie Taylor-Caldwell	Middlesex	1:58.87
2	KK	David Stewart	Kent	2:02.17
3	XX	John Morrey	Sussex	2:04.49
4	GG	Danny Digweed	Hertfordshire	2:11.91

1500m

1	X	Ryan Driscoll	Sussex	4:01.12
2	M	Tom Heslop	Middlesex	4:02.49
3	KK	Andrejs Safars	Kent	4:05.27
4	EE	Stephen Strange	Essex	4:05.87
5	H	Daniel Short	Hampshire	4:21.98

1	MM	Paul Martelletti	Middlesex	4:04.88
2	E	James Tydeman	Essex	4:06.78
3	K	Jack Goss	Kent	4:21.69
4	XX	John Morrey	Sussex	4:45.07
5	HH	Kevin Wheeler	Hampshire	4:59.60

5000m

1	M	Paul Martelletti	Middlesex	14:47.99
2	X	Josh Guilmont	Sussex	15:07.11
3	E	Grant Twist	Essex	15:19.93
4	H	James Knight	Hampshire	16:00.87
5	K	Tom Collins	Kent	16:22.41

1	MM	Rob Thompson	Middlesex	14:54.97
2	EE	Grant Webb	Essex	15:53.52
3	XX	Max Drumbell	Sussex	15:53.76
4	HH	Thomas Cully	Hampshire	17:06.57

5000m Non Scoring

1	8	Sean Parker	Sussex	16:13.55
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110m HURDLES

w/s 0.8

1	H	Andy Blow	Hampshire	14.38
2	X	Peter Moreno	Sussex	14.58
3	M	Ashley Wilson	Middlesex	14.75
4	G	Patrick Barrett	Hertfordshire	15.43
5	K	Peter Davey	Kent	16.16
6	E	Greg Goodrem	Essex	16.59

400m HURDLES

1	G	Alec Wing	Hertfordshire	54.09
2	E	Lennox Thompson	Essex	54.56
3	M	Jean-Charles Roghi	Middlesex	57.36
4	H	Dave Awde	Hampshire	57.76
5	K	Alex Atkins	Kent	58.37
	X	Seb Rodger	Sussex	disq

3000m STEEPLE CHASE

1	M	Ryan McKinlay	Middlesex	9:35.70
2	E	Rob Warner	Essex	9:45.27
3	K	Tim Corby	Kent	9:57.42
4	HH	Lee Tolhurst	Hampshire	10:26.35
5	G	Grant Ramsey	Hertfordshire	11:06.48
6	X	Tim Ellis	Sussex	11:10.96

3000m Walk

1	E	Dominic King	Essex	12:28.96
2	M	Francisco Reis	Middlesex	14:00.94
3	K	Luc Lukan	Kent	14:34.59
4	H	Tim Snook	Hampshire	14:45.56
5	O	Graham Chapman	Oxfordshire	15:59.01
6	GG	David Bowker	Hertfordshire	17:34.49
7	SS	Mick Harran	Surrey	18:28.04

3000m Walk Non Scoring

1	3	John Borgars	Hertfordshire	18:31.10
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HIGH JUMP

1	E	Bradley Armorjie	Essex	1.95
2	XX	Aidan Coree	Sussex	1.85
3	G	Elior Harris	Hertfordshire	1.80
4	K	Matthey Smiley	Kent	1.80
5	M	Nikson Costa	Middlesex	1.60

POLE VAULT

1	E	Liam Yarwood	Essex	4.60
2	G	Daniel Gardner	Hertfordshire	4.60
3	X	Leigh Walker	Sussex	4.40
4	H	Tom Farres	Hampshire	4.20
5	M	Pierre Bourguignon	Middlesex	4.00
6	KK	Luke Williams	Kent	3.80

LONG JUMP

w/s

1	X	Tom French	Sussex	7.08	-0.3
2	M	Darren Morson	Middlesex	6.93	0.0
3	KK	Alexander Lee	Kent	5.79	-1.9
4	GG	Elior Harris	Hertfordshire	5.73	-0.4
5	E	Emmanuel Gbegli	Essex	5.52	-2.0
	S	Paul Ogun	Surrey	njr	-

TRIPLE JUMP

w/s

1	MM	Darnte Wilson	Middlesex	14.35	-1.6
2	X	Jack Valerie	Sussex	13.76	-2.3
3	S	David Wellstead	Surrey	13.65	-2.5
4	EE	David Abiona	Essex	13.48	-0.1
5	GG	James Lonngren-Sampaio	Hertfordshire	13.44	-2.5
6	K	Ashley Buckman	Kent	12.64	-2.4

SHOT

1	E	Laurence Goodacre	Essex	15.12
2	K	Courtney Green	Kent	13.83
3	X	Matt Lasis	Sussex	13.44
4	M	Izaiah Turner-Flavius	Middlesex	10.38
5	GG	Christopher Line	Hertfordshire	9.25

DISCUS

1	M	Matt Brown	Middlesex	49.58
2	E	Chris Linque	Essex	46.66
3	X	Matt Lasis	Sussex	39.69
4	GG	Christopher Line	Hertfordshire	38.35
5	H	Dan Spencer	Hampshire	37.03
6	K	Courtney Green	Kent	31.83

w/s 1.3

1	XX	Matt Baker	Sussex	15.69
2	GG	Ayomide Byron	Hertfordshire	15.99
3	KK	Luke Williams	Kent	19.03

1	XX	George Grainger	Sussex	55.67
2	KK	Shaun Mulligan	Kent	59.28
3	EE	Greg Goodrem	Essex	59.94

1	EE	Roy Scott	Essex	10:17.59
2	H	Calum Upton	Hampshire	10:44.99
3	KK	Warren Uden	Kent	11:42.89

1	EE	Stuart Bennett	Essex	16:48.71
2	MM	Arthur Dominger	Middlesex	17:25.16
3	G	Gary Smith	Hertfordshire	18:07.84
4	S	Peter Hannell	Surrey	18:46.07

1	KK	Christopher White	Kent	1.75
2	X	George Grainger	Sussex	1.70
3	G	Paul Spicer	Hertfordshire	1.65
4	EE	Keith Palmer	Essex	1.25

1	EE	Michael Bartlett	Essex	4.20
2	MM	George Grant	Middlesex	3.80
3	HH	Dave Awde	Hampshire	3.60
4	GG	Matthias Winter	Hertfordshire	3.40
	XX	Peter Moreno	Sussex	nhr

w/s

1	MM	Ogo Anoghirionye	Middlesex	6.50	-1.0
2	XX	Noel Butler	Sussex	6.33	-0.4
3	G	Ian Tobin	Hertfordshire	5.71	-1.6
4	EE	Richard Shingleton	Essex	5.47	-1.2

w/s

1	M	Jason Richards-Thompson	Middlesex	13.78	0.0
2	E	Emmanuel Gbegli	Essex	12.83	-2.8
3	XX	Aiden Coree	Sussex	11.70	-1.3
4	KK	Steve Lake	Kent	11.28	-2.6

1	EE	Emmanuel Quarshie	Essex	13.76
2	XX	Matt Baker	Sussex	10.28

1	EE	Devon Douglas	Essex	44.64
2	MM	Izaiah Turner-Flavius	Middlesex	26.94
3	XX	Matt Baker	Sussex	26.49

HAMMER

1	X	Matt Lasis	Sussex	57.11
2	E	Harry Clarke	Essex	55.50
3	G	Jason Kingwell	Hertfordshire	43.29
4	HH	Joseph Flitcroft	Hampshire	43.02
5	M	David Norris	Middlesex	40.35
6	K	Leon Weaving	Kent	31.85

1	EE	Peter Clarke	Essex	54.95
2	XX	Matthew Evans	Sussex	50.24
3	MM	Izaiah Turner-Flavius	Middlesex	24.97

JAVELIN

1	MM	Allandre Johnson	Middlesex	57.61
2	E	David Sketchley	Essex	56.10
3	X	Edward Pillai	Sussex	53.86
4	G	Conor Martin	Hertfordshire	51.58
5	H	Jamie Broadey	Hampshire	49.41
6	K	Joe Gunton	Kent	44.26

1	M	Craig Lacy	Middlesex	57.38
2	EE	Jonathan Harvey	Essex	47.01
3	XX	Richard Reeks	Sussex	44.82
4	GG	Patrick Semark	Hertfordshire	44.13
5	KK	Joe Clark	Kent	33.19

4x100m RELAYS

1	E	Essex	David Abiona, Eugene Ayanful, Jemaine Hamilton, Lee Dollard	42.71
2	K	Kent	Darren Green, Duayne Bovell, Benjamin Abiodun, Andy Millen	43.03
3	X	Sussex	Harvey Byrn, Chris Hewitt, Noel Butler, Peter Moreno	43.52
4	G	Hertfordshire	Cameron Webb, Max Lowery, Peter De'ath,	43.56
	M	Middlesex	Kyron Williams, Darren Corbin, Liam Ormes, Ashley Wilson	disq
	H	Hampshire	Dean Showler-Davis, Jamie Gabbidon, Joseph Flitcroft, Andy Blow	disq

4x400m RELAYS

1	G	Hertfordshire	Matt Hamilton, Jon Rendell, Alec Wing, Nathan Wake	3:17.71
2	X	Sussex	Seb Rodger, Seb Tucknott, Craig Cox, Ollie Smith	3:18.00
3	M	Middlesex	Stephen Goreham, Andrew Kendall, Isaac Ogunlade, Andrew Howell	3:19.54
4	K	Kent	Farren Morgan, Reece Dimech, David Stewart, Andrejs Safars	3:23.12
5	E	Essex	Lennox Thompson, Eugene Ayanful, Stephen Strange, Markus Hunt	3:25.31
6	H	Hampshire	Harrison Pocock, Hywel Robinson, Joseph Wales, Joseph Flitcroft	3:32.89

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4	Sussex	632.5
5	Hertfordshire	505
6	Hampshire	405
7	Surrey	301
8	Oxfordshire	134

Results

1	Essex	367.5
2	Middlesex	348.5
3	Kent	347.5
4	Sussex	280.5
5	Surrey	272
6	Hertfordshire	218
7	Hampshire	181
8	Oxfordshire	90

A String

Pos		Athlete	County	Perf
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B String

Pos		Athlete	County	Perf
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100m

w/s -0.5

1	K	Montell Douglas	Kent	11.49
2	X	Kim Baptiste	Sussex	12.23
3	S	Emily DeBeaux	Surrey	12.51
4	E	Katie Skelding	Essex	12.59
5	M	Eugenie Brown	Middlesex	12.81
6	G	Emily Stevens	Hertfordshire	12.91
7	H	Hayley Coney	Hampshire	13.28

100m Non Scoring

w/s -1.1

1	4	Jodie Leslie	Kent	12.78	
2	44	Shauna McFarlane	Kent	12.92	

200m

w/s 2.0

1	X	Kim Baptiste	Sussex	24.47
2	M	Susanna Banjo	Middlesex	24.62
3	E	Katie Skelding	Essex	25.03
4	K	Ruth Onyekwe (U20)	Kent	25.06
5	S	Emily DeBeaux	Surrey	25.19
6	G	Deborah Willis	Hertfordshire	25.72
7	HH	Victoria Harfield	Hampshire	26.50

400m

1	G	Laura Wake	Hertfordshire	53.53
2	K	Kathryn Sutton	Kent	56.65
3	S	Aisha Naibe-Wey	Surrey	57.88
4	M	Tania-Cyrena Cyrus	Middlesex	59.57
5	E	Rebecca Wade	Essex	59.87
6	X	Chloe Hollamby	Sussex	62.34
7	H	Claire Netley	Hampshire	62.71

800m

1	K	Caroline Ford (U23)	Kent	2:14.14
2	S	Hannah Edwards	Surrey	2:14.25
3	G	Megan Steer	Hertfordshire	2:14.76
4	M	Kat Mertens	Middlesex	2:16.53
5	E	Natalie Kipps	Essex	2:17.42
6	O	Becky Hodgson	Oxfordshire	2:17.46
7	H	Gemma Finch (U20)	Hampshire	2:17.60

1500m

1	E	Lydia Hallam	Essex	4:32.70
2	H	Laura Brenton	Hampshire	4:33.83
3	KK	Caroline Ford (U23)	Kent	4:44.46
4	X	Fiona Clark	Sussex	4:46.80
5	M	Hannah Viner	Middlesex	4:53.71
6	G	Lizzie Parry	Hertfordshire	5:10.98

3000m

1	X	Fiona Clark	Sussex	9:57.52
2	K	Clare Elms (W50)	Kent	10:14.17
3	GG	Rebecca Hayden	Hertfordshire	10:38.49
4	MM	Sue Bint	Middlesex	10:55.06
5	E	Katie Solis	Essex	11:02.09

w/s 1.0

1	KK	Grace Sheppard (U23)	Kent	12.21
2	EE	Tayla Humm	Essex	12.49
3	SS	Shayone Simao	Surrey	12.57
4	HH	Victoria Harfield	Hampshire	12.59
5	GG	Deborah Willis	Hertfordshire	12.69
6	MM	Hephzibah Adeosun	Middlesex	12.78
7	XX	Becky Owen	Sussex	13.72

w/s

w/s 2.9

1	GG	Laura Wake	Hertfordshire	24.26
2	SS	Eva Joseph	Surrey	25.14
3	EE	Joanne Ryan	Essex	25.72
4	MM	Eugenie Brown	Middlesex	25.93
5	KK	Shauna McFarlane (U23)	Kent	25.99
6	XX	Kerri-Ann Body	Sussex	26.10

1	MM	Gemma Rous	Middlesex	57.63
2	KK	Krystal Galley (U23)	Kent	58.57
3	EE	Caroline Hill	Essex	60.39
4	GG	Laura Gallagher	Hertfordshire	60.77

1	SS	Maddy Austin	Surrey	2:15.39
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1	EE	Kirsty Tydeman	Essex	4:43.22
2	MM	Florence Bryant	Middlesex	4:54.56
3	K	Emily McKane (U20)	Kent	4:56.19

1	KK	Amy Old (U20)	Kent	10:30.77
2	G	Alex Eykelbosch	Hertfordshire	10:40.76

3000m Non Scoring

1	4	Kylara Hassall	Kent	11:15.77
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100m HURDLES

w/s 2.0

1	G	Emily Stevens	Hertfordshire	14.34
2	X	Rebecca Jennings	Sussex	14.45
3	M	Lucy Ferguson	Middlesex	14.62
4	S	Jode Albrow	Surrey	14.77
5	E	Georgia Green	Essex	14.90
6	K	Becky McInden	Kent	15.80
7	H	Danielle Horner	Hampshire	16.54

400m HURDLES

1	S	Aisha Naibe-Wey	Surrey	61.51
2	M	Leslie Delgado	Middlesex	63.11
3	E	Alex Hill	Essex	65.71
4	X	Leanne Buxton	Sussex	67.57
5	H	Claire Netley	Hampshire	67.70
6	K	Natalie Jones (U20)	Kent	67.85

3000m STEEPLE CHASE

1	E	Vicky Smith	Essex	11:30.64
2	M	Zoe Levin	Middlesex	11:45.91
3	H	Grace Crumplin	Hampshire	12:45.07
4	G	Liiza Croft	Hertfordshire	13:21.75

3000m Walk

1	M	Grazina Narviliene	Middlesex	14:30.97
2	KK	Heather Butcher (U17)	Kent	15:59.33
3	S	Penelope Cummings	Surrey	16:59.04
4	E	Linda Mountfield	Essex	20:11.67

3000m Walk Non Scoring

	4	Indigo Burgin (U17)	Kent	dnf
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HIGH JUMP

1	K	Deborah Martin (U23)	Kent	1.71
2	S	Ayamba Akim	Surrey	1.65
3	X	Robyn Petit	Sussex	1.60
3	E	Beth Siddens	Essex	1.60
5	M	Kizzi Barazetti	Middlesex	1.55
6	H	Gemma Finch (U20)	Hampshire	1.55

POLE VAULT

1	S	Amy DeBeaux	Surrey	3.60
2	E	Nancy Epsily	Essex	3.50
3	X	Lucy Stickland	Sussex	3.30
4	M	Beth Grimsey	Middlesex	3.10
4	K	Laura-Ann Henderson (U23)	Kent	3.10
6	H	Lucy Mapp	Hampshire	2.30

LONG JUMP

w/s

1	E	Kitty Elayae	Essex	5.83	-0.1
2	X	Elise Lovell	Sussex	5.70	0.0
3	HH	Victoria Harfield	Hampshire	5.61	+1.7
4	S	Jo Rowland	Surrey	5.50	0.0
5	M	Emma Gayler	Middlesex	5.45	0.0
6	O	Shana Parker	Oxfordshire	4.81	0.0
7	KK	Claire Capon	Kent	4.77	0.0
8	G	Holly Seglah	Hertfordshire	4.76	0.0

TRIPLE JUMP

w/s

1	M	Zara Asante	Middlesex	12.78	+2.1
2	EE	Kirsty Smith	Essex	12.12	+2.8
3	K	Chanel Hemmings (U23)	Kent	11.53	+2.3
4	S	Amy DeBeaux	Surrey	11.07	+2.1
5	O	Shana Parker	Oxfordshire	10.92	+2.2
6	X	Annie Onions	Sussex	10.26	+1.9
7	G	Laura Gallagher	Hertfordshire	8.59	+1.5

SHOT

1	K	Lucy Underdown	Kent	12.20
2	S	Jo Rowland	Surrey	12.11
3	G	Moe Sasegbon	Hertfordshire	11.50
4	E	Hollie Redman	Essex	11.03
5	X	Emma Kirk-Odumbi	Sussex	10.89
6	O	Christina Nick	Oxfordshire	10.48
7	H	Ros Stanebury	Hampshire	9.80
8	M	Debbie McCaw	Middlesex	9.50

w/s 2.8

1	XX	Elise Lovell	Sussex	14.61
2	MM	Djanira Costa	Middlesex	14.96
3	EE	Amy Richards	Essex	16.28
4	KK	Hatshepsut James (U23)	Kent	16.33
5	SS	Laura Reilly	Surrey	16.46

1	MM	Lucy Ferguson	Middlesex	63.37
2	EE	Martine Bomb	Essex	64.39
3	KK	Hatshepsut James (U23)	Kent	64.40

1	K	Sophie Lewis-Ward (U17)	Kent	16:26.11
2	SS	Fiona Bishop	Surrey	19:55.74

1	SS	Jo Rowland	Surrey	1.55
2	XX	Becky Owen	Sussex	1.55
3	EE	Lucy Howe	Essex	1.50
4	KK	Katherine Hamilton	Kent	1.45
5	MM	Anne-Christine Scherer	Middlesex	1.45

1	EE	Emily Bullied	Essex	2.70
2	KK	Sonia Woolhouse (U20)	Kent	2.50
	MM	Rocio Ortega	Middlesex	nhr
	HH	Claudia Cabbage	Hampshire	nhr

1	SS	Emily Martin	Surrey	5.32	-0.5
2	EE	Georgia Green	Essex	5.12	-0.9
3	MM	Whitney Idowe	Middlesex	5.04	0.0
4	XX	Becky Owen	Sussex	4.50	0.0
	K	Joanne Ware (U20)	Kent	ndr	

1	E	Jade Morgan	Essex	11.30	+3.2
2	MM	Whitney Idowe	Middlesex	11.27	+3.1
3	XX	Becky Owen	Sussex	9.45	+3.1
4	KK	Claire Capon	Kent	9.39	+2.7

1	XX	Laura Duke	Sussex	10.79
2	EE	Sue Lawrence	Essex	9.70
3	MM	Anne-Christine Scherer	Middlesex	9.44
4	HH	Anna Stevens	Hampshire	8.73
5	KK	Nicola Gregory (U20)	Kent	8.29
6	OO	Aislinn Baird	Oxfordshire	7.84

DISCUS

1	E	Hollie Redman	Essex	44.30
2	K	Lucy Underdown	Kent	42.06
3	S	Pippa Wingate	Surrey	39.68
4	X	Emma Kirk-Odumbi	Sussex	37.89
5	M	Laura Britane	Middlesex	33.92
6	O	Christina Nick	Oxfordshire	32.59
7	G	Emma Phillipson	Hertfordshire	27.05
8	H	Anna Stevens	Hampshire	25.68

1	EE	Sam Milner	Essex	42.00
2	KK	Chelsey Evers (U20)	Kent	40.40
3	SS	Carla Letheby	Surrey	34.88
4	XX	Sarah Hewitt	Sussex	33.03
5	MM	Siobhan Drummond	Middlesex	31.30
6	OO	Aislinn Baird	Oxfordshire	24.43

HAMMER

1	X	Louisa James	Sussex	59.47
2	MM	Charlotte Gould	Middlesex	46.09
3	SS	Carla Letheby	Surrey	43.23
4	H	Ros Stanbury	Hampshire	42.80
5	O	Aislinn Baird	Oxfordshire	42.73
6	EE	Paula Peatty	Essex	39.90
7	K	Donna Kent	Kent	39.03
8	G	Frances Gross	Hertfordshire	32.57

1	M	Debbie McCaw	Middlesex	45.74
2	XX	Laura Duke	Sussex	40.47
3	OO	Jenny Richards	Oxfordshire	40.22
4	E	Chloe Cockell	Essex	37.95
5	KK	Claire Capon	Kent	37.71
6	HH	Anna Stevens	Hampshire	36.08
	S	Pippa Wingate	Surrey	ndr

JAVELIN

1	X	Katy Watts	Sussex	48.93
2	G	Eloise Meakins	Hertfordshire	47.23
3	M	Laura Britane	Middlesex	43.38
4	E	Louise Lockwood	Essex	40.26
5	S	Carla Letheby	Surrey	35.66
6	K	Leanne O'Donovan (U20)	Kent	31.24
7	O	Aislinn Baird	Oxfordshire	27.43
8	H	Anna Stevens	Hampshire	14.57

1	SS	Jodie Albrow	Surrey	33.58
2	MM	Georgie Floyd	Middlesex	32.07
3	XX	Elise Lovell	Sussex	30.13
4	GG	Kirsty Bateman-Foley	Hertfordshire	29.26
5	EE	Katherine Ellis	Essex	28.81
6	KK	Elizabeth Duffin	Kent	23.56

4x100m RELAYS

1	K	Kent	Jodie Leslie, Ruth Onyekwe (U20), Grace Sheppard (U23), Montell Douglas	46.81
2	E	Essex	Georgia Green, Joanne Ryan, Katie Skelding, Kitty Elayae	48.27
3	X	Sussex	Kim Baptiste, Robyn Petit, Rebecca Jennings, Elise Lovell	49.32
4	M	Middlesex	Djanira Costa, Eugenie Brown, Kizzi Barazetti, Tania-Cyrena Cyrus	49.95

4x400m RELAYS

1	G	Hertfordshire	Emily Steevns, Laura Gallagher, Deborah Willis, Laura Wake	3:51.85
2	M	Middlesex	Gemma Rous, Lucy Ferguson, Kat Mertens, Susanna Banjo	3:53.30
3	K	Kent	Kathryn Sutton, Jodie Leslie, Natalie Jones (U20), Kathryn Sutton	5:54.13
4	E	Essex	Lydia Hallam, Joanne Ryan, Caroline Hill, Alex Hill	3:57.69