

LONDON INTER CLUB CHALLENGE

ALLIANZ PARK - SATURDAY 30 Jul 2016

		1 5000m walk		
1	382	Reis	Francisco	M55
2	389	Malcolm	Martin	M60
3	393	Penelope	Cummings	W40
4	392	Steve	Allen	M60
5	388	Graham	Chapman	M60
6	390	Gray	Smith	M60
7	394	John	Ralph	M55
8	400	Helen	Middleton	W50
9	384	John	Leslie Borgars Anthony	M70
10	386	Shaun	Lightman	M70
11	395	Dan	Maskell	M70
12	391	David	Kates	M65
13	398	Arthur	Thomson	M80
14	380	Sean	Pendep	M60
15	383	Lynn	Jones	W55
16	396	David	Hoben	M60
17	387	Anthony	Ernest Cotton	M75
18	397	Stephen	Cartwright	M55
19	399	Mareie	Esson	W50
20	385	Jon	May	M65
		3000m walk		
1	381	Ken	Livermore	M80
		1 3000m		
1	135	Charlotte	Johnston	U20W
2	148	James	Connell	M40
		1 400m Hurdles		
1	191	Sam	Shore	SM
2	171	Jack	Avery	U23M
3	117	Peter	Benedickter	M45
4	116	Jack	Benedickter	U23M
1	126	Megan	Sims	U17W
2	192	Gladys	Ngetich	SW
1	128	Haydn	Williams	U15B
		3 1500m Steeplechase		
1	207	Jaran	Finn	M45

2	152	Lewis	Harknett	U17M
3	225	Andrew	Rolt	M45
4	197	David	Shortridge	M45
4		1 800m race 1		
1	186	Ramone	Martinez-Rodney	SM
2	226	Benjamin	Anderson	SM
3	180	Yusuf	Bizimana	U17M
4	190	Niki	Faulkner	SM
5	163	Richard	Macaulay	SM
6	238	Charles	Hardy	SM
7	157	Damian	Nevins	SM
8	160	Edward	Garrett	M40
4		2 800m race 2		
1	161	Liam	Garrett	U17M
2	179	Finn	Harvey	U15B
3	154	Chris	Jones	SM
4	230	Nathan	Tadesse	U17M
5	222	Adam	Stewart	U20M
6	153	Owen	Harknett	U17M
7	195	Oliver	Greenstein	U20M
8	187	Jason	List	U15B
4		3 800m race 3		
1	194	Daniel	Greenstein	U15B
2	168	Mia	Groom	U15G
3	228	Lile	Cornwell	U17W
4	239	Stefano	Bertero	U13B
5	189	Natasha	Tanner	U13G
6	102	Katie	Brennan	U13G
7	261	Zoe	Davis	U13G
8	134	Rebecca	Jeffery	U13G
5		1 100m Women		0.3 M/S
1	48	Shereen	Charles	SW
2	172	Shania	Umah	U15G
3	188	Ellen	Frankin	SW
4	136	Chinwe	Iwunze	U17W
5	246	Zuriel	Owolana	U15G
6	51	Hephzibah	Adeosun	U23W
7	254	Kyesha	Robinson	U17G
8	176	Megan	Shaw	U17W
6		1 100m race 1		1.6 M/S
1	55	Omar	Grant	U23M
2	42	Jahde	Williams	U20M
3	57	Olamide	Lanihum	U20M
4	59	Gideon	Okoh	SM
5	61	Rory	Roberts	U23M
6	62	Kamal	Mitchell	U20M
7	46	Ryan	Olson	SM

8	44	Camerson	Challis	U20M
6		2 100m race 2		1.2 M/S
1	69	Reginald	Okehie	U23M
2	56	Frank	Ahanon	U20M
3	233	Saoirse	Chinery-Edoo	SM
4	64	Eniola	Oluwasanya	SM
5	63	Daniel	John	U20M
6	249	Matteo	Okogie	U20M
7	54	Marvin	Tuffour	SM
6		3 100m race 3		1.5 M/S
1	53	Luke	Sargeant	SM
2	65	Ishmael	Smith-John	U23M
3	45	Sean	Lodovica	U23M
4	43	Jan	Walvsiak	U23M
5	58	Benjamin	Noel	U23M
6	247	Javone	Walcott	U20M
7	60	Andrew	Nicolaou	U15B
6		4 100m race 4		1.3 M/S
1	243	Chaka	Maillet	SM
2	264	Richard	Carr	SM
3	232	Matthew	Mbriwa	U20M
4	68	Chukwueka	Okwor	SM
5	248	Nima	Jam	SM
6	67	Jerome	Lule	U23M
7	237	John	Crowle	SM
8	66	Nicholas	Shaw	U15B
6		5 100m race 5		1.1 M/S
1	49	Jacob	Berkeley	U20M
2	151	Shinawat	Jaidee	U17M
3	115	Anthony	Bloom	U20M
4	138	Dominique	Olaniyi	U17M
5	110	Josh	Kumar	U17M
6	273	Kieran	Byard-Chambers	U15B
7	277	Miles	Kershaw	SM
6		6 100m race 6		2.8 M/S
1	50	Steven	Edwards	SM
2	235	Scott	Stoll	SM
3	118	Tristan	Procida	U15M
4	221	Kyron	Morgan	U15B
5	198	Rohan	Samuel	SM
6	182	Berenger Ulric	Akue Assoumou	M35
7	255	Alex	Sokefun	U17M
6		7 100m race 7		2.4 M/S
1	166	Joshua	Pearson	U15B
2	260	Dylan	Penketh	U17M
3	109	Joel	Wynter	U20M

4	155	Michael	Kobeh	U17M
5	231	Anthony	Khorassandjian	U17M
6	184	Remi	Jokosenumi	U13B
7	52	Justin	Henry	U15B
6		8 100m race 8		1.3 M/S
1	216	George	Muana	U20M
2	132	Tomas	Marino	U20M
3	240	James	Sullivan	SM
4	274	Neil	Kirkham	SM
5	236	Michael	Jones	M50
6	108	Asani	Jackson	SM
6		9 100m race 9		0.3 M/S
1	265	Imaan	Dennis	U15G
2	150	Alexander	Dikeocha	U17M
3	223	Nick	Lauder	M45
4	245	Odera	Umeugoji	U15B
5	206	Wole	Odele	M50
6	137	Michael	Bense	M45
7	278	Luca	Cardines	U15B
6		10 100m race 10	-3.1 (sic)	M/S
1	131	Jessica	Armah	SW
2	199	Esther	Fatuade	U15G
3	286	Chira	Hussey	U15G
4	178	Latifah	Harris-Osman	U15G
5	202	Rebecca	Fafowora	U17W
6	234	Esther	Fuja	U23W
7	175	Ellie	Cleveland	U15G
6		11 100m race 11		0.3 M/S
1	283	Jude	Kanor	SM
2	147	Glen	Reddington	M50
3	133	Pierrette	Simuene	U17W
4	241	Jody	Walker-Payne	U15G
5	170	Sharnna	Henry	SW
6	229	Rochan	Jegathe Eswaran	U13B
6		12 100m race 12		2.0 M/S
1	214	Owen	Eversley	U15B
2	215	Khuwayne	Linton	U17M
3	224	Paul	Goodison	M50
4	271	Dara	Apoola	U15G
5	47	Harriet	Trendall	U17W
6	103	Shakira	Riley	U15G
7	242	Alishia	Abodunde	SW
6		13 100m race 13		2.9 M/S
1	162	Charile	Maw	U23M
2	183	Jamie-Leigh	White	U15G
3	285	Arnold	Dikeocha	U13B

4	174	Paige	Simmonds	U15G
5	200	Mya	Green	U13G
6	181	Sharni	Raymond	SM
7	185	William	Rugg	M50
6		14 100m race 14		1.4 M/S
1	209	Laura	Brown	U17W
2	165	Lauren	Hendry	SW
3	217	Jeron	Bryan	U13B
4	205	Billy	Blake	U13B
5	256	Josephine	Martin	M55
6	203	Isabella	Cain	U15G
6		15 100m race 15		-0.2 M/S
1	218	Alim	Sesay	U13B
2	284	Helene	Kehoe	W50
3	279	Rio	Cardines	U11G
4	258	Ned	Mohammadian	U11B
5	139	Lucy	Marcus	U13G
7		1 400m race 1		
1	310	Samuel	Adeyemi	SM
2	299	Micheal	Skee	SM
3	308	Hugo	Fleming	U23M
4	171	Jack	Avery	U23M
5	204	Harry	Russell	U23M
6	302	Kristian	Brown	U20M
7	268	Alex	Babb	SM
7		2 400m race 2		
1	166	Joshua	Pearson	U15B
2	235	Scott	Stoll	SM
3	291	Joseph	Peppiatt	U20M
4	304	Thomas	Spellman	U20M
5	277	Miles	Kershaw	SM
6	257	Mittio	Mohammadian	U15B
7		3 400m race 3		
1	216	George	Muana	U20M
2	289	Gregory	Ducat	SM
3	274	Neil	Kirkham	SM
4	292	Peter	Ilo	M55
5	157	Damian	Nevins	SM
6	262	Carolina	Duante	SW
7	281	Chloe	Thornton	U20W
7		4 400m race 4		
1	293	Hermione	Plumptre	SW
2	266	Alex	Macauley	SM
3	187	Jason	List	U15B
4	306	Seyi	Fari	U17M

5	236	Michael	Jones	M50
6	282	Grace	Gentry	U17G
7		5 400m race 5		
1	164	Noelle	O'Regan	SW
2	244	Amy	Rutherford	SW
3	272	Tracy	Bezance	W50
4	303	Shara	Dooley	W40
5	219	Abdul	Sesey Kamin	U13B
6	210	Tamari	Taylor	U13B
8		1 75m Hurdles		0.8 M/S
1	175	Ellie	Cleveland	U15G
2	295	Kara	Onuri	U15G
3	167	Cristina	Potter	U15G
4	145	Holly	Taylor	U15G
		70m Hurdles		0.8 M/S
1	305	Robert	Maggio	M70
8		2 100m Hurdles		2.1 M/S
1	147	Glen	Reddington	M50
8		2 80m Hurdles mixed		2.1 M/S
1	142	Nicole	Parcell	U17W
2	177	Sophia	Obi	U17W
3	129	Ralph	Williams	U15B
4	311	Ted	Parker	U15B
5	176	Megan	Shaw	U17W
9		1 200m Women A		1.8 M/S
1	270	Ocean	Lewis	U20W
2	280	Saleha	Imaan Denis	U15G
3	246	Zuriel	Owolana	U15G
4	131	Jessica	Armah	SW
5	293	Hermione	Plumptre	SW
6	172	Shania	Umah	U15G
7	51	Hephzibah	Adeosun	U23W
8	286	Chira	Hussey	U15G
10		1 200 race 1		2.8 M/S
1	55	Omar	Grant	U23M
2	74	Richard	Morrisey	SM
3	42	Jahde	Williams	U20M
4	57	Olamide	Lanihum	U20M
5	310	Samuel	Adeyemi	SM
6	75	Akeen	Akintokun	SM
7	70	Blango	Columba	SM
10		2 200 race 2		1.8 M/S
1	71	Alexander	Evelegh	U23M
2	53	Luke	Sargeant	SM

3	56	Frank	Ahanon	U20M
4	61	Rory	Roberts	U23M
5	232	Matthew	Mbriwa	U20M
6	54	Marvin	Tuffour	SM
7	268	Alex	Babb	SM
10		3 200m race 3		2.2 M/S
1	65	Ishmael	Smith-John	U23M
2	264	Richard	Carr	SM
3	58	Benjamin	Noel	U23M
4	173	Dominic	Ogbechie	U15B
5	67	Jerome	Lule	U23M
6	73	Leslie	Odamten-Addy	SM
10		4 200m race 4		3.4 M/S
1	110	Josh	Kumar	U17M
2	49	Jacob	Berkeley	U20M
3	233	Saoirse	Chinery-Edoo	SM
4	277	Miles	Kershaw	SM
5	138	Dominique	Olaniyi	U17M
6	296	Mark	Collins	SM
7	237	John	Crowle	SM
10		5 200m race 5		1.3 M/S
1	59	Gideon	Okoh	SM
2	115	Anthony	Bloom	U20M
3	249	Matteo	Okogie	U20M
4	312	Ming	Wang-Koh	SM
5	317	Valentina	Tsiakoria	SM
6	291	Joseph	Peppiatt	U20M
7	319	Ace	Ezegbe	SM
10		6 200m race 6		2.0 M/S
1	248	Nima	Jam	SM
2	60	Andrew	Nicolaou	U15B
3	151	Shinawat	Jaidee	U17M
4	273	Kieran	Byard-Chambers	U15B
5	260	Dylan	Penketh	U17M
6	118	Tristan	Procida	U15M
7	221	Kyron	Morgan	U15B
8	182	Berenger Ulric	Akue Assoumou	M35
10		7 200m race 7		2.0 M/S
1	247	Javone	Walcott	U20M
2	214	Owen	Eversley	U15B
3	231	Anthony	Khorassandjian	U17M
4	155	Michael	Kobeh	U17M
5	240	James	Sullivan	SM
6	223	Nick	Lauder	M45
7	283	Jude	Kanor	SM
10		8 200m race 8		2.4 M/S

1	150	Alexander	Dikeocha	U17M
2	136	Chinwe	Iwunze	U17W
3	137	Michael	Bense	M45
4	159	Martin	Procter	M50
5	234	Esther	Fuja	U23W
6	72	Cartier	Yearwood	U15G
7	175	Ellie	Cleveland	U15G
10		9 200m race 9		0 M/S
1	129	Ralph	Williams	U15B
2	199	Esther	Fatuade	U15G
3	316	Catriona	Marriott	U20M
4	164	Noelle	O'Regan	SW
5	242	Alishia	Abodunde	SW
6	306	Seyi	Fari	U17M
10		10 200m race 10		2.2 M/S
1	183	Jamie-Leigh	White	U15G
2	178	Latifah	Harris-Osman	U15G
3	313	Samuel	Oshodi	U13B
4	321	Djennie	Gregario	U17W
5	272	Tracy	Bezance	W50
6	209	Laura	Brown	U17W
10		11 200m race 11		2.2 M/S
1	278	Luca	Cardines	U15B
2	205	Billy	Blake	U13B
3	130	Rhys	Feaviour	U15B
4	309	Isobel	Parker	U15B
5	145	Holly	Taylor	U15G
6	298	Yolanda	Broek	W50
7	288	Elle	Hopping	U20W
10		12 200m race 12		0 M/S
1	218	Alim	Sesay	U13B
2	217	Jeron	Bryan	U13B
3	193	Samuel	Greenstein	U13B
4	284	Helene	Kehoe	W50
5	212	Kerlis	Nambol	U15G
6	315	Alan	Perry	M60
7	279	Rio	Cardines	U11G
8	139	Lucy	Marcus	U13G
11		1 110m Hurdles VM		2.1 M/S
1	323	Joe	Appiah	M45
12		1 1500m Mixed		
1	169	George	Groom	U17M
2	308	Hugo	Fleming	U23M
3	325	Jem	O'Flaherty	U17M
4	161	Liam	Garrett	U17M
5	149	Graeme	Jones	M40

6	269	Joseph	Mckeown	SM
7	239	Stefano	Bertero	U13B
8	324	Rose	Garrett	U13G
Long Jump			Pool A	
1	125	Eusebio	Da Silva	SM
2	109	Joel	Wynter	U20M
3	111	Marvin	Sinclair	SM
4	114	Alfredo	Melao	M60
5	118	Tristan	Procida	U15M
Long Jump			Pool B	
1	220	Kieron	Morgan	SM
2	196	Sharan	Ramkorun	U15B
3	159	Martin	Procter	M50
4	205	Billy	Blake	U13B
1	142	Nicole	Parcell	U17W
2	208	Temi	Erinoso	SW
3	246	Zuriel	Owolana	U15G
4	167	Cristina	Potter	U15G
5	145	Holly	Taylor	U15G
6	177	Sophia	Obi	U17W
7	165	Lauren	Hendry	SW
8	139	Lucy	Marcus	U13G
Triple Jump			Pool 1	
1	201	Carl	Britto	SM
2	300	Chris	Harris	SM
3	231	Anthony	Khorassandjian	U17M
4	227	Jeff	Hagan	U15B
5	245	Odera	Umeugoji	U15B
1	297	Ugne	Liuksaityte	SW
Triple Jump			Pool 2	
1	322	Luke	Parker	M35
1	320	Marissa	John	SW
High Jump				
1	340	Paul	Neale	U20M
2	370	Johan	Warensjo	U20M
3	362	Devonte	Alcendor	U15B
4	151	Shinawat	Jaidee	U17M
5	313	Samuel	Oshodi	U13B
6	150	Alexander	Dikeocha	U17M
7	219	Abdul	Sesey Kamin	U13B
8	239	Stefano	Bertero	U13B

1	295	Kara	Onuiri	U15G
2	127	Fiona	McQuire	U20W
3	199	Esther	Fatuade	U15G

Pole Vault

1	162	Charile	Maw	U23M
2	253	Bilen	Ahmet	SM
3	371	Richard	Phelan	M50

1	96	Elise	Swatton	U15G
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Javelin

1	233	Saoirse	Chinery-Edoo	SM
2	220	Kieron	Morgan	SM

1	307	Georgie	Floyd	U23W
2	165	Lauren	Hendry	SW

1	187	Jason	List	U15B
2	156	Jonny	Rugg	U15B
3	311	Ted	Parker	U15B
4	130	Rhys	Feaviour	U15B

1	301	Holly	Hall	U15G
2	314	Olivia	Steele	U15G
3	252	Emily	Wilcock	U17W
4	167	Cristina	Potter	U15G

1	318	Benjamin	Hocking	U13B
2	219	Abdul	Sesey Kamin	U13B
3	210	Tamari	Taylor	U13B

1	251	Lucy	Wilcock	U13G
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Shot

1	123	Joey	Watson	SM
2	253	Bilen	Ahmet	SM
3	322	Luke	Parker	M35
4	250	Daniel	Tang	SM

1	302	Kristian	Brown	U20M
2	132	Tomas	Marino	U20M
3	121	Peter	Wishart	M55

1	124	Harrison	Wall	U17M
2	215	Khuwayne	Linton	U17M

1	294	Ivan	Ivanovic	M75
2	130	Rhys	Feaviour	U15B

1	288	Elle	Hopping	U20W
2	287	Molly	Hopping	U20W
3	127	Fiona	McQuire	U20W
1	143	Samantha	Callaway	U15G
2	142	Nicole	Parcell	U17W
3	211	Imani	Rupert-Em-Hru	U15G
		Hammer	Pool 1	
1	123	Joey	Watson	SM
1	124	Harrison	Wall	U17M
1	101	Paige	Barnes	U20W
		Hammer	Pool 2	
1	253	Bilen	Ahmet	SM
2	250	Daniel	Tang	SM
1	124	Harrison	Wall	U17M
2	267	Ramzan	Mohsan	U17M
1	287	Molly	Hopping	U20W
1	259	Louisa	Pitsialis	U17W
2	144	Elizabeth	Finch	U15G
		Discus	Pool 1	
1	106	Zane	Duquemin	SM
2	104	Greg	Thompson	U23M
3	113	Angus	McInroy	SM
4	140	Christopher	Linque	SM
5	122	Matthew	Baptiste	SM
6	141	Devon	Douglas	SM
7	123	Joey	Watson	SM
8	112	Anthony	Soalla-Bell	M35
1	105	Matthew	Callaway	U20M
1	121	Peter	Wishart	M55
1	119	Neville	Thompson	M60
1	107	Shadine	Duquemin	SW
2	120	Tait	Jones	U17W
3	127	Fiona	McQuire	U20W
		Discus	Pool 2	
1	106	Zane	Duquemin	SM
2	253	Bilen	Ahmet	SM

3	250	Daniel	Tang	SM
1	132	Tomas	Marino	U20M
1	121	Peter	Wishart	M55
2	267	Ramzan	Mohsan	U17M
1	276	Kai	Tunstall	U15B
2	130	Rhys	Feaviour	U15B
1	294	Ivan	Ivanovic	M75
1	107	Shadine	Duquemin	SW
2	120	Tait	Jones	U17W
3	143	Samantha	Callaway	U15G
4	301	Holly	Hall	U15G
5	275	Tatia	Tunstall	U15G
6	287	Molly	Hopping	U20W
7	144	Elizabeth	Finch	U15G
1	251	Lucy	Wilcock	U13G
2	102	Katie	Brennan	U13G

430



SCVAC	24:41.11
Surrey Walking Club	28:21.37
AFD	29:10.92
Barnet and District AC	29:39.94
Headington	29:46.44
E&H	30:00.93
E&H	30:11.20
E&H	30:46.44
Loughton AC	31:08.57
Surrey Walking Club	31:37.37
Surrey Walking Club	31:46.65
Iford AC	31:47.91
E&H	32:00.49
E&H	33:19.44
E&H	33:22.76
Surrey Walking Club	35:29.29
BRJ	35:53.24
Colchester and Tendring AC	36:05.74
Unattached	37:24.60
EHAC	37:57.49
E&H	25:44.73
SBH	11:08.11
London Heathside Runners AC	11:20.43
Belgrave	55.39
Basildon	58.37
Bedford & County Ac	59.61
Bedford & County AC	01:00.42
Peterborough AC/E&H	01:06.72
Achilles	01:07.52
Stevenage	01:09.23
Serpentine	05:08.02

Harlow AC	05:08.32
Vale of Aylesbury AC	05:28.21
VPTH	06:36.71

VPTH	01:57.11
N/A	01:58.25
Iford AC	01:58.39
Achilles	01:59.03
London Heathside	01:59.34
London Heathside	01:59.84
Harrow AC	02:02.22
London Heathside	02:02.31

London Heathside	02:09.52
SBH	02:10.49
Harrow AC	02:10.89
SBH	02:13.14
Highgate Harriers	02:14.63
Harlow	02:16.18
SBH	02:18.19
STEVENAGE AC	02:18.85

SBH	02:21.14
SBH	02:29.32
SBH	02:34.93
S Factor	02:42.63
SBH	02:47.62
Harlow Athletics Club	02:57.29
SBH	02:59.66
SBH	03:02.62

Manual	
SBH	12.21
Highgate Harriers	12.55
AFD	12.55
SBH	12.58
Harrow	12.61
Achilles	12.67
WGEL	13.05
WSEH	13.95

Manual	
Harrow AC	10.71
Hillingdon AC	10.80
TVH	11.03
Kingston Upon Hull AC	11.06
EHAC	11.07
TVH	11.16
NEB	11.18

WSEH	11.22
Manual	
SBH	11.14
WSEH	11.17
Harrow	11.30
VPTH	11.33
TVH	11.38
Cambridge Harriers	11.40
VPTH	11.42
Manual	
Kent AC	11.05
Blackheath & Bromley	11.12
SBH	11.17
WSEH	11.25
Highgate Harriers	11.38
Cambridge Harriers	11.58
SBH	11.59
Manual	
TVH	11.17
Harrow AC	11.28
Harrow	11.30
WSEH	11.34
TVH	11.41
SBH	11.41
Highgate Harries	11.54
SBH	11.75
Manual	
SBH	11.34
SBH	11.49
Harrow	11.50
Harrow AC	11.57
SBH	11.64
SBH	11.72
Serpentine	11.86
Manual	
HAWCS	11.73
NEB	11.74
SBH	11.78
Blackheath & Bromley	11.97
Harrow AC	11.97
TVH	12.18
Harrow AC	12.36
Manual	
Windsor SEH	11.71
Highgate Harriers	11.92
ESM	12.14

SBH	12.22
SBH	12.29
Harrow	12.34
Harrow AC	12.60

S Factor	11.87
Achilles	11.91
Dundrum South Dublin	12.50
VPTH	12.63
E&H	12.70
Unattached	14.41

Harrow AC	12.57
SBH	12.63
VETS AC	12.66
SBH	12.72
Cambridge Harriers	12.80
London Heathside	12.80
SBH	13.64

WSEH	12.77
SBH	13.13
HHH	13.16
SBH	13.23
WGEL	13.25
HHH	13.30
WSEH	13.82

SBH	12.82
WSEH	13.14
EHAC	13.16
SBH	13.35
Harrow AC	13.44
Harrow AC	14.14

S Factor	12.12
S Factor	12.93
Harrow AC	13.05
SBH	13.08
HILLINGDON AC	13.12
SBH	13.21
London Heathside	13.30

Winchester	13.04
WSEH	13.37
SBH	13.41

HAWCS	13.49
Harrow AC	13.60
TVH	13.63
E&H	14.24

S Factor	13.56
London Heathside	13.89
S Factor	13.91
WSEH	14.32
B&B	14.36
WGEL	14.47

S Factor	13.91
London Heathside	15.09
Unattached	15.84
SBH	16.57
SBH	16.76

HHH	48.80
E&H	50.47
Achilles	50.51
Basildon	50.66
Newbury AC	51.24
Basildon	52.61
VPTH	53.83

Windsor SEH	50.86
NEB	52.75
SBH	52.97
WSEH	54.18
Serpentine	54.91
SBH	55.06

S Factor	54.72
London Heathside	56.20
VPTH	56.54
Barnet & District AC	57.43
Harrow AC	58.07
VPTH	58.56
E&H	59.24

Birchfield Harriers	58.96
London Heathside	59.59
STEVENAGE AC	01:00.08
SBH	01:01.01

E&H	01:01.07
HAWCS	01:01.60
London Heathside	01:03.50
Highgate Harriers	01:05.25
Southampton	01:05.64
ST Marys Richmond	01:10.47
S Factor	01:14.41
S Factor	01:15.01
WSEH	11.94
SBH	12.14
SBH	12.17
SBH	13.13
Eton Manor AC	19.45
WSEH	15.54
HAWCS	11.85
SBH	12.02
Stevenage & North Herts	12.13
SBH	12.46
WSEH	12.80
Manual	
VPTH	24.90
Harrow	25.37
Harrow	25.62
WSEH	25.64
Birchfield Harriers	26.03
Highgate Harriers	26.12
Achilles	26.25
HHH	26.46
Harrow AC	21.59
SBH	21.61
Hillingdon AC	21.70
TVH	21.93
HHH	21.98
NEB	22.14
VPTH	22.24
Highgate Harriers	22.32
Kent AC	22.51

WSEH	22.55
EHAC	22.71
Harrow	22.85
VPTH	22.93
VPTH	23.36

Blackheath & Bromley	22.27
Harrow AC	22.77
Highgate Harriers	23.09
Highgate Harriers	23.14
SBH	23.17
SBH	23.67

SBH	22.90
SBH	23.08
Harrow	23.12
Serpentine	23.31
Harrow AC	23.33
Southampton AC	23.59
Highgate Harries	23.94

Kingston Upon Hull AC	23.00
Harrow	23.19
Cambridge Harriers	23.52
Achilles	23.84
U/A	24.06
SBH	24.27
VPTH	24.87

TVH	23.62
SBH	23.70
SBH	23.91
SBH	23.94
Highgate Harriers	24.33
SBH	24.34
Blackheath & Bromley	24.56
TVH	25.15

Cambridge Harriers	23.72
S Factor	24.85
SBH	25.06
SBH	25.28
Dundrum South Dublin	25.30
VETS AC	25.81
SBH	25.93

SBH	25.73
SBH	26.25
London Heathside	26.37
HAWCS	26.59
HHH	26.68
Harrow AC	27.09
WSEH	28.10

Stevenage & North Herts	25.31
SBH	26.74
Achilles	27.09
London Heathside	27.21
London Heathside	27.58
SBH	27.85

WSEH	27.94
SBH	27.98
WGEL	28.14
SBH	28.32
Southampton	28.48
S Factor	36.17

SBH	27.96
WSEH	29.12
Hillingdon	29.14
B&D	29.42
SBH	29.64
EHAC	29.76
SBH	32.91

S Factor	28.99
S Factor	29.96
SBH	30.73
London Heathside	30.76
S Factor	31.38
Harrow	31.58
Unattached	33.43
SBH	36.14

Kent AC	15.59
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SBH	04:07.70
Achilles	04:16.54
London Heathside	04:20.69
London Heathside	04:21.08
Harrow	04:34.22

London Heathside	04:52.38
S Factor	05:32.49
London Heathside	05:35.12

NEB	6.50	0.6
ESM	6.10	1.1
Newham & Essex Beagles	5.67	0.4
SBH	5.51	0.8
SBH	5.29	0.9

N/A	5.66	1.0
SBH	4.98	0.2
HAWCS	4.87	0.4
WSEH	4.05	0.7

HAWCS	5.57	2.0
NEB	5.29	1.7
Harrow	5.26	0.6
SBH	4.49	0.8
SBH	4.41	0.4
SBH	4.39	0.2
London Heathside	3.49	1.6
SBH	2.90	1.1

Achilles	14.09	1.6
Wakefield	12.27	1.6
SBH	11.67	1.3
SBH	11.38	0.6
SBH	11.21	1.0

TVH	11.51	1.6
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Serpentine	8.51 NWI
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TVH	10.03 NWI
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E&H	1.90
Swindon	1.80
Harrow	1.70
SBH	1.40
WGEL	1.35
SBH	1.35
S Factor	1.20
S Factor	1.20

SBH	1.55
SBH	1.40
SBH	1.30
Winchester	4.10
Achilles	3.30
HUNTS AC	3.30
Blackheath & Bromley	2.20
Harrow	38.49
N/A	33.61
SBH	36.82
London Heathside	10.99
STEVENAGE AC	38.86
E&H	36.31
SBH	27.89
Hillingdon	16.05
Hillingdon	38.62
Hertford and Ware Combines	38.04
Hillingdon	30.94
SBH	27.12
SBH	31.50
S Factor	16.58
S Factor	12.18
Hillingdon	18.21
WSEH	16.19
Achilles	9.95
Serpentine	6.20
Kings College London	6.10
Basildon	11.52
Achilles	9.26
Cambridge Harriers	9.35
Windsor	10.84
S Factor	8.80
Achilles	9.96
Hillingdon	6.31

SBH	8.79
B&D	8.45
SBH	8.33
Southampton	11.92
HAWCS	11.72
S Factor	6.61
WSEH	50.46
Windsor	51.59
Loughborough	43.11
Achilles	26.27
Kings College London	16.98
Windsor	48.16
NEB	38.55
SBH	20.80
SBH	34.33
Chelmsford	29.25
SBH	61.24
SBH	56.06
SBH	53.48
WGEL	48.72
NEB	46.34
WGEL	45.82
WSEH	43.98
SBH	35.35
Southampton	43.22
Cambridge Harriers	32.86 1.5kg
SBH	53.39 1kg
SBH	50.73
Walton	39.20
SBH	33.94
SBH	59.49
Achilles	26.67

Kings College London	15.68
Achilles	26.16
Cambridge Harriers	27.87 1.5kg
NEB	27.02
Watford	24.28
Hillingdon	18.96
Achilles	23.54 1kg
SBH	46.56
Walton	35.21
Southampton	34.79
Hillingdon	31.62
Watford Harriers	29.22
SBH	27.38
Chelmsford	23.51
Hillingdon	19.72
Harlow Athletics Club	17.30