

BRITISH ATHLETIC LEAGUE PREMIERSHIP – The second fixture of four took place in Manchester

Team result – 1st City Of Sheffield (321.5 points), 2nd Birchfield Harriers (317 points), 3rd Woodford Green With Essex Ladies (304 points), 4th Newham & Essex Beagles (299.5 points), 5th City Of Liverpool (263 points), **6th SBH (262 points)**, 7th Sale Harriers (261 points), 8th Windsor, Slough, Eton & Hounslow (167 points)

League positions after two fixtures – 1st Birchfield Harriers (648 points 15 league points), 2nd Woodford Green With Essex Ladies (613 points 13 league points), 3rd City Of Sheffield (598.5 points 12 league points), 4th Newham & Essex Beagles (589.5 points 11 league points), **5th SBH (543 points 8 league points)**, 6th City Of Liverpool (536 points 7 league points), 7th Sale Harriers (462 points 3 league points), 8th Windsor, Slough, Eton & Hounslow (379 points 3 league points)

100m – A **GERALD MATTHEW U20** (DQ), B **DOMINIC ASHWELL U20** 3rd (10.89 w-1.7), Non Scoring **CHRISTOPHER CASTRO NETO U23** 7th (SB 11.45 nwr) equalling his 5 March time

200m – A **GERALD MATTHEW U20** 4th (21.69 w-0.7), B **THOMAS CAREY** 8th (SB 24.22 w-0.8)

400m – A **SEB RODGER** 2nd (46.68), B **MATTHEW PAGAN U20** (HCA) 4th (SB 48.22) taking .67 of a second off his 7 May time

800m – A **KYLE LANGFORD U23** 2nd (SB 1:50.20), B **BEN ROCHFORD U23** 1st (1:50.84)

1500m – A **ANTHONY WHITEMAN V40** 4th (3:55.16), B **BRADLEY GOATER U23** 2nd (3:56.13)

110m Hurdles – A **ASHLEY WILSON** 7th (15.62 w-0.9), B **THOMAS CAREY** 4th (SB 15.63 w-0.2) taking .47 of a second off his 21 May time

400m Hurdles – A **SEB RODGER** 1st (SB 49.93) taking .30 of a second off his 26 May time, and is ranked UK No.4 in 2016, B **LLOYD HANLEY-BYRON** 2nd (SB 52.60)

3000m Steeplechase – A **ANDREW LAWLER U23** 5th (9:47.57)

4x100m Relay – 8th (44.30) **MATTHEW PAGAN U20**, **BEN MCGUIRE U20**, **ALANDO ALFRED U23**, **GERALD MATTHEW U20**

4x400m Relay – 8th (3:43.96) **BEN ROCHFORD U23** (50.3), **KYLE LANGFORD U23** (52.7), **GERALD MATTHEW U20** (61.0), **THOMAS CAREY** (60.0)

High Jump – A **ALLAN SMITH** 1st (2.25m), **AKIN COWARD U23** 3rd (2.00m), Non Scoring **LEWIS MCGUIRE U20** 1st (2.00m)

Pole Vault – A **ETHAN WALSH U20** 4th (4.60m), **NATHAN GARDNER U20** (HCA) 3rd (PB 4.60m) equalling his 14 February vault, and is ranked UK No.9 U20 in 2016

Long Jump – A **BEN MCGUIRE U20** 7th (6.79m w2.6), **LEWIS MCGUIRE U20** 8th (SB 6.00m w0.8), Non Scoring **BEN MCGUIRE U20** 1st (6.66m w0.3)

Triple Jump – A **NONSO OKOLO** 1st (16.06m w0.0), **DANIEL LEWIS** 3rd (SB 14.59m w0.0), Non Scoring **NATHAN FOX** 1st (16.09m w-0.8), **ALANDO ALFRED U23** 2nd (12.57m w2.0)

Shot 7.26kg – A **ZANE DUQUEMIN** 7th (14.38m), **GREGORY THOMPSON U23** 3rd (SB 13.59m)

Discus 2kg – A **ZANE DUQUEMIN** 1st (60.23m), **GREGORY THOMPSON U23** 1st (54.38m), Non Scoring **ANGUS MCINROY** 1st (52.16m)

Hammer 7.26kg – A **ANGUS MCINROY** 8th (PB 31.94m) adding 6.81m to his 7 May throw

Javelin 800g – A **GREGORY THOMPSON U23** 8th (SB 38.88m), **NEVILLE THOMPSON V60** 8th (PB 34.72m) and is ranked UK No.3 V60 in 2016