

**Match Result – 1st SBH 360 points**, 2nd City of Sheffield 296, 3rd Woodford Green with Essex Ladies 284, 4th City of Liverpool 264, 5th Newham & Essex Beagles 255, 6th Birchfield Harriers 254, 7th City of Manchester 226, 8th Kent AC 213.

**Final League Positions – Champions SBH 31 league points 1387 match points**, 2nd Newham & Essex Beagles 22.5 league points 1177 match points, 3rd Woodford Green with Essex Ladies 20.5 league points 1120 match points, 4th City of Manchester 18 league points 1105 match points, 5th Birchfield Harriers 17 league points 1059.5 match points, 6th City of Sheffield 16 league points 1042 match points, 7th City of Liverpool 15 league points 1008 match points, 8th Kent AC 4 league points 748.5 match points.

As a result, Liverpool and Kent are relegated and Enfield and Herne Hill are promoted to the Premiership.

**100m** – A **CONFIDENCE LAWSON** finished in 4th place running 10.62, wind -2.6 m/s, B **JUSTIN GEOHAGAN** finished in 3rd place running 10.75, wind +2.0 m/s. Non-Scoring A **CONFIDENCE LAWSON** finished in 4th place running 10.73, B **MOSES ARTHUR** won running 10.78.

**200m** – A **ANTONIO INFANTINO** finished in 5th place running 21.57, wind -2.2 m/s, B **MOSES ARTHUR** finished in 2nd place running a SB 21.57, wind -3.6 m/s.

**400m** – A **MARTYN PATERSON** finished in 6th place running a SB 48.69, B **NEIL BURNSIDE** finished in 6th place running a SB 51.03.

**800m** – A **RICK WARD** in a very tight finish took maximum points winning in 1:52.47 after leading from gun to tape, B **ANTHONY WHITEMAN V40** also had a gun to tape victory in 1:53.74.

**1500m** – A **ANTHONY WHITEMAN V40** in a tactical race came 3rd place running 3:59.62, B **MICHAEL CALLEGARI U20** was not overawed in a quality field to finish in 2nd place running 4:03.30

**5000m** – A **ROBERT HORTON U20** probably went off a bit fast in his first BAL race but was not far off the pace finishing 4th in 14:41.74, B **KOJO KYEREME V35** finished in 6th place running a SB 15:42.86.

**110m Hurdles** – A **ALLAN SCOTT** finished 2nd by the thickness off his vest running a SB 13.98, wind +2.0 m/s, B **CLYDE GORDON V40** came home 7th in a SB 20.98, wind +0.5 m/s, gaining 2 good points.

**400m Hurdles** – A **SEB RODGER** had an impressive win running a PB 50.50, and is ranked No.2 UK U23 in 2012, B **CLYDE GORDON V40** finished in 6th place running a PB 79.45 gaining 3 points.

**3000m Steeplechase** – A **IAN RAWLINSON** had an impressive victory outsprinting the Newham runner in a PB 8:57.43, B **GLEN WATTS** had a runaway win running 9:07.02.

**4 x 100m Relay** – **SBH** finished in 2nd place running 41.46, **ANTONIO INFANTINO, MOSES ARTHUR, JUSTIN GEOHAGAN, CONFIDENCE LAWSON**

**4 x 400m Relay** – **SBH** finished in 2nd place running 3:13.8, only .02 seconds from the winner, **MARTYN PATERSON** 49.1, **RICK WARD** 48.6, **SEB RODGER** 47.1, **ALLAN SCOTT** 49.0.

**Long Jump** – A **DANIEL BRAMBLE** finished in 3rd position jumping 7.20m, wind -2.3 m/s, B **JOHN CARR** was 2nd in 6.48m, wind +1.3 m/s.

**Triple Jump** – A **JOHN CARR** went one better with an impressive win jumping 15.11m, wind -1.7 m/s. B **DARNTÉ WILSON** was unluckily injured and failed to register a valid jump.

**High Jump** – A **ALLAN SMITH** cleared 2.05m for 3rd place in a good standard competition, B **GREGOR MACLEAN** snatched 2nd place jumping 1.85m first time, which 3 others also jumped.

**Pole Vault** – A **JOSH ALEXANDER-PASSE** finished in 6th place vaulting 3.50m. **GREGOR MACLEAN** was unfortunate to fail his opening height in difficult circumstances.

**Discus 2kg** – A **ZANE DUQUEMIN** in a very good competition, won throwing 57.29m, B **ANGUS MCINROY** had an excellent win throwing 54.52m after a shaky start.

**Shot Putt 7.26kg** – A **ZANE DUQUEMIN** threw with an injured wrist and yet still managed to finish 2nd with a putt of 17.16m, B **GREGORY THOMPSON U20** was only 7cm behind the winner finishing 2nd with a putt of 14.23m.

**Hammer 7.26kg** – A **CHRISTOPHER BENNETT** finished in 3rd place in a top quality competition beating many higher ranked throwers with 67.34m, B **DEMPSEY MCGUIGAN U20** was in great form to take 2nd place throwing a PB 60.37m.

**Javelin 800g** – A **MATTHEW STOKER** finished in 4th place throwing a SB 56.65m, B **MATTHEW MARTIN (U20)** another one of our very talented juniors making his BAL debut was 2nd with 55.14m.