

	Team	Score	
1	West Suffolk	170	U
2	Watford Harriers	229	A
3	Loughton	245	L
4	Huntingdonshire	162	H
5	0	0	

Men's A 100m		Wind=			
1	James Curran	U17	West Suffolk	11.8	5
2	John McCabe	SM	Loughton	12.0	4
3	Seb Pearce	U17	Watford Harriers	12.8	3
4					2
5					1

aw

Men's B 100m		Wind=			
1	Callum Grant	U17	West Suffolk	12.1	5
2	Cliff Warren	M50	Loughton	13.7	4
3	Ryan Smith	M40	Watford Harriers	17.0	3
4					2
5					1

Men's A 200m		Wind=			
1	James Curran	U17	West Suffolk	24.0	5
2	Jonathan Edwards	SM	Huntingdonshire	24.8	4
3	John McCabe	SM	Loughton	25.9	3
4	Seb Pearce	U17	Watford Harriers	27.9	2
5					1

aw

Men's B 200m		Wind=			
1	Callum Grant	U17	West Suffolk	25.2	5
2	Cliff Warren	M50	Loughton	27.2	4
3	Ryan Smith	M40	Watford Harriers	30.0	3
4					2
5					1

Men's A 400m					
1	James Curran	U17	West Suffolk	56.0	5
2	John McCabe	SM	Loughton	57.6	4
3	Nick Harris	SM	Watford Harriers	71.4	3
4					2
5					1

Men's B 400m					
1	Cliff Warren	M50	Loughton	60.9	5
2	Mark Smith	U17	West Suffolk	66.1	4
3	Ryan Smith	SM	Watford Harriers	77.9	3
4					2
5					1

Men's A 800m					
1	Duncan Martin	SM	Watford Harriers	2:23.8	5
2	Rioch O'Gorman	SM	Loughton	2:30.1	4
3	Luke Clifford	U17	Huntingdonshire	2:41.6	3
4					2
5					1

Men's B 800m					
1	Ryan Smith	M40	Watford Harriers	2:41.6	5
2	Gavin Harper	SM	Loughton	2:56.0	4
3					3
4					2
5					1

Men's A 1500m					
1	Matt Pyatt	SM	Huntingdonshire	4:33.1	5
2	Duncan Martin	SM	Watford Harriers	4:48.7	4
3	Jim Harrison	M50	Loughton	5:25.5	3
4					2
5					1

Men's B 1500m					
1	Lee Brooks	SM	Huntingdonshire	4:51.1	5
2	Nick Harris	SM	Watford Harriers	5:17.8	4

3	Gavin Harper	SM	Loughton	6:25.6	3
4					2
5					1

Men's A 5000m

1	Macauley Delo	U20	West Suffolk	15:20.5	5
2	Matt Pyatt	SM	Huntingdonshire	16:21.5	4
3	Duncan Martin	SM	Watford Harriers	18:21.3	3
4	Gavin Harper	SM	Loughton	24:02.5	2
5					1

aw
aw

Men's B 500m

1	Cameron McKie	U17	West Suffolk	16:47.7	5
2	Lee Brooks	SM	Huntingdonshire	17:12.6	4
3	Nick Harris	SM	Watford Harriers	18:41.4	3
4					2
5					1

Men's A 110mH

Wind=

1	Jim Harrison	M45	Loughton	22.7	5
2	Ryan Smith	M40	Watford Harriers	26.1	4
3					3
4					2
5					1

Men's B 110mH

Wind=

1					5
2					4
3					3
4					2
5					1

Men's A 400mH

1	Mark Smith	SM	West Suffolk	71.4	5
2	Jim Harrison	M45	Loughton	71.8	4
3	Nick Harris	SM	Watford Harriers	76.4	3
4					2
5					1

Men's B 400mH

1	Gavin Harper	SM	Loughton	80.3	5
2	Ryan Smith	M40	Watford Harriers	80.6	4
3					3
4					2
5					1

Men's A 2000m Steeplechase

1	Duncan Martin	SM	Watford Harriers	7:40.6	5
2	Gavin Harper	SM	Loughton	9:56.5	4
3					3
4					2
5					1

Men's B 2000m Steeplechase

1	Nick Harris	SM	Watford Harriers	8:19.7	5
2					4
3					3
4					2
5					1

Men's A High Jump

1	Lawrence Taylor	U17	West Suffolk	1.80	5
2	Ryan Smith	M40	Watford Harriers	1.50	4
3	Richard Phelan	M50	Huntingdonshire	1.50	3
4					2
5					1

aw

aw

Men's B High Jump

1	Kieran Strong	U17	West Suffolk	1.70	5
2	Nick Harris	SM	Watford Harriers	1.20	4
3					3
4					2
5					1

aw

Men's A Pole Vault

1	Jim Harrison	M45	Loughton	2.90	5
2	Ryan Smith	M40	Watford Harriers	2.70	4
3	Richard Phelan	M50	Huntingdonshire	2.60	3
4					2
5					1

aw

Men's B Pole Vault

1	Jonathan Edwards	SM	Huntingdonshire	2.20	5
2	Matthew Hall	U17	Watford Harriers	2.00	4
3	Cliff Warren	SM	Loughton	1.10	3
4					2
5					1

Men's A Long Jump

					Wind	
1	Matthew Hall	U17	Watford Harriers	5.77	5	aw
2	Lawrence Taylor	U17	West Suffolk	5.70	4	aw
3	Richard Phelan	M50	Huntingdonshire	4.85	3	
4	Cliff Warren	SM	Loughton	4.38	2	
5					1	

Men's B Long Jump

1	Kieran Strong	U17	West Suffolk	5.40	5
2	Seb Pearce	U17	Watford Harriers	5.07	4
3	Jim Harrison	M45	Loughton	4.07	3
4					2
5					1

Wind

aw

Men's A Triple Jump

1	Mark Smith	U17	West Suffolk	11.64	5
2	Richard Phelan	M50	Huntingdonshire	10.09	4
3	Cliff Warren	SM	Loughton	9.95	3
4	B Smith	SM	Watford Harriers	8.54	2
5					1

Wind

aw

aw

Men's B Triple Jump

1	Lee Still	M60	West Suffolk	9.97	5
2	James Ryan	SM	Loughton	7.84	4
3					3
4					2
5					1

Wind

aw

Men's A Shot Putt

1	Jonathan Edwards	SM	Huntingdonshire	15.34	5
2	Mark Gurney	U17	Watford Harriers	9.57	4
3	Lee Still	M60	West Suffolk	8.34	3
4	Jim Harrison	M45	Loughton	7.44	2
5					1

aw

aw

Men's B Shot Putt

1	Bob Ellingham	M45	Huntingdonshire	9.16	5
2	Ryan Smith	M40	Watford Harriers	7.70	4
3	Ray Radley	M70	West Suffolk	6.05	3
4					2
5					1

#N/A

Men's A Discus

1	Jonathan Edwards	SM	Huntingdonshire	51.19	5
2	Mark Gurney	U17	Watford Harriers	28.38	4
3	Jim Harrison	M45	Loughton	19.35	3
4					2
5					1

aw

aw

Men's B Discus

1	Bob Ellingham	M45	Huntingdonshire	26.96	5
2	Ryan Smith	M40	Watford Harriers	15.84	4
3					3
4					2
5					1

Men's A Hammer

1	Jonathan Edwards	SM	Huntingdonshire	57.96	5
2	Ryan Smith	M40	Watford Harriers	20.23	4
3	Ray Radley	M70	West Suffolk	16.17	3
4					2
5					1

aw

#N/A

Men's B Hammer

1	Neil Bulman	SM	Huntingdonshire	42.55	5
2	Richard Parles	M60	Watford Harriers	12.87	4
3					3
4					2
5					1

aw

Men's A Javelin

1	Mark Gurney	U17	Watford Harriers	38.97	5
2	Lee Still	M60	West Suffolk	28.63	4
3	Jim Harrison	M45	Loughton	28.18	3
4	Bob Ellingham	M45	Huntingdonshire	24.25	2
5					1

aw

Men's B Javelin

1	Matthew Hall	U17	Watford Harriers	23.90	5
2	Ray Radley	M70	West Suffolk	22.24	4
3	Neil Bulman	SM	Huntingdonshire	17.75	3
4	Cliff Warren	M50	Loughton	17.23	2
5					1

aw

Men's 4x100m

1	West Suffolk	U17	West Suffolk	47.4	5
2	Loughton	SM	Loughton	52.6	4
3	Huntingdonshire	SM	Huntingdonshire	52.7	3
4	Watford Harriers	SM	Watford Harriers	53.2	2
5					1

Men's 4x400m

1	Loughton	SM	Loughton	4:09.4	5
2	Huntingdonshire	SM	Huntingdonshire	4:10.2	4
3	Watford Harriers	SM	Watford Harriers	4:27.0	3
4					2
5					1

Women's A 100m		Wind=				
1	Joanne Ryan	SW	Loughton	12.6	5	aw
2	Peggy-Mai Norman	U17	West Suffolk	13.0	4	aw
3	Louise Hall	U17	Watford Harriers	15.2	3	
4					2	
5					1	
Women's B 100m		Wind=				
1	Lauren Gibbs	U17	West Suffolk	13.5	5	
2	Jo Richardson	SW	Loughton	14.2	4	
3	June Doran	SW	Watford Harriers	18.0	3	
4					2	
5					1	
Women's A 200m		Wind=				
1	Joanne Ryan	SW	Loughton	25.2	5	aw
2	Peggy-Mai Norman	U17	West Suffolk	27.9	4	
3	Siobhan Skinner	SW	Huntingdonshire	30.0	3	
4	Louise Hall	U17	Watford Harriers	41.4	2	
5					1	
Women's B 200m		Wind=				
1	Lauren Gibbs	U17	West Suffolk	26.4	5	aw
2	Anna Clark	U17	Loughton	27.4	4	aw
3	Liza Croft	W35	Watford Harriers	31.9	3	
4	Maggie Mulholland	W45	Huntingdonshire	32.4	2	
5					1	
Women's A 400m		Wind=				
1	Joanne Ryan	SW	Loughton	59.4	5	aw
2	Siobhan Skinner	SW	Huntingdonshire	67.2	4	
3	Liza Croft	W35	Watford Harriers	88.2	3	
4					2	
5					1	
Women's B 400m		Wind=				
1	Amie Harrison	SW	Loughton	65.6	5	
2					4	
3					3	
4					2	
5					1	
Women's A 800m		Wind=				
1	Anna Clark	U17	Loughton	2:18.9	5	aw
2	Ella Blake	U17	Huntingdonshire	2:29.8	4	aw
3	Liza Croft	W35	Watford Harriers	3:35.7	3	
4					2	
5					1	
Women's B 800m		Wind=				
1	Eloise Webb	U17	Huntingdonshire	2:41.7	5	
2	Liza Croft	W35	Watford Harriers	3:13.7	4	
3	Jean Hobbs	W60	Loughton	3:47.9	3	
4					2	
5					1	
Women's A 1500m		Wind=				
1	Holly Archer	U23	West Suffolk	4:57.1	5	aw
2	Ella Blake	U17	Huntingdonshire	5:09.3	4	aw
3	Liza Croft	W35	Watford Harriers	6:04.1	3	
4	Jean Hobbs	W60	Loughton	7:27.0	2	
5					1	
Women's B 1500m		Wind=				
1	Maureen McCarthy	W50	West Suffolk	5:31.8	5	aw
2	Eloise Webb	U17	Huntingdonshire	6:09.4	4	
3	Lorna Martin	SW	Watford Harriers	7:02.6	3	
4	Pam Ackland-snow	W60	Loughton	8:27.2	2	
5					1	
Women's A 3000m		Wind=				
1	Maureen McCarthy	W50	West Suffolk	11:26.5	5	aw
2	Maggie Mulholland	W45	Huntingdonshire	11:46.5	4	aw
3	June Doran	SW	Watford Harriers	14:18.1	3	
4	Jean Hobbs	W60	Loughton	14:47.6	2	
5					1	

Women's B 3000m

1	Pam Ackland-snow	W60	Loughton	16:56.2	5
2					4
3					3
4					2
5					1

Women's A 100mH**Wind=**

1	Jo Richardson	SW	Loughton	18.4	5
2	Liza Croft	W35	Watford Harriers	33.7	4
3					3
4					2
5					1

Women's B 100mH

Wind=

1	Amie Harrison	SW	Loughton	22.3	5
2					4
3					3
4					2
5					1

Women's A 400mH

1	Jo Richardson	SW	Loughton	71.5	5
2	Liza Croft	W35	Watford Harriers	93.1	4
3					3
4					2
5					1

aw

Women's B 400mH

1	Amie Harrison	SW	Loughton	75.8	5
2					4
3					3
4					2
5					1

Women's A 1500m Steeplechase

1	Emily Moyes	U17	West Suffolk	5:36.7	5
2	Liza Croft	W35	Watford Harriers	5:52.5	4
3	Sammie Skinner	SW	Huntingdonshire	6:14.4	3
4					2
5					1

aw

Women's B 1500m Steeplechase

1					5
2					4
3					3
4					2
5					1

Women's A High Jump

1	Megan Russell	U17	West Suffolk	1.40	5
2	Liza Croft	W35	Watford Harriers	1.20	4
3	Michaela Davis	W45	Loughton	1.00	3
4					2
5					1

Women's B High Jump

1	Emily Moyes	U17	West Suffolk	1.35	5
2	Barbara Higgins	W55	Loughton	1.00	4
3					3
4					2
5					1

Women's A Pole Vault

1	Diana Pereira	U17	Huntingdonshire	2.20	5
2	Barbara Higgins	W55	Loughton	1.65	4
3	Liza Croft	W35	Watford Harriers	1.10	3
4					2
5					1

aw

Women's B Pole Vault

1	Sandra Pedley	W45	Huntingdonshire	1.70	5
2	Michaela Davis	W45	Loughton	1.10	4
3					3
4					2
5					1

Women's A Long Jump

1	Lauren Gibbs	U17	West Suffolk	4.55	5
2	Michaela Davis	W45	Loughton	2.90	4
3	June Doran	SW	Watford Harriers	2.88	3
4					2
5					1

Wind

Women's B Long Jump

1	Emily Moyes	U17	West Suffolk	4.07	5
2	Hannah Davis	U17	Loughton	2.72	4
3	Katharine Doran	SW	Watford Harriers	2.00	3
4					2
5					1

Wind

Women's A Triple Jump

Wind

1	Michaela Davis	W45	Loughton	6.71	5
2	June Doran	SW	Watford Harriers	6.49	4
3					3
4					2
5					1

Women's B Triple Jump

Wind

1	Barbara Higgins	W55	Loughton	6.40	5
2	Katharine Doran	SW	Watford Harriers	5.31	4
3					3
4					2
5					1

Women's A Shot Putt

1	Peggy-Mai Norman	U17	West Suffolk	7.70	5
2	Diana Pereira	U17	Huntingdonshire	7.46	4
3	Katharine Doran	SW	Watford Harriers	7.06	3
4	Kate Merritt	W35	Loughton	6.53	2
5					1

aw

aw

Women's B Shot Putt

1	Liza Croft	W35	Watford Harriers	5.92	5
2	Rebecca Pedley	U17	Huntingdonshire	5.89	4
3	Pam Ackland-snow	W60	Loughton	5.21	3
4					2
5					1

Women's A Discus

1	Katharine Doran	SW	Watford Harriers	24.86	5
2	Diana Pereira	U17	Huntingdonshire	24.53	4
3	Kate Merritt	W35	Loughton	19.67	3
4					2
5					1

aw

Women's B Discus

1	Liza Croft	W35	Watford Harriers	15.60	5
2	Siobhan Skinner	SW	Huntingdonshire	15.24	4
3	Hannah Davis	U17	Loughton	12.87	3
4					2
5					1

Women's A Hammer

1	Kate Merritt	W35	Loughton	20.44	5
2	Maggie Mulholland	U17	Huntingdonshire	14.70	4
3					3
4					2
5					1

Women's B Hammer

1	Pam Ackland-snow	W60	Loughton	16.44	5
2	Rebecca Pedley	U17	Huntingdonshire	12.97	4
3					3
4					2
5					1

Women's A Javelin

1	Katharine Doran	SW	Watford Harriers	20.79	5
2	Hannah Davis	U17	Loughton	20.08	4
3	Rebecca Pedley	U17	Huntingdonshire	15.79	3
4					2
5					1

Women's B Javelin

1	Kate Merritt	W35	Loughton	13.97	5
2	Louise Hall	U17	Watford Harriers	8.80	4
3					3
4					2
5					1

Women's 4x100m

1	Loughton	SW	Loughton	53.2	5
2	West Suffolk	SW	West Suffolk	54.0	4
3	Huntingdonshire	SW	Huntingdonshire	59.8	3
4	Watford Harriers	SW	Watford Harriers	78.9	2
5					1

Women's 4x400m

1	Loughton	SW	Loughton	4:15.0	5
2	Huntingdonshire	SW	Huntingdonshire	4:45.1	4
3	Watford Harriers	SW	Watford Harriers	6:19.3	3
4					2
5					1

aw