

Team	Score	
1 Watford	93	V
2 Colchester	107	C
3 Belgrave	76	G
4 Barnet	74	T

Senior A 100m

Wind=

1 Set Osho	SM	Belgrave	11.0	4
2 Liam Thompson	U20	Barnet	11.2	3
3 Michael London	SM	Watford	11.6	2
4 Matt Rose	SM	Colchester	12.0	1

Senior B 100m

Wind=

1 Amon Warmann	SM	Watford	11.6	4
2 Deji Williams	U20	Belgrave	11.9	3
3 Eric Nyamgezi	SM	Barnet	12.4	2
4 R Smith	SM	Colchester	14.5	1

Senior A 200m

Wind=

1 Ben Argent	U17	Colchester	23.3	4
2 Pierre Walker	SM	Belgrave	23.4	3
3 Amon Warmann	SM	Watford	24.4	2
4 Eric Nyamgezi	SM	Barnet	25.3	1

Senior B 200m

Wind=

1 Pierre Walker	SM	Belgrave	23.6	4
2 Micheal London	SM	Watford	24.2	3
3 Kamside Ejikeme	U20	Barnet	24.4	2
4 R Clarke	U17	Colchester	25.4	1

Senior A 400m

1 Liam Thompson	U20	Barnet	51.0	4
2 B R Johnson	U20	Colchester	53.0	3
3 Ben Davies	SM	Belgrave	54.0	2
4 Daniel Tarrant	SM	Watford	56.8	1

Senior B 400m

1 James McCormick	U20	Barnet	56.8	4
2 Jordan Ilyas	U20	Watford	57.3	3
3 C Price	SM	Colchester	59.2	2
4 Pete McMillan	M35	Belgrave	63.2	1

Senior A 800m

1 Ashley Kavanagh-king	U20	Watford	2:07.0	4
2 R Clarke	U17	Colchester	2:07.9	3
3 Alex Horton	SM	Barnet	2:08.4	2
4 Lander Egvia	SM	Belgrave	2:11.7	1

Senior B 800m

1 Dan Digweed	SM	Barnet	2:13.1	4
2 Chris Ellis	SM	Watford	2:16.1	3
3 C Price	U17	Colchester	2:19.9	2
4 Will Cockeral	M35	Belgrave	2:59.7	1

Senior A 1500m

1 Ed Blake	SM	Barnet	4:12.3	4
2 Ian Vickery	SM	Colchester	4:23.1	3
3 Lander Egvia	SM	Belgrave	4:25.9	2
4 Ben Rochford	U17	Watford	4:33.4	1

Senior B 1500m

1 Luke Callis	U20	Barnet	4:19.5	4
2 Pete Willis	SM	Belgrave	4:42.8	3
3 Chris Ellis	SM	Watford	4:51.7	2
4 S Giles	SM	Colchester	4:57.3	1

Senior A 5000m

1	Ian Vickery	SM	Colchester	16:26.7	4
2	Will Cockerall	M35	Belgrave	16:45.6	3
3	Richard McCormick	M45	Barnet	16:56.7	2
4	Mark Castleton	SM	Watford	17:59.2	1

Senior B 5000m

1	D Gibbon	SM	Colchester	16:43.2	4
2	Raj Patel	SM	Barnet	17:20.9	3
3	Pete Willis	SM	Belgrave	17:24.1	2
4	Zac McDonough	SM	Watford	18:39.8	1

Senior A 110mH

Wind=

1	Gary Wilson	SM	Belgrave	15.8	4
2	Matt Rose	SM	Colchester	16.7	3
3	Daniel Tarrant	SM	Watford	19.7	2
4	Clyde Gordon	M45	Barnet	19.7	1

Senior B 110mH

Wind=

1	R Smith	SM	Colchester	20.2	4
2	Paul Yeomans	SM	Watford	23.6	3
3					2
4					1

Senior A 400mH

1	Matt Rose	SM	Colchester	62.7	4
2	Daniel Tarrant	SM	Watford	64.8	3
3	Richard McCormick	M45	Barnet	79.2	2
4					1

Senior B 400mH

1	Ian Vickery	SM	Colchester	74.3	4
2	Nick Harris	SM	Watford	75.6	3
3	Will Morris	SM	Barnet	83.0	2
4					1

Senior A 3000m Steeplechase

1	Grant Ramsey	M40	Barnet	10:39.3	4
2	Will Cockerall	M35	Belgrave	10:49.9	3
3	Ian Vickery	SM	Colchester	11:05.3	2
4	Nick Harris	SM	Watford	11:05.5	1

Senior B 3000m Steeplechase

1	Alex Horton	SM	Barnet	10:55.6	4
2	R Smith	SM	Colchester	12:13.7	3
3	Mikk Bradley	M50	Watford	12:41.0	2
4					1

Senior A High Jump

1	Daniel Tarrant	SM	Watford	1.75	4
2	Matt Rose	SM	Colchester	1.60	3
3	Ben Davies	SM	Belgrave	1.40	2
4	Will Morris	SM	Barnet	1.40	1

Senior B High Jump

1	R Smith	SM	Colchester	1.60	4
2	Liam Sulaman	U17	Watford	1.40	3
3	Pierre Walker	SM	Belgrave	1.40	2
4	Richard McCormick	M45	Barnet	1.10	1

Senior A Pole Vault

1	Cameron Johnson	SM	Belgrave	3.80	4
2	Paul Yeomans	SM	Watford	3.60	3
3	Matt Rose	SM	Colchester	3.40	2
4					1

Senior B Pole Vault

1	Daniel Tarrant	SM	Watford	3.00	4
2	Pete Mayfield	M35	Belgrave	1.17	3
3	Ian Vickery	SM	Colchester	1.17	2
4					1

Senior A Long Jump

1	Paul Yeomans	SM	Watford	5.50	4
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Wind

2	James McCormick	U20	Barnet	5.33	3
3	Ben Argent	U17	Colchester	5.23	2
4	Pierre Walker	SM	Belgrave	4.88	1

Senior B Long Jump

Wind

1	Ben Ridley	SM	Colchester	5.22	4
2	Jordan Ilyas	U20	Watford	4.74	3
3	Will Morris	SM	Barnet	4.30	2
4	Ben Davies	SM	Belgrave	4.12	1

Senior A Triple Jump

Wind

1	Jack Noone	U17	Watford	12.76	4
2	R Smith	SM	Colchester	10.90	3
3	Dave Crout	M40	Barnet	9.54	2
4					1

Senior B Triple Jump

Wind

1	Liam Sulaman	U17	Watford	9.70	4
2	Ian Vickery	SM	Colchester	9.18	3
3	Will Morris	SM	Barnet	9.54	2
4					1

Senior A Shot Putt

1	Rob Ealle	M50	Colchester	12.36	4
2	Pete Mayfield	M35	Belgrave	10.72	3
3	Paul Yeomans	SM	Watford	9.15	2
4	Adam Boxer	U17	Barnet	7.32	1

Senior B Shot Putt

1	Dan Moles	SM	Colchester	8.76	4
2	Bob Bridges	SM	Belgrave	6.75	3
3	Richard Parles	M65	Watford	6.53	2
4	Richard McCormick	M45	Barnet	6.00	1

Senior A Discus

1	Rob Ealle	M50	Colchester	41.45	4
2	Pete Mayfield	M35	Belgrave	33.18	3
3	Clyde Gordon	SM	Barnet	31.42	2
4	Paul Yeomans	SM	Watford	22.50	1

Senior B Discus

1	Dan Moles	SM	Colchester	30.31	4
2	Deji Williams	U20	Belgrave	17.13	3
3	Daniel Tarrant	SM	Watford	16.49	2
4	Will Morris	SM	Barnet	13.26	1

Senior A Hammer

1	Rob Ealle	M50	Colchester	51.20	4
2	Pete Mayfield	M35	Belgrave	29.54	3
3	Paul Yeomans	SM	Watford	20.49	2
4	Richard McCormick	M45	Barnet	11.75	1

Senior B Hammer

1	Dan Moles	SM	Colchester	28.95	4
2	Deji Williams	U20	Belgrave	11.80	3
3	Will Morris	SM	Barnet	10.91	2
4	Richard Parles	M65	Watford	8.87	1

Senior A Javelin

1	Daniel Tarrant	SM	Watford	41.48	4
2	Pete Mayfield	M35	Belgrave	39.96	3
3	Dan Moles	SM	Colchester	37.38	2
4	James McCormick	U20	Barnet	28.88	1

Senior B Javelin

1	S Giles	SM	Colchester	29.03	4
2	Paul Yeomans	SM	Watford	27.82	3
3	Adam Boxer	U17	Barnet	21.47	2
4	Deji Williams	U20	Belgrave	19.85	1

Senior 4x100m

1	Belgrave	SM	Belgrave	46.6	4
2	Watford	SM	Watford	47.1	3
3	Barnet	SM	Barnet	48.3	2
4	Colchester	SM	Colchester	50.1	1

Senior 4x400m

1	Colchester	SM	Colchester	3:39.8	4
2	Watford	SM	Watford	3:44.6	3
3	Barnet	SM	Barnet	3:49.5	2
4	Belgrave	SM	Belgrave	3:50.9	1