

Middlesex County AA Track & Field Championships – Mile End Stadium

Saturday/Sunday 10th/11th May 2003

Senior Women

100 Metres (w/s=-1.5)

1.L.Turner (Harrow)	12.0
2.S.Belle (VPH & TH)	12.1
3.M.Turner (Harrow)	12.3
4.E.Scott (TVH)	13.5

400 Metres

1.V.Olaoye (ESM)	61.9
2.E.Scott (TVH)	64.2
3.C.Heaney (WSE&H)	64.7

1500 Metres

1.N.Ashe (WSE & H)	4-52.6
2.L.Kehoe (WGEL)	4-57.6

100 Metres Hurdles

1.S.Belle (VPH & TH)	14.2(CBP)
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3000 Metres Walk

1.A.Bellchambers (Hillingdon)	18-47.3
2.M.Noel (Defra)	18-59.8

Long Jump

1.N.Williams (SBH)	5.66m
2.V.Hyland (Barnet & Dist)	4.95m

Pole Vault

1.C.Macrae (WSE & H)	3.40m (=CBP)
2.L.Howcroft (WSE & H)	2.70m
3.L.White (Barnet & Dist)	2.30m

Hammer

1.J.John (ESM)	51.58m
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200 Metres (w/s=-0.5)

1.L.Turner (Harrow)	25.2
2.E.Scott (TVH)	27.6
3.C.Rhule (Enf & Har)	28.1

800 Metres

1.N.Anderson (Heathside)	2-14.1
2.L.Pringle (WSE & H)	2-17.2
3.C.Easton (TVH)	2-20.2
4.K.Dennison (Heathside)	2-21.9
5.N.Tribe (WSE & H)	2-28.6

3000 Metres

1.S.Bigham (Hillingdon)	10-54.0
2.C.Bolam (Hillingdon)	11-27.5

400 Metres Hurdles

1.C.Heaney (WSE & H)	68.3
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High Jump

1.D.Gayle (Barnet & Dist)	1.70m
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Triple Jump

1.C.Stead (Belgrave)	11.91m
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Shot

1.L.White (Barnet & Dist)	10.34m
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Javelin

1.S.Martinez-Roura (Heathside)	33.39m
2.R.Samuel (TVH)	29.52m

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Under 20 Women

100 Metres (w/s = -2.9)

1.T.Nuga (Heathside)	12.9
2.C.Pierre (SBH)	12.9
3.K.Dunn (ESM)	13.2
4.A.Barrett (Harrow)	13.7
5.E.Nassuna (VPH &TH)	14.7

200 Metres (w/s= -3.4)

1.S.Charles (ESM)	26.0
2.C.Pierre (SBH)	27.0
3.T.Nuga (Heathside)	27.1
4.S.Scannell (Highgate)	27.2
5.N.Small (ESM)	28.2

400 Metres

1.R.Adewale (TVH)	60.3
2.M.McNamara (Enf & Har)	61.2
3.C.Pierre (SBH)	61.5

800 Metres

1.M.Hutchinson (Hillingdon)	2-15.6
2.C.Penfold (Hillingdon)	2-36.1
3.A.McGuigan (ESM)	2-48.2

1500 Metres

1.E.Griffiths (Barnet & Dist)	5-11.3
2.J.Harvey (Rich & Twick)	5-28.2

3000 Metres

1.H.Bundock (Hillingdon)	12-12.2
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100 Metres Hurdles (w/s=-1.9)

1.A.Broadbelt (TVH)	15.0
2.H.O'Sullivan (Enf & Har)	20.0
3.P.Agbo (TVH)	33.9

Long Jump

1.P.Agbo (TVH)	5.20m
2.S.Scannell (Highgate)	5.18m
3.K.Senior (Enf & Har)	4.43m
4.L.Thomas (SBH)	3.70m

Triple Jump

1.A.Barrett (Harrow)	11.54m(CBP)
2.L.Thomas (SBH)	8.16m

Shot

1.P.Agbo (TVH)	10.59m
2.E.Deer (TVH)	9.77m

Discus

1.E.Deer (TVH)	40-59m
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Javelin

1.E.Calliste (TVH)	33.32m
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Hammer

1.S.Hynes (ESM)	45.48m
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Saturday/Sunday 10th/11th May 2003

Under 17 Women

100 Metres (w/s=-3.3)

1.T.Adolphe-Andrade (Card Pole Sch)	13.4
2.Z.Agyeman-Duah (Card Pole Sch)	14.0
3.M.Ayoola (VPH &TH)	14.1
4.A.Ranger (Skinners Company Sch)	14.4
5.K.Carter (Enf & Har)	14.5
6.T.Potter (Godolphin & Latymer Sch)	15.6

200 Metres (w/s -= -3.0)

1.L.Tappin (Enf & Har)	25.7
2.T.Adolphe-Andrade (Card Pole Sch)	28.2
3.M.Ayoola (VPh &TH)	29.3
4.M.Donaghy (ESM)	29.6
5.A.Ranger (Skinners Company Sch)	30.1
6.C.Cyrus (QPH)	31.4

300 Metres

1.C.Dickinson (Enf & Har)	45.1
2.L.Fairweather (Harrow)	45.2

800 Metres

1.L.Torok (WSE & H)	2-34.6
2.Z.Duah (VPH &TH)	2-39.3
3.K.French (ESM)	2-41.3
4.S.Franke (Godolphin & Latymer Sch)	2-46.7
5.J.Booth (ESM)	2-50.3

1500 Metres

1.I.Ramsay (SBH)	5-15.0
2.J.Weekes (Hillingdon)	5-19.3
3.S.McNamara (Enf & Har)	6-02.6

3000 Metres

1.A.Beverly (Rich & Twick)	11-21.7
2.L.Goldsmith (SBH)	12-31.6

80 Metres Hurdles (w/s=-2.5)

1.C.Tabony (Harrow)	13.4
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Long Jump

1.S.Gutzmore (Highgate)	5.18m
2.T.Nicholas (Enf & Har)	4.83m
3.A.Ranger (Skinners Company Sch)	4.67m
4.C.Whittaker (VPH &TH)	4.31m
5.C.Tabony (Harrow)	4.00m
6.T.Potter (Godolphin & Latymer Sch)	3.48m
7.R.Langton (Godolphin & Latymer S)	3..48m

300 Metres Hurdles

1.C.Whittaker (VPH & TH)	52.2
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Triple Jump

1.T.Nicholas (Enf & Har)	10.82m
2.Y.Regis (WSE & H)	10.77m
3.Z.Agyeman-Duah (Card Pole Sch)	9.39m

Shot

1.K.Moore (Enf & Har)	7.05m
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Discus

1.K.Manhas (ESM)	27.58m
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Javelin

- 1.N.Spencer (TVH)
- 2.C.Tabony (Harrow)

Hammer

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|--------|-----------------------|--------|
| 27.58m | 1.C.Phillips (ESM) | 35.63m |
| 18.97m | 2.S.McGuigan (ESM) | 29.00m |
| | 3.K.Moore (Enf & Har) | 17.04m |

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Saturday/Sunday 10th/11th May 2003

Under 15 Girls

100 Metres (Heat 1)

1.C.Norrison (TVH)	13.2
2.C.Williams (Card Wiseman Sch)	13.8
3.O.Ramsey (Enf & Har)	13.8
4.R.Gordon (TVH)	14.3
5.M.Edwards (Card Pole Sch)	15.0

100 Metres (Heat 3)

1.T.Dorsett (Enf & Har)	12.8
2.Shadein Mars (Enf & Har)	13.7
3.F.Dada (TVH)	13.7
4.M.Agyeman-Duah(Card Pole Sch)	14.4
5.K.Williams (Oaklands Sch)	14.8
6.V.Mullings (Card Pole Sch)	15.6

200 Metres(Heat 1)

1.P.Drayton (VPH &TH)	27.1
2.Shaleina Mars (Enf & Har)	27.6
3.E.Ali (VPH &TH)	28.1
4.O.Ramsey (Enf & Har)	28.7
5.V.Oladele (Card Pole Sch)	31.7
6.S.Durrant (Card Pole Sch)	32.7

200 Metres Final

1.T.Dorsett (Enf & Har)	27.4
2.E.Smith (Enf & Har)	27.5
3.P.Drayton (VPH & TH)	27.7
4.Shaleina Mars (Enf & Har)	28.1
5.O.Ramsey (Enf & Har)	29.5
6.V.Oladele (Card Pole Sch)	34.6

1500 Metres

1.A.Wall (ESM)	5-12.1
2.C.McGuigan (ESM)	5-23.4
3.M.Bovingdon (SBH)	5-25.4
4.O.Edwards (Hillingdon)	5-27.1
5.K.Trimble (Enf & Har)	5-34.4
6.N.Vincent (Enf & Har)	5-43.4

100 Metres (Heat 2)

1.Shaleina Mars (Enf & Har)	13.0
2.E.Ali (VPH &TH)	13.5
3.S.Kemp (Belgrave)	14.0
4.R.Winthrop (Harrow)	14.0
5.S.Martin (Highgate)	14.6
6.G.Harris (St Helens Sch)	15.1

100 Metres Final

1.T.Dorsett (Enf & Har)	13.1
2.Shaleina Mars (Enf & Har)	13.3
3.E.Ali (VPH & TH)	13.7
4.C.Williams (Card Wiseman Sch)	13.7
5.Shadein Mars (Enf & Har)	14.0
6.O.Ramsay (Enf & Har)	14.3
7.F.Dada (TVH)	14.4

200 Metres (Heat 2)

1.T.Dorsett (Enf & Har)	26.9
2.E.Smith (Enf & Har)	27.3
3.R.Winthrop (Harrow)	29.4

800 Metres

1.P.Drayton (VPH &TH)	2-25.6
2.B.Stock (ESM)	2-25.8
3.S.Walsh (Enf & Har)	2-35.5
4.R.Charles (ESM)	2-40.2
5.J.Bonnett (WSE &H)	2-42.1
6.D.Lea (ESM)	2-48.8
7.J.McDonald (Kingsbury High Sch)	2-54.3
8.A.Reason (Haydon Sch)	3-11.9
9.J.Killeen (St Helens Sch)	3-22.3

75 Metres Hurdles

1.R.Gordon (TVH)	13.1
2.S.Kemp (Belgrave)	13.3
3.C.Allan (Highgate)	14.1

7.P.Shevlin (La Sainte Union Sch) 5-53.3 4.G.Lehmann (Highgate) 14.2

High Jump

1.S.Robinson (VPH &TH) 1.45m
2.F.Dada (TVH) 1.30m
3.M.McLean (ESM) 1.30m
4.K.Bonham (St Helens Sch) 1.15m
5.A.Quefferus (St Helens Sch) 1.10m
6.J.Killeen (St Helens Sch) 1.05m

Long Jump

1.C.Norrison (TVH) 4.83m
2.T.Dorsett (Enf & Har) 4.55m
3.S.Robinson (VPH & TH) 4.52m
4.E.Ali (VPH &TH) 4.51m
5.L.Blake (VPH &TH) 4.51m
6.N.Hinze (Brunel Univ) 4.05m
7.G.Harris (St Helens Sch) 3.99m
8.S.Martin (Highgate) 3.82m
9.A.Reason (Haydon Sch) 3.71m
10.N.Agyeman-Duah (Card Pole) 3.55m
11.J.Killeen (St Helens Sch) 2.84m

Shot

1.S.Nicholson (ESM) 10.16m
2.S.Akinwale (TVH) 9.36m
3.S.Rock (TVH) 9.22m
4.C.Norrison (TVH) 8.47m
5.C.Howard (ESM) 8.33m
6.V.Mullings (Card Pole Sch) 6.91m
7.V.Oladele (Card Pole Sch) 5.86m

Discus

1.L.Edwards (Harrow) 23.17m
2.K.Joseph (Card Pole Sch) 22.84m
3.S.Akinwale (TVH) 19.91m
4.S.Rock (TVH) 16.26m
5.K.Bonham (St Helens Sch) 12.21m

Hammer

1.L.Edwards (Harrow) 35.05m

Javelin

1.S.Akinwale (TVH) 20.45m
2.L.Blake (VPH &TH) 19.72m
3.S.Rock (TVH) 19.41m
4.A.Queffurus (St Helens Sch) 13.09m

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Under 13 Girls

100 Metres (Heat 1)

1.A.Abraham (WSE &H)	13.4
2.M.Ajayi (SBH)	14.0
3.R.Feeley (VPH &TH)	14.3
4.J.Patterson (Harrow)	14.6
5.J.Chukwu-onu (VPH &TH)	15.9
6.K.Sandani (Oaklands Sch)	16.1

100 Metres Final

1.P.Tappin (Enf & Har)	13.1
2.M.Ajayi (SBH)	13.7
3.A.Abraham (WSE & H)	13.7
4.R.Feeley (VPH &TH)	13.9
5.D.Dallenger (VPH &TH)	14.1
6.C.Taite (Brunel Univ)	14.1
7.J.Patterson (Harrow)	14.2

800 Metres

1.R.Davies (Harrow)	2-32.2 (CBP)
2.C.Stock (ESM)	2-37.3
3.E.Van Blankenstein (SBH)	2-44.6
4.H.French (ESM)	3-01.9
5.H.Brill (ESM)	3-02.5
6.E.Adewole (Hackney F & P Sch)	3-06.5

100 Metres (Heat 2)

1.P.Tappin (Enf & Har)	13.5
2.D.Dallenger (VPH &TH)	13.8
3.C.Taite (Brunel Univ)	14.3
4.N.Odaine (Hackney F & P Sch)	14.5
5.L.Alabi (Hackney F & P Sch)	14.9
6.C.Hutchings (Oaklands Sch)	15.9

200 Metres

1.P.Tappin (Enf & Har)	28.0
2.A.Abraham (WSE & H)	29.6
3.R.Feeley (VPH &TH)	30.6
4.M.Osho (Hackney F & P Sch)	33.7
5.J.Chukwu-onu (VPH &TH)	33.8
6.O.Nkemdirim (Hackney F & P Sch)	34.5

1500 Metres

1.C.Stenhouse (QPH)	5-59.9
2.A.Rai (ESM)	6-09.3
3.M.Salter-George (Oaklands Sch)	6-36.0
4.S.Murgatroyd (Haydon Sch)	6-38.9

70 Metres Hurdles

7.S.Small (Oaklands Sch)	3-16.2	1.M.Zah (VPH & TH)	12.0(CBP)
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2.C.Taite (Brunel Univ)	12.8
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Long Jump

1.M.Zah (VPH & TH)	4.15m
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2.E.Adewele (Hackney F & P Sch)	3.10m
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3.S.Murgatroyd (Haydon Sch)	3.00m
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4.H.Brill (ESM)	2.89m
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5.H.French (ESM)	2.83m
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6.A.Rai (ESM)	2.82m
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3.N.Dormer (Haydon Sch)	16.6
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4.H.French (ESM)	17.1
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Shot

1.O.Nkemdirim (Hackney F & P Sch)	9.18m(CBP)
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2.M.Osho (Hackney F & P Sch)	6.33m
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3.S.Murgatroyd (Haydon Sch)	4.42m
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Discus

1.N.Ellis (Twick Prep Sch)	12.43m
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Javelin

1.N.Dormer (Haydon Sch)	10.10m
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2.N.Ellis (Twick Prep Sch)	9.40m
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1.A.McDiarmid (TVH)	14.7 (100-21)	1.35m (HJ-26)	12.02m (Disc-6)	53 pts
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2.R.Collins (Brunel Univ)	15.5(100-13)	1.35m(HJ-26)	4.96m(Shot-7)	46 pts
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3=C.Wilson (Harrow)	14.6 (100-22)	3.85m(LJ-17)	10.40m(Disc-4)	43 pts
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3=S.Cheadle (Brunel Univ)	3-10.1 (800-20)	1.20m(HJ-19)	4.10m(Shot-4)	43 pts
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5.V.Stewart (Enf & Har)	15.5 (100-13)	3.42m(LJ-12)	6.35m(Shot-17)	42 pts
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6.M.Shaw (TVH)	2-54.0(800-24)	3.17m(LJ-9)	4.99m(Shot-7)	40 pts
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7.M.Olademji (Card Pole Sch)	14.8(100-20)	3.63m(LJ-14)	4.56m(Shot-5)	39 pts
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8.M.Reynolds (ESM)	2-52.2 (800-24)	2.81m (LJ-6)	4.65m(Shot-6)	36 pts
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9=I.Mattick (St Helens Sch)	16.1 (100-10)	1.15m(HJ-16)	13.51m (Disc -8)	34 pts
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9=S-J Cyrus (QPH)	15.0(100-18)	3.33m (LJ-10)	4.76m(Shot-6)	34 pts
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11.A.Hinze (Brunel Univ)	15.9 (100-11)	3.64m (LJ-14)	4.92m(Shot-7)	32 pts
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12=T.Steele-Hinds (Card Pole Sch)	15.2(100-16)	2.74m(LJ-5)	5.38m(Shot-10)	31 pts
12=-K.Boxall (Enf & Har)	2-59.6(800-22)	2.85m (LJ-6)	9.55m(Disc-3)	31 pts
14.M.Shah (St Helens Sch)	16.4 (100-9)	1.10m (HJ-14)	4.99m (Shot-7)	30 pts
15.I.Lattimore (Harrow)	15.1 (100-17)	3.11m (LJ-8)	10.33m(Disc-4)	29 pts
16.S.McImtyre (Card Pole Sch)	3-05.6 (800-20)	2.62m(LJ-4)	3.25m(Shot-2)	26 pts
17.L.Roughan (Gumley House Sch)	16.2(100-10)	3.27m(LJ-10)	11.92m(Disc-5)	25 pts
18.S.Malde (St Helens Sch)	17.2 (100-6)	1.10m (HJ-14)	4.15m (Shot-4)	24 pts
19=C.Moss (St Helens Sch)	15.7 (100-13)	3.18m (LJ-9)	7.79m(Disc-1)	23 pts
19=C.Carydice-Andrews (C Pole Sch)	15.8 (100-12)	2.29m(LJ-2)	5.26m(Shot-9)	23 pts
19=G.Maraniak (St Helens Sch)	17.5 (100-5)	1.05m (HJ-12)	12.50m(Disc-6)	23 pts
22=.J.Mehta (St Helens Sch)	3-29.1(800-12)	0.90(HJ-7)	3.87m(Shot-3)	22 pts
22=E.Pollock (St Heles Sch)	3-21.1(800-16)	2.57m(LJ_4)	8.95m(Disc-2)	22 pts
24.L.Farmer (Gumley House Sch)	16.5 (100-8)	3.25m (LJ-9)	10.48m(Disc-4)	21 pts
25.S.Chaudry (St Helens Sch)	18.3(100-4)	1.10m(HJ-14)	3.25m(Shot-2)	20 pts
26.I.Ali (St Helens Sch)	3-39.7 (800-9)	0.90m(HJ-7)	3.31m(Shot-2)	18 pts
27=A.Hanlon (St Helens Sch)	16.5 (100-8)	3.17m (LJ-9)	-	17 pts
27=K.Philpott (Card Pole Sch)	3-22.2 (800-15)	1.83m(LJ-0)	3.01m(Shot-2)	17 pts
29.S.Williams (Harrow)	3-38.7 (800-10)	2.66m(LJ-5)	7.54m(Disc-1)	16 pts
30.=R.Coral (St Helsn Sch)	19.2 (100-1)	0.95m(HJ-8)	4.76m (Shot-6)	15 pts
30=N.Mayers (Card Pole Sch)	17.3 (100-5)	2.60m(LJ-4)	4.66m (Shot-6)	15pts
32.=A.Dhanji (St Helens Sch)	19.0 (100-2)	1.00m (HJ-10)	7.44m (Disc-1)	13 pts
32=R.McNamara (Enf & Har0)	16.4 (100-9)	2.50m (LJ-4)	-	13 pts

34=S.Sanghraika (St Helens Sch)	20.4 (100-0)	0.90m (HJ-7)	10.69m(Disc-4)	11 pts
34=C.Kaptan (St Helens Sch)	20.6 (100-0)	0.95m(HJ-8)	3.81m(Shot-3)	11 pts
34=S.Sin (St Helens Sch)	19.3(100-0)	0.95m(HJ-8)	3.64m(Shot-3)	11 pts
34=C.Ziff (St Helens Sch)	17.6 (100-5)	2.46m(LJ-3)	9.58m(Disc-3)	11 pts
34=C.Kaptan (St Helens Sch)	20.6 (100-0)	0.95m(HJ-8)	3.81m(Shot-3)	11 pts
39.L.Ferrary (Gumley House Sch)	18.4 (100-3)	2.66m(LJ-5)	8.94m(Disc-2)	10 pts
40.A.Walter (St Helens Sch)	18.6 (100-2)	2.45m(LJ-3)	10.95m(Disc-4)	9 pts
41.A.Johar (St Helens Sch)	18.8 (100-2)	0.85m(HJ-5)	2.93m (Shot-1)	8 pts
42.C.Cade (St Helens Sch)	18.9 (100-1)	2.33m (LJ-3)	3.25m (Shot-2)	6 pts
43.P.Changella (St Helens Sch)	18.9 (100-1)	2.25m(LJ-2)	3.15m(Shot-2)	5 pts
44=P.Jethra (St Helens Sch)	19.1(100-1)	2.17m(LJ-2)	2.69m(Shot-1)	4 pts
44=K.Zimmermann (St Helens Sch)	19.9(100-0)	1.95m(LJ-1)	9.98m(Disc-3)	4 pts
46.S.Shah (St Helens Sch)	20.7(100-0)	1.99m(Lj-1)	8.58m(Disc-2)	3 pts
47.K.Sammes (St Helens Sch)	18.9 (100-1)	1.96m (LJ-1)	6.89m(Disc-0)	2 pts

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Saturday/Sunday 10th/11th May 2003

Senior Men

100 Metres (Heat 1 – w/s = ?)

1.G.Eastman (Enf & Har)	11.0
2.G.Fowler (Highgate)	11.2
3.R.Samuel (Harrow)	11.3
4.M.Otubambo (Enf & Har)	11.3
5.J.Munroe (TVH)	11.4
6.L.Achike (SBH)	11.6
7.S.Duncan (Highgate)	11.6

100 Metres (Heat 3 – w/s = -1.6)

1.L.Oboh (Belgrave)	11.0
2.N.Thomas (NEB)	11.0
3.R.Moseley (SBH)	11.0
4.H.Ogunyemi (Enf & Har)	11.0
5.R.Alleyne (Harrow)	11.3
6.Rashley (ESM)	11.4
7.B.King (Harrow)	12.3

100 Metres (Heat 2 – w/s = -3.2)

1.C.Wilson (WGEL)	11.1
2.A.Mensah (SBH)	11.2
3.J.Comissiong (TVH)	11.2
4.F.Collymore (Black & Brom)	11.5
5.O.Marsh (Harrow)	11.5
6.J.Greenidge (WGEL)	11.6
7.G.Neblett (Black & Brom)	11.8

100 Metres (Final – w/s = -2.9)

1.L.Oboh (Belgrave)	11.0
2.G.Eastman (Enf & Har)	11.0
3.C.Wilson (WGEL)	11.0
4.H.Ogunyemi (Enf & Har)	11.0
5.R.Moseley (SBH)	11.1
6.A.Mensah (SBH)	11.1
7.N.Thomas (NEB)	11.2
8.G.Fowler (Highgate)	11.6

200 Metres (Heat 1 – w/s = -2.0)

1.R.Moseley (SBH)	22.6
2.N.Thomas (NEB)	22.7
3.N.Ossai (SBH)	23.1
4.P.Octave (WGEL)	23.2
5.D.Samuiwiwa (TVH)	23.2
6.R.Ashley (ESM)	23.8

200 Metres (Heat 2 – w/s = -2.2)

1.C.Wilson (WGEL)	22.7
2.J.Jeffrey (Harrow)	23.2
3.L.Salvador-Aylott (Harrow)	23.5
4.S.Duncan (Highgate)	23.6
5.J.Greenidge (WGEL)	24
6.K.Greenaway (Enf & Har)	24.9
7.K.Simpson-Porter (VPH & TH)	25.7

200 Metres (Final – w/s = -2.1)

1.R.Moseley (SBH)	22.5
2.C.Wilson (WGEL)	22.6
3.P.Octave (WGEL)	23.2
4.J.Jeffrey (Harrow)	23.2
5.N.Ossai (SBH)	23.4
6.N.Thomas (NEB)	23.4

400 Metres (Final)

1.E.Williams (TVH)	49.8
2.K. Bentham (TVH)	51
3.A.Ewart (Vale of Ayles)	51.5
4.M.Winship (Enf & Har)	51.9
5.W.Roye (QPH)	53
6.C.Ayres (Hillingdon)	53.2
7.P.Hall (Enf & Har)	55.2

800 Metres (Heat 1)

1.D.Hall (Highgate)	1-56.4
2.L.Bowron (ESM)	1-57.0
3.P.Davis (Highgate)	1-57.3

800 Metres (Heat 2)

4.D.Ryan (Heathside)	1-57.8	1.S.Omar (ESM)	1-57.8
5.T.Adams (Enf & Har)	1-59.8	2.E.Williams (TVH)	1-57.8
6.D.Hamblin (Vale of Ayles)	2-00.7	3.A.McGarva (ESM)	1-59.3
7.R.Anderson (SBH)	2-02.1	4.R.Datnow (TVH)	1-59.3
8.W.Roye (QPH)	2-08.4	5.R.Hughes (TVH)	1-59.3
		6.G.Townsend (Lo Irish)	2-01.1
800 Metres (Final)		7.R.Bruce (VPH & TH)	2-01.9
1.D.Hall (Highgate)	1-55.8	8.S.Mann (ESM)	2-09.0
2.L.Bowron (ESM)	1-56.3		
3.A.McGarva (ESM)	1-56.6	1500 Metres (Final)	
4.S.Omar (ESM)	1-56.7	1.J.Trapmore (SBH)	4-00.5
5.D.Ryan (Heathside)	1-59.3	2.C.Bannon (WSE & H)	4-00.5
6.R.Datnow (TVH)	2-01.0		
7.P.Davis (Highgate)	2-10.2	5000 Metres	
		1.M.Boucher (AFD)	15-41.7
		2.I.Cunningham (ESM)	15-48.1
		3.D.Browne (Heathside)	16-12.2
		4.D.Domoney (ESM)	16-28.0
110 Metres Hurdles (Final)		400 Metres Hurdles (Final)	
1.R.Alleyne (VPH & TH)	14.5	1.K.Nomura (Enf & Har – Guest)	54.1
2.S.Booth (Harrow)	17.0	2.I.Palmer (Harrow)	55.5
M.Freckleton (Disq)		3.M.Winship (Enf & Har)	57.2
3000 Metres Steeplechase		300 Metres Walk (Final)	
1.I.Cunningham (ESM)	9-52.1	1.J.Hall (Belgrave)	14-40.1
2.T.Grose (VPH & TH)	9-58.0	2.T.Jones (Hillingdon)	15-52.5
3.N.Martyn (Highgate)	9-58.8	3.S.Lightman (Surrey W.C.)	16-59.5
4.J.Rodgers (WSE & H)	10-15.8	4.R.Powell (Enf & Har)	17-30.1
5.P.Lemon (Heathside)	10-16.6	5.C.Michael (Barnet & Dist)	17-39.5
6.F.Flahive (Heathside)	10-29.2	6.P.Ray (Enf & Har)	19-04.9
7.P.York (ESM)	10-57.8		
High Jump		Pole Vault	
1.N.Reid (Harrow)	1.75m	1.M.Weaver (Harrow)	4.50m
		2.C.Mills (WSE & H)	4.20m
Long Jump		Triple Jump	
1.A.Fernandez (TVH)	7.12m	1.M.Bramble (Black & Brom)	13.62m
2.A.Phillips (Harrow)	7.06m	2.M.Brown (Enf & Har)	12.54m
3.L.Edwards (Newham & EB)	6.93m	3.D.Johnson (Harrow)	12.43m
4.L.Salvador-Aylott (Harrow)	6.43m		
5.J.Ramos (Enf & Har)	6.34m	Discus	
6.M.Brown (Enf & Har)	5.51m	1.L.Rosenberg (Harrow)	47.34m

Shot		2.F.Miele (Enf & Har)	43-76m
1.S.Butler (Hillingdon)	7.67m	3.N.Sougrin (Enf & Har)	39.13m
		4.S.Butler (Hillingdon)	19.72m
Hammer			
1.W.Beauchamp (Newham & EB)	58.40m	Javelin	
2.S.Butler (Hillingdon)	22.05m	1.J.Kenny (Harrow)	47.74m

Middlesex County AA Track & Field Championships – Mile End Stadium

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Under 20 Men

100 Metres (Heat 1 – w/s = -2.2)

1.R.Fifton (VPH & TH)	10.8
2.C.Turner (Enf & Har)	11.0
3.M.Walker (Enf & Har)	11.3
4.T.Balogun (VPH & TH)	11.3
5.A.Animashaun (Harrow)	11.5
6.A.Bohan (VPH & TH)	11.7
7.M.Stevenson-Webber (Hillingdon)	12.0

100 Metres (Heat 2 – w/s = -0.8)

1.G.Banguru (Unatt)	10.8
2.L.Baptiste (Enf & Har)	10.8
3.M.Miah (WGEL)	10.9
4.S.Williamson (Highgate)	11.3
5.J.Codrington (Enf & Har)	11.4
6.K.Collins (VPH & TH)	11.6
7.S.Wills (ESM)	12.1

100 Metres (Final – w/s = ?)

1.G.Banguru (Unatt)	10.8
2.R.Fifton (VPH & TH)	10.9
3.M.Miah (WGEL)	10.9
4.T.Balogun (VPH & TH)	11.1
5.M.Walker (Enf & Har)	11.3
6.S.Williamson (Highgate)	11.4
L.Baptiste (Enf & Har)	
& C.Turner (Enf & Har) Disq	

200 Metres (Final – w/s = -3.3)

1.A.Buhari (VPH & TH)	23.6
2.C.Rukundo (SBH)	23.7
3.D.Clark (VPH & TH)	27.0
C.Turner (Enf & Har)	DNF

400 Metres

1.S.Palmer (Enf & Har)	51.8
2.C.Rukundo (SBH)	52.5
3.D.Lavipour (Highgate)	53.0
4.A.Marshall (Harrow)	53.8
5.D.Clark (VPH & TH)	61.2

800 Metres

1.I.Ibrahim (Heathside)	2-03.5
2.A.Marshall (Harrow)	2-13.9

3000 Metres

1.K.Desborough (Heathside)	10-00.5
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1500 Metres

1.M.Powell (ESM)	4-09.6
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400 Metres Hurdles (84.0)

1.B.Carne (Harrow)	56.0
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110 Metres Hurdles (w/s = ?)

1.I.Nworgu (Enf & Har)	16.5
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Long Jump

1.C.Campbell (ESM)	6.48m
2.A.Buhari (VPH & TH)	6.33m
3.R.Johnson (Highgate)	6.01m
4.N.Adams (Enf & Har)	5.87m

High Jump

1.R.Prevoost (Harrow)	1.90m
2.R.Johnson (Highgate)	1.90m

Triple Jump

1.C.Campbell (ESM)	13.88m
2.N.Adams (Enf & Har)	11.91m

Discus

1.J.Joseph (Enf & Har)	40.17m
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Javelin

1.A.Johnson (Herne Hill)
2.S.Geris (Enf & Har)

Hammer

52.64m 1.J.Joseph (Enf & Har)
37.13m

41.96m

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Under 17 Men

100 Metres (Heat 1 – w/s = -2.0)

1.J.Alert-Khan (SBH)	11.7
2.C.Julien (Enf & Har)	11.8
3.S.Whitelock (Oaklands Sch)	12.4
4.J.Duaah (VPH & TH)	12.6
5.D.Ponde (Card Pole Sch)	12.9
6.C.Chambers (Enf & Har)	13.0
7.B.Dyer (Oaklands Sch)	13.3

100 Metres Final (w/s = -2.3)

1.J.Alert-Khan (SBH)	11.5
2.C.Julien (Enf & Har)	11.5
3.D.Thomas (ESM)	11.6
4.C.Saldsman (SBH)	12.1
5.A.Babb (Card Pole Sch)	12.1
6.A.Simpson-Porter (VPH & TH)	12.4

200 Metres (Heat 2 – w/s = -3.4)

1.C.Julien (Enf & Har)	23.9
2.R.McCorquodale (SBH)	24.0
3.H.Razaq (WGEL)	24.2
4.L.Tapping (VPH & TH)	26.4

400 Metres

1.R.McCorquodale (SBH)	51.3
2.H.Razaq (WGEL)	52.5
3.C.Mayo (Bishopshalt Sch)	53.0
4.H.Winthrop (SBH)	56.4
5.A.Magari (Hackney F & P Sch)	62.2

800 Metres (Heat 2)

1.J.Jama (ESM)	2-11.1
2.K.Blackstone (Bishopshalt)	2-14.9
3.M.Hadden (Enf & Har)	2-16.9
4.J.Foley (VPH & TH)	2-24.0

1500 Metres

100 Metres (Heat 2 – w/s = -2.1)

1.D.Thomas (ESM)	11.7
2.C.Gibbons (Oaklands Sch)	11.9
3.C.Saldsman (SBH)	12.1
4.A.Babb (Card Pole Sch)	12.2
5.A.Simpson-Porter (VPH & TH)	12.4
6.C.Prospere (Card Pole Sch)	13.3
7.S.Mills (Hackney F & P Sch)	13.6

200 Metres (Heat 1 – w/s = -1.3)

1.J.Alert Khan (SBH)	23.8
2.S.Alley (VPH & TH)	25.0
3.A.Babb (Card Pole Sch)	25.4
4.C.Chambers (En & Har)	25.7
5.E.Oppong-Yeboah (Card Pole Sch)	26.3

200 Metres Final – w/s = -1.3)

1.J.Alert-Khan (SBH)	22.8
2.R.McCorquodale (SBH)	23.2
3.H.Razaq (WGEL)	23.9
4.S.Alley (VPH & TH)	24.3
5.A.Babb (Card Pole Sch)	25.5

800 Metres (Heat 1)

1.D.Grant (ESM)	2-05.9
2.T.O'Loughlin (Heathside)	2-06.1
3.J.Macrae (Belgrave)	2-06.5
4.R.Campbell (Highgate)	2-08.0
5.D.Manassib (Heathside)	2-08.5
6.E.Kearon (SBH)	2-08.8

800 Metres Final

1.D.Grant (ESM)	2-03.8
2.J.Jama (ESM)	2-05.7
3.K.Blackstone (Bishopshalt)	2-06.1
4.J.Macrae (Belgrave)	2-06.8
5.T.O'Loughlin (Heathside)	2-07.0

1.T.Haughian (WSE & H)	4-19.5	6.R.Campbell (Highgate)	2-07.7
2.B.Stock (ESM)	4-32.9	7.D.Manassib (Heathside)	2-10.0
		8.E.Kearon (SBH)	2-10.7

3000 Metres

1.G.O'Brien (ESM)	9-58.7	100 Metres Hurdles	
2.D.Healy (Enf & Har)	10-00.9	1.D.Walker (Hillingdon)	17.6
3.S.Martin (William Ellis Sch)	10-02.4		
4.C.Suarez (ESM)	10-12.2	High Jump	
5.J.Marshall (Bishopshalt Sch)	10-50.2	1.J.Luck (Enf & Har)	1.75m
6.J.Louden (ESM)	11-21.1	2.H.Winthrop (SBH)	1.75m
		3.A.Babb (Card Pole Sch)	1.70m

Long Jump

1.D.Thomas (ESM)	6.90m	Triple Jump	
2.W.Jones (Card Pole Sch)	5.27m	1.A.Lau (Bishopshalt Sch)	11.37m
3.E.Oppong-Yeboah (Card Pole Sch)	4.71m	2.W.Jones (Card Pole Sch)	11.20m
		3.D.Ponde (Card Pole Sch)	10.19m

Shot

1.M.Shahabaldine (ESM)	11.31m	Discus	
2.C.Prospere (Card Pole Sch)	10.24m	1.L.Edwards (Harrow)	33.98m
3.A.Magari (Hackney F & P Sch)	9.77m	2.M.Shahabaldine (ESM)	26.42m
4.S.Sahin (Oaklands Sch)	8.40m		

Javelin

1.S.Mills (Hackney F & P Sch)	47.22m
2.D.Walker (Hillingdon)	38.79m

Hammer

1.L.Edwards (Harrow)	47-29m
2.T.Moore (Enf & Har)	34.22m

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Under 15 Boys

100 Metres (Heat 1)

1.J.Sumadi (VPH &TH)	11.9
2.S.Nicholas (Oaklands Sch)	12.4
3.S.Asante (SBH)	12.7
4.J.Binns (Enf & Har)	13.1
5.D.McKenzie (Card Pole Sch)	13.8

100 Metres (Heat 2)

1.D.Gibbons (Oaklands Sch)	12.5
2.T.Taylor (Langdon Park Sch)	12.7
3.A.Ogario (SBH)	12.9
4.S.Odelowo (Card Pole Sch)	13.0
5.M.Abbas (ESM)	14.7

100 Metres Final

1.J.Sunadi (VPH & TH)	11.8
2.D.Gibbons (Oaklands Sch)	11.9
3.S.Nicholas (Oaklands Sch)	12.1
4.T.Taylor (Langdon Park Sch)	12.4
5.A.Ogario (SBH)	12.6
6.S.Asante (SBH)	12.7
7.J.Binns (Enf & Har)	13.3

200 Metres

1. J.Sumadi (VPH & TH)	25.0
2.A.Ogario (SBH)	26.0
3.T.O'Brien (SBH)	26.2
4.T.Taylor (Langdon Park Sch)	27.1
5.Aali (Oaklands Sch)	27.5
6.A.Parkin (ESM)	30.4
7.N.Goolab (ESM)	32.2

400 Metres

1. J.Paul (VPH & TH)	55.6
2.O.Joseph (Brunel Univ)	56.5
3.A.Hunt (ESM)	59.2
4.L.Peart (Oaklands Sch)	59.5

800 Metres

1.J.Downing (ESM)	2-08.7
2.I.May (WSE & H)	2-10.0
3.T.Crosbie (VPH & TH)	2-13.1
4.N.Goolab (ESM)	2-32.4
5.A.Parkin (ESM)	2-37.7

1500 Metres

1.I.May (WSE & H)	4-34.7
2.A.Hunt (ESM)	4-42.7
3.A.Osman (ESM)	4-42.9
4.J.Cotton (WSE & H)	4-48.7
5.L.Gruszewski (TVH)	5-11.9
6.A.Parkin (ESM)	5-12.6
7.R.Kamalanathan (QPH)	5-16.2
8.N.Ogbeide (Hackney F & P Sch)	5-21.8

80 Metres Hurdles

1.C.Paul (Cardinal Pole)	13.0
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High Jump

1.L.Boteng (Hackney F & P Sch)	1.60m
2.A.Hunt (ESM)	1.50m
3.B.Luck (Enf & Har)	1.45m

Long Jump

1.L.Thomas (Enf & Har)	6.39m(CBP)
2.J.Paul (VPH & TH)	5.26m
3.T.Taylor (Langdon Park Sch)	4.85m

Triple Jump

1.J.Paul (VPH & TH)	11.91m(CBP)
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Shot

4.J.Ali (Oaklands Sch)	4.53m	1.O.Joseph (Brunel Univ)	11.98m
5.B.Luck (Enf & Har)	4.13m	2.J.Muloso (Hackney F & P Sch)	11.11m
6.M.Richards (VPH & TH)	3.93m	3.J.Edwards (Hackney F & P Sch)	10.68m
7.J.Binns (Enf & Har)	3.92m	4.S.Odelowo (Card Pole Sch)	9.44m
8.S.Jackson (VPH & TH)	3.35m	5.D.McKenzie (Card Pole Sch)	9.10m
		6.E.Joseph (VPh & TH)	8.76m
		7.M.Richards (VPH & TH)	8.26m

Discus

1.C.Roden (Enf & Har)	30.47m
2.J.Muloso (Hackney F & P Sch)	26.30m
3.S.Odelowo (Card Pole Sch)	25.90m
4.E.Joseph (VPH & TH)	25.03m
5.M.Richards (VPH & TH)	21.13m

Javelin

1.D.Tuffour (Enf & Har)	45.43m
2.W.Foden (ESM)	35.70m
3.C.Rookes (Enf & Har)	33.56m

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Under 13 Boys

100 Metres

1.D.Bramble (ESM)	13.8
2.A.Ali (VPH & TH)	16.7

800 Metres

1.L.Nicholas (ESM)	2-29.8
2.A.Percival (ESM)	2-35.6
3.R.Bishop (VPH & TH)	2-35.7
4.B.Redhead (ESM)	2-42.3
5.A.Allday (ESM)	2-55.1
6.D.Konoplev (Highgate)	3-02.7

High Jump

1.D.Konoplev (Highgate)	1.10m
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Shot

1.B.Redhead (ESM)	5.28m
2.A.Allday (ESM)	4.61m

Discus

1.C.Hepworth (ESM)	12.85m
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Minithon

1.J.Geraghty (Enf & Har)	2-37.3(800-24)	1.30 m(HJ-20)	19.36m(Disc-21)	65pts
2.E.Kelchure (Card Pole Sch)	13.7 (100-25)	4.02 m(LJ-16)	6.91m (Shot-18)	59pts
3.M.Fisher (TVH)	14.8 (100-14)	4.62 m(LJ-24)	5.94m(Shot-11)	49pts

200 Metres

1.S.Odaine (Hackney F & P Sch)	28.4
2.A.Ali (VPH & TH)	38.4

1500 Metres

1.L.Nicholas (ESM)	5-09.4
2.J.Stacey (Northolt High Sch)	5-14.0
3.C.Hepworth (ESM)	5-35.6

80 Metres Hurdles

1.M.Flemming (Haydon Sch)	19.7
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Long Jump

1.D.Bramble (ESM)	4.95m
2.J.Stacey (Northolt High Sch)	3.64m
3.B.Redhead (ESM)	3.59m
4.C.Hepworth (ESM)	3.44m
5.M.Flemming (Haydon Sch)	3.01m

Javelin

1.J.Stacey (Northolt High Sch)	22.13m
2.D.Konoplev (Highgate)	17.21m
3.M.Flemming (Haydon Sch)	15.90m

4..D.Rizzolo (Card Pole Sch)	2-47.0 (800-21)	1.20m (HJ-15)	5.73m(Shot-9)	45pts
5..M.Healy (Enf & Har)	2-44.1(800-22)	3.09m(LJ-6)	6.42m(Shot-14)	42pts
6.P.Cheadle (Brunel Univ)	3-08.1(800-14)	1.25m (HJ-17)	5.63m(Shot-9)	40pts
7..M.Binns (Enf & Har)	2-51.0 (800-20)	1.25m(HJ-17)	4.27m (Shot-2)	39pts
8.O.Ogienno (Card Pole Sch)	2-43.5 (800-22)	3.00m(HJ-5)	5.29m (Shot-7)	34pts
9.K.Stewart (Prince of Wales Sch)	2-41.8 (800-23)	3.44m (LJ-9)	3.88m (Shot-1)	33pts
10.A.Harper (Card Pole Sch)	15.0 (100-12)	3.22m (LJ-7)	5.66m (Shot-9)	28pts
11.D.Lyons (St Thomas Moore Sch)	2-55.9 (800-18)	3.13m (LJ-6)	3.96m (Shot-1)	25pts
12.J.Walerych (QPH)	3-07.4 (800-14)	3.10m(LJ-6)	4.53m (Shot-4)	24pts
13.T.Williams (Card Pole Sch)	16.8 (100-4)	2.95m (LJ-5)	4.93m (Shot-2)	11pts
14.A.Medal (Quinton & Kynaston Sch)	-	2.58m (LJ-3)	4.83m (Shot-4)	7pts
15.D.Yerby-Barrett (QPH)	17.3 (100-3)	2.49 (LJ-2)	7.04m (Disc-1)	6 pts
16.M.Volkner (Brunel Univ)	-	3.10 (LJ-6)	-	6 pts
17.G.McCann (Brunel Univ)	19.0 (100-0)	-	-	0pts