

Sheet1

100m			
10.8	Gary Carr	+2.0	SM
11.0	James Bridge		SM
11.23	Dwyte Smith	+1.9	U20
11.3	Lewis Elliott		U17
11.5	Hadley Pressley		U20
11.7	Kwame Mensah		SM
11.8	Tom Chambers		U17
11.8	Tom Chambers		U17
11.8	Tom Chambers		U17
11.9	Dan Weaver		U17
12.0	Stephen Walder		U15
12.1	Ashley Cochran		U17
12.1	Christian Brown		U17
12.2	Peter Davey		M35
12.4	Tom Williams		U15
12.4	Nathaniel Fatola		U15
12.4	Andrew Robertson		U17
12.4	Tom Williams		U15
12.4	Nathaniel Fatola		U15
12.56	Pete Le Rossignol	+0.4	SM
12.6	Chris Blandford	+0.9	U20
12.9	Oliver Williams		U13
12.9	Oliver Williams	-0.2	U13
12.9	James Ogilvie		U17
13.0	Iain Presnell		M50
13.0	Temidayo Banwo		U15
13.45	Steve Arnold	+0.4	M45
13.50	Steve Langford	-0.8	M50
13.8	Luke Busumbru		U13
13.9	George Woods		U15
13.93	Les Wood	-1.9	M60
14.0	Morgan Regardsoe		U13
14.4	Vithusan Soosaiayah		U15
14.8	Harry Middleton		U15
14.88	Paul Wheeler	+0.4	M50
15.0	Alex Lynch		U13
15.6	Aaron Meakin		U13
15.6	Matthew Barrow		U13
15.6	Ben Isaac		U13
17.0	Connor Stalker		U13

400m			
50.3	James Phillips		SM
50.9	Gareth Morris		U20
51.96	Tim Burt		SM
52.6	Will Allingham		SM
53.0	Ashley Cochran		U17

200m			
21.90	James Bridge	+3.3	SM
22.14	Gary Carr	+0.9	SM
23.3	Kwame Mensah		SM
23.3	Tom Chambers		U17
23.6	Gareth Morris		U20
23.9	Will Allingham		SM
23.9	Hadley Pressley		U20
23.9	James Phillips		SM
24.05	Lewis Elliott	i	U17
24.1	Peter Davey		M35
24.5	Ashley Cochran		U17
24.6	Christian Brown		U17
24.6	Stephen Walder		U15
24.7	Ryan Harris		U17
24.79	Dan Weaver	+0.2	U17
25.0	Tom Williams		U15
25.1	Chris Blandford		U20
25.80	Nathaniel Fatola	+0.8	U15
26.3	Temidayo Banwo		U15
27.1	Oliver Williams		U13
27.49	Steve Langford	+0.4	M50
27.7	Steve Arnold		M45
28.2	Iain Presnell		M50
28.3	Les Wood	-1.2	M60
28.4	Harry Middleton		U15
28.6	Luke Busumbru		U13
29.2	Ben Isaac		U13
29.92	Paul Wheeler	+0.9	M50
30.6	Aaron Meakin		U13
31.3	Ben Phillips	+0.8	U13
32.0	Matthew Barrow		U13
32.0	Edward Clack		U13
32.2	George Hogben		U13
32.8	Alex Lynch		U13

800m			
1:52.59	Tim Burt		SM
1:54.52	James Phillips		SM
1:54.83	Ollie Crux		SM
2:05.7	Josh Fairclough		SM
2:07.02	Ashley Cochran		U17
2:07.5	Chris Blandford		U20
2:09.45	Matthew Hogben		SM
2:14.02	Henry Allingham		U17
2:14.4	Guy van Damme		M40
2:15.76	Warren Uden		U20
2:17.3	Marcus South		U20

Sheet1

54.7	Dan Weaver		U17
54.8	Chris Blandford		U20
56.7	Peter Davey		M35
57.0	Matthew Hogben		SM
57.1	Stephen Walder		U15
57.2	Christian Brown		U17
57.2	Ryan Harris		U17
57.3	Jeremy Fryer		U17
57.6	Henry Allingham		U17
58.7	George McLennan		U15
59.37	Chris Meakin		U20
59.5	Adam Asher		U17
62.3	Pete Le Rossignol		SM
63.6	Jack Wreathall		U15
64.1	Steve Arnold		M45
64.4	Nathaniel Fatola		U15
64.6	Declan O'Driscoll		U15
67.0	Iain Presnell		M50
68.4	Jack Huxley		U15
70.03	Ian Mackett		M45
71.0	Callum Burgess		U15
72.0	Vithusan Soosaiaiyah		U15

1500m			
3:56.52	Tim Burt		SM
4:30.3	Chris Blandford		U20
4:35.6	John Pryor		SM
4:38.4	Warren Uden		U20
4:39.9	Guy van Damme		M40
4:41.4	Andrew Robertson		U17
4:42.93	Jack Wreathall		U15
4:47.6	George McLennan		U15
4:53.9	Marcus South		U20
4:58.1	Rob Whiskin		U17
5:00.2	Ian King		M35
5:00.8	Neil Daughters		U15
5:01.0	Patrick Duncan		U17
5:01.5	Dylan Jones		U20
5:03.9	Ryan Powell		U20
5:05.7	Dan Weaver		U17
5:11.5	Darrel Rand		U15
5:11.8	Declan O'Driscoll		U15
5:12.2	Matthew Hogben		SM
5:14.0	Callum Burgess		U15
5:26.3	Edward Lawlor		U13
5:33.8	Adam Asher		U17
5:37.3	John Norman		M50
5:45.2	James Ogilvie		U17

2:18.7	Andrew Robertson		U17
2:20.5	George McLennan		U15
2:21.3	Ian King		M35
2:25.4	Stephen Walder		U15
2:25.7	Callum Burgess		U15
2:26.3	George Huxley		U17
2:26.9	Declan O'Driscoll		U15
2:27.1	Jack Wreathall		U15
2:27.5	Neil Daughters		U15
2:28.1	Rob Whiskin		U17
2:29.1	Dylan Jones		U20
2:36.4	Daniel Steadman		U13
2:41.4	Darrel Rand		U15
2:42.46	Ian Mackett	i	M45
2:47.3	Ben Phillips		U13
2:51.6	Kieran Regan		U13
2:54.5	Edward Clack		U13
3:04.7	Paul Ross		U13
3:12.9	Lewis Hagger		U13
3:17.2	Gary MacDonald		M50
3:28.5	Jack Huxley		U15

3000m			
9:44.3	Garon Heslop		M45
10:22.4	Patrick Duncan		U17
10:31.4	Warren Uden		U20
10:35.4	Dylan Jones		U20
11:20.3	Darrel Rand		U15
11:23.2	Declan O'Driscoll		U15
12:14.9	Ashley Cochran		U17
12:53.6	Paul Wheeler		M50
13:12.5	Peter Davey		M35
13:45.42	Ian Mackett	i	M45

2 Miles			
11:08.32	Warren Uden		U20
12:10.59	Matthew Iles		SM

5000m			
16:31.6	Garon Heslop		M45
17:42.4	John Pryor		SM
18:16.37	Robert Dennis		SM
18:59.0	Matthew Iles		SM
19:17.4	Phil Heathfield		SM
19:50.21	Ian King		M35

U17 400mH			
67.0	Andrew Robertson		U17

Sheet1

6:02.8	Kyle Denning		U13
6:14.1	Jack Huxley		U15
6:20.3	Paul Ross		U13
6:40.9	Ian Mackett		M45
6:43.9	Lewis Hagger		U13

U13 75mH			
13.3	Oliver Williams		U13
14.7	Alex Lynch		U13
15.0	Aaron Meakin	+1.9	U13

U15 80mH			
12.8	Tom Williams		U15
14.0	Stephen Walder	+0.9	U15
16.8	Jack Huxley		U15
16.8	Jack Huxley		U15
17.5	Vithusan Soosaiayah		U15

U17 100mH			
16.3	Dan Weaver	+2.6	U17
19.0	James Ogilvie		U17
20.4	Adam Asher	+2.6	U17

U20 110mH			
20.3	James Ogilvie		U17
20.5	Chris Blandford	+1.2	U20

110mH (3'3")			
16.81	Peter Davey	-1.7	M35

110mH			
16.4	Peter Davey		M35
18.5	Chris Petts		SM
20.6	Matthew Hogben		SM
20.6	Matthew Hogben		SM

1200m Walk			
7:02.1	Neil Daughters		U15
7:56.0	Darrel Rand		U15
8:11.6	Alex Lynch		U13
8:24.1	Daniel Steadman		U13
8:27.9	Kyle Denning		U13
9:19.6	Harry Middleton		U15
10:15.2	Paul Ross		U13

2000m Walk			
11:48.3	Gary MacDonald		M50
14:54.5	Paul Wheeler		M45

68.8	Christian Brown		U17
69.1	Jeremy Fryer		U17
69.5	James Ogilvie		U17

400mH			
54.69	Gareth Morris		U20
64.0	Matthew Hogben		SM
65.32	Peter Davey		M35
66.5	Christian Brown		U17
69.0	James Ogilvie		U17
75.7	Phil Heathfield		SM
76.6	Andrew Robertson		U17
87.1	Ryan Powell		U20

1500mS/C			
5:24.7	Andrew Robertson		U17

2000mS/C			
7:19.8	Andrew Robertson		U17
7:52.4	Warren Uden		U20
10:13.55	Ian Mackett		M45

3000mS/C			
11:16.82	Warren Uden		U20
11:27.4	Phil Heathfield		SM
11:41.60	Matthew Hogben		SM
11:57.2	Ian King		M35
12:29.9	Chris Blandford		U20

60m			
6.92	Gary Carr	i	SM
7.17	James Bridge	i	SM
7.33	Lewis Elliott	i	U17
7.36	Dwyte Smith	i	U20
7.44	Tom Chambers	i	U17
7.63	Peter Davey	i	M35
7.70	Chris Meakin	i	U20
7.79	Stephen Walder	i	U15
7.79	Ryan Harris	i	U17
8.65	Les Wood	i	M60

60mH			
9.04	Peter Davey	i	M35

300m			
36.44	Lewis Elliott		U17
48.40	Ian Mackett		M45

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3000m Walk			
14:43.3	Jonathan Hobbs		U17
18:32.06	Gary MacDonald		M50

5000m Walk			
25:24.31	Jonathan Hobbs		U17

10000m Walk			
68:48.1	Gary MacDonald		M55

Pole Vault			
3.40	Mick Goodall		M55
3.40	Richard Harrington		SM
3.40	Richard Harrington		SM
3.40	Mick Goodall		M55
2.80	Pete Le Rossignol		SM
2.80	Pete Le Rossignol		SM
2.30	Chris Blandford		U20
2.10	Iain Presnell		M50
2.02	Jack Huxley		U15
2.00	Steve Langford		M50
2.00	George Huxley		U17
1.92	Alex Williams		U15
1.30	Vithusan Soosaiaiyah		U15
1.30	Vithusan Soosaiaiyah		U15

Long Jump			
7.24	Dwyte Smith	i	U20
7.09	Matt Morsia		SM
5.87	Peter Davey		M35
5.78	Dan Weaver		U17
5.71	Ryan Harris		U17
5.62	Robert Nash		SM
5.59	Nathaniel Fatola		U15
5.57	Chris Petts		SM
5.50	Tom Williams		U15
5.39	Stephen Walder		U15
5.37	Matthew Hogben		SM
5.30	Steve Langford		M50
5.13	Chris Blandford		U20
5.09	Adam Asher		U17
4.59	Jeremy Fryer		U17
4.55	William Dickinson		U17
4.55	Vithusan Soosaiaiyah		U15
4.43	Steve Arnold	+0.4	M45
4.41	Oliver Williams		U13
4.41	George Woods		U15

600m			
1:22.86	James Phillips		SM
1:37.12	Henry Allingham		U17

Triple Jump			
14.56	Matt Morsia		SM
13.97	Dwyte Smith		U20
12.18	Chris Petts		SM
11.98	Matthew Hogben		SM
11.87	Robert Nash		SM
11.65	Ryan Harris		U17
11.62	Peter Davey		M35
10.45	Steve Langford		M50
10.44	Pete Le Rossignol		SM
9.90	Gareth Morris		U20
9.80	William Dickinson		U17
9.39	Jeremy Fryer		U17
8.74	Les Wood		M60
7.88	Ian Mackett		M45

High Jump			
1.95	Chris Petts	i	SM
1.85	Matthew Hogben		SM
1.80	Matt Smiley		SM
1.80	Matt Smiley		SM
1.65	Peter Davey	i	M35
1.65	Peter Davey		M35
1.64	Dan Weaver		U17
1.59	Chris Blandford		U20
1.55	Temidayo Banwo		U15
1.55	Oliver Williams		U13
1.52	Adam Asher		U17
1.50	Mick Goodall		M55
1.50	Mick Goodall		M55
1.50	Chris Meakin		U20
1.47	Stephen Walder		U15
1.40	Phil Heathfield		SM
1.35	George Huxley		U17
1.35	Harry Middleton		U15
1.25	Jack Huxley		U15
1.25	Ben Isaac		U13
1.25	Ben Isaac		U13
1.20	Nathaniel Fatola		U15
1.20	Lewis Hagger		U13
1.15	Ben Phillips		U13
1.15	Les Wood		M60
1.13	George Hogben		U13
1.10	Paul Ross		U13

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4.20	Harry Middleton	i	U15
4.19	Les Wood	+2.5	M60
4.09	Matthew Barrow		U13
3.84	Ben Isaac		U13
3.81	Alex Lynch		U13
3.79	Luke Busumbru		U13
3.78	Morgan Regardsoe		U13
3.68	George Hogben		U13
3.67	Temidayo Banwo		U15
3.66	Matt Smiley		SM
3.66	Paul Wheeler	-1.2	M50
3.58	Paul Ross		U13
3.54	Ben Phillips		U13
3.49	Neil Daughters		U15
3.47	Kyle Denning		U13
3.35	Daniel Steadman		U13
3.27	Connor Stalker		U13

U13 Javelin			
31.21	Oliver Williams		U13
23.50	Edward Clack		U13
23.23	Morgan Regardsoe		U13
19.49	Kieran Regan		U13
17.64	Ben Isaac		U13
17.00	Lewis Hagger		U13

U15 Javelin			
52.13	Matthew Blandford		U15
40.75	Jake Berry		U15
32.41	Dan Weaver		U17
26.35	Tom Snare		U15
12.61	George Woods		U15
10.45	Vithusan Soosaiayah		U15

U17 Javelin			
47.56	Matthew Blandford		U15
30.87	Adam Asher		U17
30.56	Dan Weaver		U17
24.19	Blake Robinson		U17
23.42	Tom Chambers		U17
20.35	James Ogilvie		U17

Javelin			
45.67	Tom Dodd		U20
45.30	Chris Blandford		U20
41.19	Jack McNaught		U20
34.44	Jon Ward		M40
26.29	Chris Kingsland		SM

1.10	Daniel Steadman		U13
1.10	Kyle Denning		U13
1.10	Pete Le Rossignol		SM
1.05	Kieran Regan		U13

U13 Shot			
7.43	Edward Clack		U13
6.57	Aaron Meakin		U13
6.01	Alex Lynch		U13
5.73	Matthew Barrow		U13
4.60	Lewis Hagger		U13

U15 Shot			
11.34	Tom Snare		U15
9.96	Matthew Blandford		U15
9.25	Stephen Walder		U15
7.82	Nathaniel Fatola		U15
7.55	Luke Barrow		U15
7.51	Liam Regardsoe		U15
6.84	Temidayo Banwo		U15
6.13	George Woods		U15
5.39	Jack Wreathall		U15

U17 Shot			
10.89	Adam Asher		U17
9.71	Blake Robinson		U17
8.61	Dan Weaver		U17

U20 Shot			
12.33	Jack McNaught		U20
8.80	Chris Blandford		U20
8.36	Blake Robinson		U17
5.73	William Dickinson		U17

Shot			
12.82	Jon Ward		M40
11.85	Chris Kingsland		SM
7.57	Paul Wheeler		M50
6.99	John Pryor		SM
5.95	Ian Mackett	i	M45

M50 Shot			
7.42	Dave Fox		M55
6.96	Steve Langford		M50

M60 Shot			
6.97	Les Wood		M60

Sheet1

25.98	Pete Le Rossignol		SM
25.93	Paul Wheeler		M50
22.45	Blake Robinson		U17
20.85	Mick Goodall		M55

M50 Javelin			
22.70	Steve Langford		M50
21.32	Iain Presnell		M50

M60 Javelin			
19.99	Les Wood		M60

U13 Discus			
20.18	Luke Busumbru		U13
14.91	Kieran Regan		U13
11.93	Lewis Hagger		U13

U15 Discus			
39.00	Tom Snare		U15
31.98	Matthew Blandford		U15
21.01	Jake Berry		U15
16.65	Liam REGARDSOE		U15
14.09	Jack Huxley		U15

U20 Discus			
39.67	Jack McNaught		U20
30.59	Chris Blandford		U20
23.55	Blake Robinson		U17
12.34	Christian Brown		U17

Discus			
39.34	Jon Ward		M40
33.63	Chris Kingsland		SM
24.56	Chris Blandford		U20
19.58	Paul Wheeler		M45
14.89	Ian Mackett		M45

4x100m						
43.7	Mensah, James	Bridge	Wil Allingham, Gary Carr			SM
45.5	Ashley Cochran, Dan Weaver, Tom Chambers, Lewis Elliott					U17
46.6	Hadley Pressley, Tom Chambers, Christian Brown, Ashley Cochrane					U20
48.6	Tom Williams, Stephen Walder, Temi Banwo, Nathan Fatola					U15
52.1	Steve Arnold, Iain Presnell, Steve Langford, Peter Davey					M35
56.4	Lynch, Oliver Williams, Luke Busumbru, Morgan REGARDSOE					U13

4x200m						
1:46.4	Steve Arnold, Steve Langford, Iain Presnell, Peter Davey					M35

U15 Hammer			
28.42	Tom Snare		U15
28.37	Matthew Blandford		U15
17.03	Luke Barrow		U15

U20 Hammer			
27.44	Jack McNaught		U20
16.18	Chris Blandford		U20
15.09	Blake Robinson		U17
8.29	Marcus South		U20

Hammer			
37.60	Jon Ward		M40
25.66	Chris Kingsland		SM
24.90	Ian King		M35
18.07	Paul Wheeler		M45
11.38	Ian Mackett		M45

M50 Hammer			
20.94	Paul Wheeler		M50
19.65	Iain Presnell		M50

M60 Discus			
16.69	Les Wood		M60

M50 Discus			
27.66	Dave Fox		M55
20.79	Steve Langford		M50

Sheet1

4x400m						
3:26.8	Will Allingham, Ollie Crux, James Phillips, Gareth Morris					SM
3:43.9	George Huxley, Chris Blandford, Ashley Cochran, Jeremy Fryer					U20
3:56.8	Tom Chambers, Jack Huxley, Andy Robertson, Dan Weaver					U17
4:08.5	Steve Arnold, Ian Mackett, Guy van Damme, Peter Davey					M35
4:12.9	McLennan, Stephen Walder, Neil Daughters, AN Other					U15

1600m Medley		
4:22.0	Iain Presnell, Steve Langford, Steve Arnold, Garon Heslop	Vet