

NJL National Final Paper Match

Orpington, Wed 19 August 2009

M 100m A

1 Nyef Abed SAL 10.88
 2 Sean Safo-Antwi E&H 10.95
 3 Antonio Infantino SBH 11.00
 4 Guy Mayer C&S 11.51

M 200m A

1 Antonio Infantino SBH 21.70
 2 Jordan Arthur U17 E&H 22.00
 3 Nathan Roach SAL 22.23
 4 Guy Mayer C&S 23.49

M 400m A

1 Matthew Webster SBH 49.00
 2 Sam Evans C&S 49.76
 3 Errol Houston E&H 50.40
 4 David Whalley SAL 52.51

M 800m A

1 Sam Evans C&S 1.53.30
 2 Niall Brooks SAL 1.53.70
 3 Charles Gunning SBH 1.54.97
 4 Luke Disney E&H 1.58.81

M 1500m A

1 Niall Brooks SAL 3.59.90
 2 Ben Nagy E&H 4.00.30
 3 Chris Harvey C&S 4.01.70
 4 Jake Shelley SBH 4.02.60

M 3000m A

1 Ben Nagy E&H 8.40.54
 2 Niall Fleming SBH 8.41.97
 3 Jaimie Roden SAL 9.18.40
 4 Philip Pugh U17 C&S 9.30.50

M 110mH A

1 James McClean E&H 14.43
 2 Thomas Ashby SBH 14.80
 3 Jack Andrew SAL 15.01
 4 Adam Smith C&S 19.50

M 400mH A

1 Jorda Aromasodu SBH 54.40
 2 Luke Daniel E&H 58.30
 3 Adam Smith C&S 61.30
 4 Ben Daye U17 SAL 64.57

M 2000m Sc A

1 Tommy Bryant SBH 6.05.15
 2 Matt Jackson SAL 6.12.15
 3 Ben Nagy E&H 6.15.50
 4 Philip Pugh U17 C&S 7.18.90

M Discus Throw A

1 Thomas Ashby SBH 51.80
 2 Greg Watkins SAL 42.16
 3 Ammirreza Zarei E&H 41.53
 4 Dan Timmis C&S 38.64

M Hammer Throw A

1 Jay Hill E&H 58.98
 2 Andrew Elkins U17 SBH 57.03
 3 Adam Davies SAL 53.39

M 100m B

1 Jordan Huggins E&H 11.00
 2 Nathan Roach SAL 11.07
 3 Confidence Lawson SBH 11.10
 4 Chris Morris U17 C&S 11.90

M 200m B

1=Nyef Abed SAL 22.40
 1=Olu Oyewobi E&H 22.40
 3 Confidence Lawson SBH 22.60
 4 Chris Morris U17 C&S 24.54

M 400m B

1 Jorda Aromasodu SBH 49.80
 2 Darren Corbin E&H 51.70
 3 William McKeown U17 SAL 52.90
 4 Adam Smith C&S 54.60

M 800m B

1 Chris Kays SAL 1.54.23
 2 Tommy Bryant SBH 1.57.55
 3 Chris Harvey C&S 1.58.49
 4 Jamie Smith E&H 2.01.50

M 1500m B

1 Richard Goodman U17 SBH 4.03.63
 2 Alex Jones E&H 4.05.09
 3 Jaimie Roden SAL 4.06.40
 4 Sam Evans C&S 4.11.42

M 3000m B

1 Richard Goodman U17 SBH 8.57.70
 2 Ryan Worland SAL 9.20.30
 3 Alex Milne E&H 9.21.00
 4 Chris Perrin U17 C&S 9.38.60

M 110mH B

1 Chris Baker E&H 15.04
 2 Blade Ashby U17 SBH 15.50
 3 James Davies SAL 15.80

M 400mH B

1 Tommy Bryant SBH 60.40
 2 Alasdair Rigby C&S 64.41
 3 Daniel Miller E&H 64.78
 4 Thomas Gomulko SAL 65.96

M 2000m Sc B

1 Frank Bailey U17 SBH 6.25.40
 2 Dean Scott U17 E&H 6.30.20
 3 Ryan Worland SAL 6.46.15
 4 Chris Perrin U17 C&S 7.32.10

M Discus Throw B

1 Tom Peacock U17 SBH 38.33
 2 Adam Davies SAL 34.75
 3 Dan Millerchip C&S 34.32
 4 Kiaran Hines E&H 31.66

M Hammer Throw B

1 Dempsey McGuigan U17 SBH 49.04
 2 Stan Gaskin E&H 40.07
 3 Nathan Morris U17 SAL 37.23

4 Dan Millerchip	C&S 27.36	4 Dan Timmis	C&S 24.17
M High Jump A		M High Jump B	
1 Chris Baker	E&H 2.05	1 Leron Norbert	E&H 1.95
2 Jack Andrew	SAL 1.90	2 James Davies	SAL 1.90
3=Alasdair Rigby	C&S 1.85	3 Fela Latilo	SBH 1.85
3=Thomas Ashby	SBH 1.85	4 Chad Barton	C&S 1.60
M Javelin Throw A		M Javelin Throw B	
1 Chad Barton	C&S 56.33	1 Alex Pinner	U17 C&S 46.64
2 Thomas Ashby	SBH 46.51	2 Andrew Elkins	U17 SBH 43.30
3 Thomas Gomulko	SAL 43.26	3 Jack Andrew	SAL 42.26
4 Chris Baker	E&H 40.38	4 Jay Hill	E&H 35.94
M Long Jump A		M Long Jump B	
1 Nathan Fox	SBH 6.90	1 Julian Allwood	E&H 6.46
2 Romane Walcott	E&H 6.68	2 Bradley Houldsworth	SAL 6.38
3 Matthew Wright	SAL 6.63	3 Clayton Johnson	U17 SBH 6.34
4 Jamie Hammond	C&S 6.30	4 Andrew Shortland	U17 C&S 5.78
M Pole Vault A		M Pole Vault B	
1 Andrew Suttcliffe	SAL 5.00	1 Douglas Curwen-Reed	SBH 4.60
2 Michael Read	SBH 4.70	2 James Davies	SAL 4.20
3 Jay Hill	E&H 3.50	3 Anthony Ekundayo	U17 E&H 3.50
M Shot Putt A		M Shot Putt B	
1 Thomas Ashby	SBH 14.27	1 Nathan Morris	U17 SAL 12.74
2 Ammirreza Zarei	E&H 14.07	2 Stan Gaskin	E&H 12.33
3 Greg Watkins	SAL 12.92	3 Tom Peacock	U17 SBH 11.88
4 Dan Timmis	C&S 12.18	4 Dan Millerchip	C&S 11.72
M Triple Jump A		M Triple Jump B	
1 Nathan Fox	SBH 15.25	1 Fela Latilo	SBH 13.38
2 Julian Allwood	E&H 14.32	2 Anthony Ekundayo	U17 E&H 12.92
3 James Hardy	SAL 14.20	3 Bradley Houldsworth	SAL 12.30
4 Jamie Hammond	C&S 11.84	4 Alasdair Rigby	C&S 11.71
W 100m A		W 100m B	
1 Torema Dorsett	E&H 11.91	1 Bianca Williams	U17 E&H 12.30
2 Shaunna Thompson	SAL 12.30	2 Makeda Lewis	U17 SBH 12.50
3 Clarice Underwood	SBH 12.48	3 Danielle Rooney	SAL 12.57
4 Laura Simmonds	C&S 12.80	4 Harriet Thompson	C&S 13.16
W 200m A		W 200m B	
1 Shaunna Thompson	SAL 24.31	1 Olivia Callaghan	U17 SAL 25.45
2 Torema Dorsett	E&H 24.88	2 Chisom Nwachukwu	U17 SBH 25.50
3 Makeda Lewis	U17 SBH 25.50	3 Phillipa Tappin	E&H 25.55
4 Natalie Ainge	C&S 27.30	4 Chloe Boulter	C&S 27.70
W 400m A		W 400m B	
1 Tyra Watson	U17 SAL 57.26	1 Jennifer Simmons	SAL 58.63
2 Cally Read	C&S 58.30	2 Hannah Johnson	SBH 61.12
3 Gabrielle Coveney	SBH 58.42	3 Natalie Ainge	C&S 61.41
4 Katie Brown	U17 E&H 59.97	4 Anna Sharrock	E&H 63.20
W 800m A		W 800m B	
1 Lucy Yates	SBH 2.12.50	1 Melissa Courtney	U17 SBH 2.13.96
2 Cally Read	C&S 2.12.91	2 Rachel Atherton	C&S 2.19.60
3 Laura Parker	E&H 2.15.48	3 Anna Sharrock	E&H 2.26.27
4 Sarah Simeen	U17 SAL 2.18.28	4 Lateefah Burton	U17 SAL 2.27.96
W 1500m A		W 1500m B	
1 Lucy Yates	SBH 4.40.68	1 Sophie Profitt	SBH 4.49.16
2 Cally Read	C&S 4.43.30	2 April Hogg	U17 E&H 4.49.60
3 Ella Waldman	E&H 4.47.11	3 Alice Fitton	U17 SAL 5.09.57
4 Weris Ibrahim	U17 SAL 5.05.69	4 Rebecca Bray	U17 C&S 5.16.70

W 3000m A				W 3000m B			
1	Melissa Courtney	U17 SBH	10.01.50	1	Sophie Profitt		SBH 10.41.13
2	Ella Waldman		E&H 10.29.40	2	April Hogg	U17 E&H	10.54.36
3	Beatrice Cordingley	U17 SAL	11.33.25	3	Catherine Hulme	U17 C&S	11.46.90
4	Teresa Hulme	U17 C&S	11.41.49	4	Kate McClelland	U17 SAL	12.13.00
W 100mH A				W 100mH B			
1	Danielle Rooney		SAL 14.65	1	Rayne Allman	U17 SAL	15.12
2	Victoria Dixon		SBH 15.60	2	Sarah Gibson		E&H 17.73
3	Jazmin Hicks		E&H 17.22	3	Josephine Okpo		SBH 18.27
4	Elisha Bateman		C&S 19.44	4	Harriet Thompson		C&S 19.92
W 400mH A				W 400mH B			
1	Gabrielle Coveney		SBH 62.20	1	Lateefah Burton	U17 SAL	65.49
2	Holly Belch		SAL 62.63	2	Abigail Lambden		SBH 68.12
3	Natalie Ainge		C&S 71.30	3	Chloe Boulter		C&S 71.60
4	Charlotte O'Neill		E&H 72.35	4	Anna Sharrock		E&H 73.90
W 1500m Sc A				W 1500m Sc B			
1	Lateefah Burton	U17 SAL	5.29.87	1	Hilary Arrendondo		E&H 5.57.52
2	Anna Sharrock		E&H 5.51.70	2	Teresa Hulme	U17 C&S	6.01.29
3	Sarah Hulme	U17 C&S	5.52.70	3	Samara Mohtasham	U17 SAL	6.14.78
4	Zoe Levin		SBH 6.03.74				
W Discus Throw A				W Discus Throw B			
1	Charlotte Rose		E&H 38.09	1	Stephanie Owens		SBH 37.12
2	Helen Broadbridge		SBH 37.38	2	Sarah Ryan	U17 SAL	26.82
3	Dianne Bentley	U17 SAL	30.02	3	Katie Brown	U17 E&H	21.48
4	Beth Denning	U17 C&S	26.40	4	Alicia Clarke	U17 C&S	18.48
W Hammer Throw A				W Hammer Throw B			
1	Sophie Hitchon		SAL 60.80	1	Stephanie Owens		SBH 46.62
2	Helen Broadbridge		SBH 46.94	2	Alix Barton	U17 SAL	27.80
3	Charlotte Rose		E&H 33.76	3	Stephanie Tewogbade	U17 E&H	20.49
4	Anna Denning		C&S 18.07	4	Beth Denning	U17 C&S	17.77
W High Jump A				W High Jump B			
1	Gemma Smith		C&S 1.65	1	Chloe Boulter		C&S 1.60
2	Beth Grimsey	U17 E&H	1.60	2	Izzy Idahosa		E&H 1.55
3	Jennifer Simmons		SAL 1.50	3	Alisha Casement	U17 SAL	1.50
4	Kosi Okolo		SBH 1.45	4	Gabrielle Coveney		SBH 1.40
W Javelin Throw A				W Javelin Throw B			
1	Dianne Bentley	U17 SAL	41.78	1	Helen Broadbridge		SBH 29.11
2	Makeda Lewis	U17 SBH	36.35	2	Sarah Ryan	U17 SAL	27.08
3	Rebecca Redding	U17 E&H	32.33	3	Charlotte Rose		E&H 24.02
4	Sally Clague		C&S 31.27	4	Harriet Thompson		C&S 22.66
W Long Jump A				W Long Jump B			
1	Dee Bakre		E&H 5.57	1	Gemma Smith		C&S 5.28
2	Laura Simmonds		C&S 5.55	2	Gabrielle Rowsell	U17 SBH	5.22
3	Jade Attoh		SBH 5.48	3	Rayne Allman	U17 SAL	4.97
4	Ahtollah Rose	U17 SAL	5.08	4	Kike Solanke	U17 E&H	4.86
W Pole Vault A				W Pole Vault B			
1	Abigail Haywood		SAL 3.80	1	Katie Byres	U17 SAL	3.60
2	Jazmin Hicks		E&H 3.35	2	Sarah Gibson		E&H 2.90
3	Louise Foster	U17 C&S	2.75	3	Sammy-Jo Witton	U17 C&S	2.45
4	Holly Smith	U17 SBH	2.30	4	Helen Broadbridge		SBH 1.85
W Shot Putt A				W Shot Putt B			
1	Charlotte Rose		E&H 10.59	1	Sophie Hitchon		SAL 9.87
2	Rayne Allman	U17 SAL	10.43	2	Helen Broadbridge		SBH 9.00
3	Stephanie Owens		SBH 10.21	3	Rebecca Redding	U17 E&H	7.78
4	Beth Denning	U17 C&S	7.37	4	Alicia Clarke	U17 C&S	6.81

W Triple Jump A			W Triple Jump B		
1	Ahtollah Rose	U17 SAL 11.98	1	Kike Solanke	U17 E&H 11.16
2	Dee Bakre	E&H 11.82	2	Natalie Ainge	C&S 10.64
3	Gemma Smith	C&S 11.72	3	Molly Cockburn	U17 SAL 10.60
4	Jade Attoh	SBH 10.43	4	Rianna Plummer	SBH 9.43

W 4x100m Relay						
1	E&H 47.90	1	Bianca Williams	U17	2	Corinne Humphreys
		3	Angelika Brown		4	Torema Dorsett
2	SAL 48.11	1	Rebekah Wilson		2	Shaunna Thompson
		3	Brogan Crowley	U17	4	Olivia Callaghan U17
3	SBH 49.70	1	Gabrielle Rowsell	U17	2	Jade Attoh
		3	Chisom Nwachukwu	U17	4	Makeda Lewis U17
4	C&S 54.80	1	Chloe Boulter		2	Becky Nutton
		3	Shanie Read	U17	4	Anna Denning

W 4x400m Relay						
1	SAL 3.56.78	1	Jennifer Simmons		2	Tyra Watson U17
		3	Holly Belch		4	Brogan Crowley U17
2	SBH 4.00.27	1	Melissa Courtney	U17	2	Abigail Lambden
		3	Lucy Yates		4	Gabrielle Coveney
3	C&S 4.02.70	1	Natalie Ainge		2	Hollie Allan U17
		3	Rachel Atherton		4	Cally Read
4	E&H 4.17.83	1	Emma Shuker		2	April Hogg U17
		3	Katie Brown	U17	4	Laura Parker

M 4x100m Relay						
1	E&H 42.09	1	Sean Safo-Antwi		2	Jordan Arthur U17
		3	Rhion Samuel		4	James McClean
2	SAL 43.57	1	Nyef Abed		2	Nathan Roach
		3	Victor Neyu		4	Charles Burke
3	SBH 43.80	1	Adam Mohammed		2	Confidence Lawson
		3	Clayton Johnson	U17	4	Antonio Infantino
4	C&S 48.35	1	Chad Barton		2	Chris Morris U17
		3	Dan Timmis		4	Guy Mayer

M 4x400m Relay						
1	E&H 3.24.30	1	Darren Corbin		2	Rhion Samuel
		3	Luke Disney		4	Errol Houston
2	SBH 3.25.90	1	Blade Ashby	U17	2	Jorda Aromasodu
		3	Charles Gunning		4	Matthew Webster
3	C&S 3.30.10	1	Adam Smith		2	Jamie Graham
		3	Chris Harvey		4	Sam Evans
4	SAL 3.35.26	1	David Whalley		2	Nyef Abed
		3	James Wignell		4	Chris Kays

		Points
1	Shaftesbury Barnet H.	594.5
2	Sale Harriers	579
3	Enfield & Haringey AC	577
4	Cannock & Stafford AC	475.5

NJL National Final Paper match Orpington, Wed 19 August 2009

```

*-----*
|      Team| C&S | E&H | SAL | SBH |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----|
|M 100m   A|   7|   9|  11|   8|  35|   0|  35|
|          B|   5|   9|   7|   6|  27|   0|  27|
|Cumulative|  12|  18|  18|  14|  62|   0|  62|
|-----+-----+-----+-----+-----+-----+-----|
|M 200m   A|   7|   9|   8|  11|  35|   0|  35|
|          B|   5|   8|   8|   6|  27|   0|  27|
|Cumulative|  24|  35|  34|  31| 124|   0| 124|
|-----+-----+-----+-----+-----+-----+-----|
|M 400m   A|   9|   8|   7|  11|  35|   0|  35|
|          B|   5|   7|   6|   9|  27|   0|  27|
|Cumulative|  38|  50|  47|  51| 186|   0| 186|
|-----+-----+-----+-----+-----+-----+-----|
|M 800m   A|  11|   7|   9|   8|  35|   0|  35|
|          B|   6|   5|   9|   7|  27|   0|  27|
|Cumulative|  55|  62|  65|  66| 248|   0| 248|
|-----+-----+-----+-----+-----+-----+-----|
|M 1500m  A|   8|   9|  11|   7|  35|   0|  35|
|          B|   5|   7|   6|   9|  27|   0|  27|
|Cumulative|  68|  78|  82|  82| 310|   0| 310|
|-----+-----+-----+-----+-----+-----+-----|
|M 3000m  A|   7|  11|   8|   9|  35|   0|  35|
|          B|   5|   6|   7|   9|  27|   0|  27|
|Cumulative|  80|  95|  97| 100| 372|   0| 372|
|-----+-----+-----+-----+-----+-----+-----|
|M 110mH  A|   7|  11|   8|   9|  35|   0|  35|
|          B|   0|   9|   6|   7|  22|   5|  27|
|Cumulative|  87| 115| 111| 116| 429|   5| 434|
|-----+-----+-----+-----+-----+-----+-----|
|M 400mH  A|   8|   9|   7|  11|  35|   0|  35|
|          B|   7|   6|   5|   9|  27|   0|  27|
|Cumulative| 102| 130| 123| 136| 491|   5| 496|
|-----+-----+-----+-----+-----+-----+-----|
|M 2000Sc A|   7|   8|   9|  11|  35|   0|  35|
|          B|   5|   7|   6|   9|  27|   0|  27|
|Cumulative| 114| 145| 138| 156| 553|   5| 558|
|-----+-----+-----+-----+-----+-----+-----|
|M DT     A|   7|   8|   9|  11|  35|   0|  35|
|          B|   6|   5|   7|   9|  27|   0|  27|
|Cumulative| 127| 158| 154| 176| 615|   5| 620|
|-----+-----+-----+-----+-----+-----+-----|
|M HT     A|   7|  11|   8|   9|  35|   0|  35|
|          B|   5|   7|   6|   9|  27|   0|  27|
|Cumulative| 139| 176| 168| 194| 677|   5| 682|
*-----*

```

Team	C&S	E&H	SAL	SBH	POINTS				
No's	1 11	2 22	3 33	4 44	Used	Waste	Tot		

M HJ	A	7.5	11	9	7.5	35	0	35	
	B	5	9	7	6	27	0	27	
Cumulative		151.5	196	184	207.5	739	5	744	

M JT	A	11	7	8	9	35	0	35	
	B	9	5	6	7	27	0	27	
Cumulative		171.5	208	198	223.5	801	5	806	

M LJ	A	7	9	8	11	35	0	35	
	B	5	9	7	6	27	0	27	
Cumulative		183.5	226	213	240.5	863	5	868	

M PV	A	0	8	11	9	28	7	35	
	B	0	6	7	9	22	5	27	
Cumulative		183.5	240	231	258.5	913	17	930	

M SP	A	7	9	8	11	35	0	35	
	B	5	7	9	6	27	0	27	
Cumulative		195.5	256	248	275.5	975	17	992	

M TJ	A	7	9	8	11	35	0	35	
	B	5	7	6	9	27	0	27	
Cumulative		207.5	272	262	295.5	1037	17	1054	

W 100m	A	7	11	9	8	35	0	35	
	B	5	9	6	7	27	0	27	
Cumulative		219.5	292	277	310.5	1099	17	1116	

W 200m	A	7	9	11	8	35	0	35	
	B	5	6	9	7	27	0	27	
Cumulative		231.5	307	297	325.5	1161	17	1178	

W 400m	A	9	7	11	8	35	0	35	
	B	6	5	9	7	27	0	27	
Cumulative		246.5	319	317	340.5	1223	17	1240	

W 800m	A	9	8	7	11	35	0	35	
	B	7	6	5	9	27	0	27	
Cumulative		262.5	333	329	360.5	1285	17	1302	

W 1500m	A	9	8	7	11	35	0	35	
	B	5	7	6	9	27	0	27	
Cumulative		276.5	348	342	380.5	1347	17	1364	

W 3000m	A	7	9	8	11	35	0	35	
	B	6	7	5	9	27	0	27	
Cumulative		289.5	364	355	400.5	1409	17	1426	

Team	C&S	E&H	SAL	SBH	POINTS				
No's	1 11	2 22	3 33	4 44	Used	Waste	Tot		

W 100mH	A	7	8	11	9	35	0	35	
	B	5	7	9	6	27	0	27	
Cumulative		301.5	379	375	415.5	1471	17	1488	

W 400mH	A	8	7	9	11	35	0	35	
	B	6	5	9	7	27	0	27	
Cumulative		315.5	391	393	433.5	1533	17	1550	

W 1500Sc	A	8	9	11	7	35	0	35	
	B	7	9	6	0	22	5	27	
Cumulative		330.5	409	410	440.5	1590	22	1612	

W DT	A	7	11	8	9	35	0	35	
	B	5	6	7	9	27	0	27	
Cumulative		342.5	426	425	458.5	1652	22	1674	

W HT	A	7	8	11	9	35	0	35	
	B	5	6	7	9	27	0	27	
Cumulative		354.5	440	443	476.5	1714	22	1736	

W HJ	A	11	9	8	7	35	0	35	
	B	9	7	6	5	27	0	27	
Cumulative		374.5	456	457	488.5	1776	22	1798	

W JT	A	7	8	11	9	35	0	35	
	B	5	6	7	9	27	0	27	
Cumulative		386.5	470	475	506.5	1838	22	1860	

W LJ	A	9	11	7	8	35	0	35	
	B	9	5	6	7	27	0	27	
Cumulative		404.5	486	488	521.5	1900	22	1922	

W PV	A	8	9	11	7	35	0	35	
	B	6	7	9	5	27	0	27	
Cumulative		418.5	502	508	533.5	1962	22	1984	

W SP	A	7	11	9	8	35	0	35	
	B	5	6	9	7	27	0	27	
Cumulative		430.5	519	526	548.5	2024	22	2046	

W TJ	A	8	9	11	7	35	0	35	
	B	7	9	6	5	27	0	27	
Cumulative		445.5	537	543	560.5	2086	22	2108	

W 4x1		7	11	9	8	35	0	35	
Cumulative		452.5	548	552	568.5	2121	22	2143	

W 4x4		8	7	11	9	35	0	35	
Cumulative		460.5	555	563	577.5	2156	22	2178	

```

*-----*
|      Team| C&S | E&H | SAL | SBH |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1      |      7|   11|    9|    8| 35|    0| 35|
|Cumulative|467.5|  566|  572|585.5|2191|  22|2213|
|-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4      |      8|   11|    7|    9| 35|    0| 35|
|Cumulative|475.5|  577|  579|594.5|2226|  22|2248|
|-----+-----+-----+-----+-----+-----+-----+-----|
|      Add|    0|    0|    0|    0|  0|    0|  0|
| subtract|    0|    0|    0|    0|  0|    0|  0|
|Cumulative|475.5|  577|  579|594.5|2226|  22|2248|
|-----+-----+-----+-----+-----+-----+-----+-----|
|      TOTALS|475.5|  577|  579|594.5|2226|  22|2248|

```

Pos	Team	Points	Add	Sub	Total
1	Shaftesbury Barnet H.	594.5	0	0	594.5
2	Sale Harriers	579	0	0	579
3	Enfield & Haringey AC	577	0	0	577
4	Cannock & Stafford AC	475.5	0	0	475.5
Used + add - sub = total		2226	0	0	2226
Unused points		22			22
(Used+unused)+add-sub=total		2248	0	0	2248

Team	1st	2nd	3rd	4th	1st	2nd	3rd	4th
SBH A	12	11	10	5	B 15	9	6	3
SAL A	12	9	11	6	B 9	9	13	3
E&H A	11	13	9	5	B 8	11	9	6
C&S A	3	5	9	20	B 3	4	6	19

Men	Points	Women	Points
1 Shaftesbury Barnet H.	312.5	1 Sale Harriers	301
2 Enfield & Haringey AC	294	2 Enfield & Haringey AC	283
3 Sale Harriers	278	3 Shaftesbury Barnet H.	282
4 Cannock & Stafford AC	222.5	4 Cannock & Stafford AC	253