

NJL Southern Medway Div Round:1 RESULTS
Erith, Erith Stadium, Sun 27 April 2008

M 100m A

1 Stefan Mitchell	CBG 11.6
2 Stuart Hollins	TBG 12.0
3 James Alcock U17	M&M 12.1
4 Lewis Elliott U17	ASF 12.3
5 Jo Ago	BXL 12.4
6 Patrick Ransom U17	PDW 12.7
7 Paul Williams	DTF 12.8

M 100m B

1 Jack Miller U17	BXL 11.7
2 Arthur Tanoh	CBG 11.9
3 Chris Ford	TBG 12.0
4 Robert Hackney	M&M 12.2
5 Tom Chambers U17	ASF 12.6

M 200m A

1 Michael Baker	M&M 23.2
2 Stefan Mitchell	CBG 23.2
3 Jo Ago	BXL 24.5
4 Adam Chalk U17	DTF 24.6
5 Tom Chambers U17	ASF 25.1
6 Patrick Ransom U17	PDW 25.5
7 Duncan Steward	TBG 25.7

M 200m B

1 Jack Miller U17	BXL 23.7
2 James Alcock U17	M&M 23.8
3 Lewis Elliott U17	ASF 24.4
4 Arthur Tanoh	CBG 24.9
5 Alex Hookway	TBG 25.1

M 400m A

1 Nick Simpson	M&M 54.0
2 Aaron Waterman	TBG 55.1
3 Alex Kashis	CBG 56.8
4 Josh Rowlands	ASF 57.2
5 James Peeney U17	BXL 63.3

M 400m B

1 Stuart Hollins	TBG 54.1
2 Robert Hackney	M&M 56.2

M 800m A

1 Chris Haines	M&M 1.59.2
2 Lee Coogan	CBG 2.00.2
3 Alex Hookway	TBG 2.03.7
4 Jamie Walker	BXL 2.08.1
5 James Standing	DTF 2.10.3
6 Marcus South	ASF 2.15.6

M 800m B

1 Isaac Harland	TBG 1.59.6
2 Anthony Pinol	M&M 2.00.3
3 Hari Faulkner U17	BXL 2.10.6
4 Robert Macdonald U17	CBG 2.13.6
5 Jonathan Essex	ASF 2.21.5

M 1500m A

1 Jack Tyler	M&M 3.51.3
2 Andy Combs U17	TBG 4.08.2
3 Sam Murphy	CBG 4.10.1
4 Frank Kilama U17	BXL 4.17.0
5 Richards Dagger U17	ASF 4.32.0
6 Nick Wood U17	DTF 4.34.7
7 Scott Fanner U17	CRD 4.35.1

M 1500m B

1 Anthony Pinol	M&M 4.14.3
2 Andrew Sheridan	CBG 4.20.5
3 Michael Mason U17	TBG 4.24.6
4 Sam Risby U17	BXL 4.40.6
5 Andrew Robertson U17	ASF 4.48.7

M 3000m A

1 Kurt Wolfe	TBG 9.05.7
2 Tim Burt	ASF 9.09.8
3 Andrew Sheridan	CBG 9.19.2
4 Josh Elderfield U17	M&M 9.49.5

M 3000m B

1 Seb Harding U17	TBG 9.15.1
2 Joe Smith	M&M 9.54.3
3 Steve Yarnley	ASF 11.23.4

M 110mH A

1 Paul Slater	BXL 17.5
2 Robert Hackney	M&M 19.4
3 Aaron Waterman	TBG 19.9

M 110mH B

1 Jack Parsons	TBG 18.3
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M 400mH A

1 Michael Baker	M&M 53.6
2 Jack Green U17	ASF 56.1
3 Aaron Waterman	TBG 62.8
4 Liam Corcoran	CBG 69.5

M 400mH B

1 Gareth Morris	ASF 59.2
2 Jack Parsons	TBG 60.4
3 Nick Simpson	M&M 63.7

M 2000m Sc A
 1 Sam Bradley TBG 6.06.8
 2 Liam Corcoran CBG 7.05.3
 3 Steve Caller U17 DTF 7.17.9
 4 David Ryan U17 M&M 7.58.4

M 2000m Sc B
 1 Josh Bentham U17 TBG 6.49.4
 2 Josh Elderfield U17 M&M 7.58.6

M Discus Throw A
 1 Paul Dawson TBG 33.03
 2 Craig Lacy CBG 31.16
 3 Adam Chalk U17 DTF 25.15
 4 Stuart Hitchcock M&M 25.09
 5 Chris Blandford U17 ASF 24.26

M Discus Throw B
 1 Alex Hookway TBG 28.06
 2 Alex Caine U17 M&M 18.94
 3 Connor Searing U17 DTF 18.80
 4 Alex Kashis CBG 17.54

M Hammer Throw A
 1 Paul Dawson TBG 44.52
 2 Alex Caine U17 M&M 32.53
 3 Sam Corbett BXL 29.15
 4 Craig Lacy CBG 24.15

M Hammer Throw B
 1 Jack Bailey TBG 19.25
 2 Alex Kashis CBG 8.59

M High Jump A
 1 Paul Williams DTF 1.98
 2 Jamie Farrell BXL 1.85
 3 Nick Simpson M&M 1.80
 4=Ben Abbott PDW 1.70
 4=Harry Rogers U17 CRD 1.70
 6 Jack Bailey TBG 1.65

M High Jump B
 1 Jack Fox DTF 1.80
 2 Christopher White 17 M&M 1.70
 3 Neil Woodfine U17 TBG 1.65
 4 Paul Slater BXL 1.55

M Javelin Throw A
 1 Craig Lacy CBG 48.41
 2 Ben Johnson ASF 44.53
 3 Daniel Shaw DTF 43.52
 4 Stuart Hitchcock M&M 41.51
 5 Jack Bailey TBG 37.75
 6 Chris Samuel U17 CRD 34.44
 7 Ben Abbott PDW 32.23

M Javelin Throw B
 1 Alasdair Macdonald17 CBG 38.63
 2 Chris Blandford U17 ASF 34.33
 3 Nick Simpson M&M 33.84
 4 Paul Dawson TBG 28.90
 5 Connor Searing U17 DTF 22.28

M Long Jump A
 1 Dwyte Smith U17 ASF 6.97
 2 James Alcock U17 M&M 6.54
 3 Jo Ago BXL 5.96
 4 Stefan Mitchell CBG 5.73
 5 Chris Ford TBG 5.66
 6 Ben Abbott PDW 5.38
 7 Jack Fox DTF 5.28

M Long Jump B
 1 Darren March M&M 6.00
 2 Michael Francetti 17 CBG 5.57
 3 Stuart Hollins TBG 5.26
 4 Dan Chatwin ASF 5.15
 5 Patrick Ransom U17 PDW 4.90

M Pole Vault A
 No competitors

M Pole Vault B
 No competitors

M Shot Putt A
 1 Paul Dawson TBG 13.92
 2 Stefan Mitchell CBG 10.71
 3 Alex Caine U17 M&M 10.22
 4 Adam Chalk U17 DTF 8.78
 5 Steve Yarnley ASF 8.45

M Shot Putt B
 1 Stuart Hitchcock M&M 9.55
 2 Chris Ford TBG 8.25
 3 Connor Searing U17 DTF 7.02
 4 Richard Dagger U17 ASF 6.97
 5 Lee Coogan CBG 6.11

M Triple Jump A
 1 Dwyte Smith U17 ASF 13.62
 2 Darren March M&M 13.16
 3 Paul Williams DTF 12.72
 4 Paul Slater BXL 11.69
 5 Stuart Hollins TBG 11.51
 6 Ben Abbott PDW 11.03

M Triple Jump B
 1 Jack Fox DTF 12.71
 2 Neil Woodfine U17 TBG 10.59

W 100m A
1 Natoya Sylva BXL 12.9
2 Rachel Hanagan U17 ASF 13.0
3 Helen Rennardson U17 TBG 13.1
4 Chantelle Clare DTF 13.4
5 Charlotte Mackie M&M 13.4
6 Shackeira Thomas CBG 14.0
7 Lauren Marshall U17 CRD 14.5

W 200m A
1 Viki Randall M&M 26.8
2 Chantelle Clare DTF 27.3
3 Megan Southwart U17 TBG 27.4
4 Kim Smith U17 ASF 29.2
5 Chloe Slater BXL 32.2
6 Adaeze Ndakoji U17 CBG DNF

W 400m A
1 Kate Laidlow CBG 58.9
2 Sophie Regis U17 TBG 62.7
3 Yasmin Joseph M&M 63.4
4 Georgie Twist ASF 64.1
5 Melissa Benavente DTF 67.7
6 Chloe Slater BXL 70.9

W 800m A
1 Briony Walsh ASF 2.23.6
2 Catherine Symons TBG 2.26.3
3 Tamara Ashay CBG 2.28.9
4 Ellie Denton DTF 2.31.5
5 Natalie Whiskin M&M 2.39.0
6 Sarah Shepheard U17 PDW 2.42.1

W 1500m A
1 A.Shepherd-Barron 17 TBG 4.51.4
2 Caroline Ford U17 CBG 5.05.1
3 Isabel Dickinson U17 ASF 6.16.4

W 3000m A
1 Petra Pavlovic U17 TBG 11.14.2
2 Sarah Shepheard U17 PDW 12.16.9
3 Laura Paine M&M 12.41.5

W 100mH A
1 Sophie Copping M&M 16.1
2 Jessica Clark CBG 16.4
3 Alice Campbell PDW 18.7
4 Nadine Terry DTF 19.0
5 Lucy Saker U17 TBG 22.0

W 400mH A
1 Viki Randall M&M 66.1
2 Megan Southwart U17 TBG 69.8
3 Jessica Clark CBG 72.5

W Discus Throw A
1 Lucy Underdown M&M 41.84
2 Rosalind Seeley DTF 37.52
3 Loiusa Woods U17 TBG 23.04
4 Donna Kent BXL 21.47
5 Anesa Wanagho U17 CBG 19.13
6 Collette Avery PDW 17.23
7 Briony Walsh ASF 14.15

W 100m B
1 Yasmin Joseph M&M 13.3
2 Hannah Tolhurst U17 TBG 13.4
3 Melissa Benavente DTF 13.9
4 Liz Barker U17 ASF 14.2

W 200m B
1 Nadine Terry DTF 27.2
2 Charlotte Mackie M&M 27.4
3 Vicki Bradford U17 TBG 27.6
4 Charlotte Daniel U17 CBG 29.8
5 Fay Govett U17 ASF 29.9

W 400m B
1 Lucy Reid U17 TBG 66.0
2 Sam Beckett U17 ASF 68.2

W 800m B
1 Sorrel Hunter ASF 2.27.6
2 Jess Owen U17 TBG 2.29.0
3 Charlotte Daniel U17 CBG 2.43.6

W 1500m B
1 Megan Brickell U17 TBG 4.54.9

W 3000m B
1 Vicky Rukin TBG 11.38.0

W 100mH B
1 Natasha Clare DTF 19.0

W 400mH B
1 Natalie Whiskin M&M 70.0
2 Lucy Saker U17 TBG 77.3

W Discus Throw B
1 Jess Owen U17 TBG 20.17
2 Melissa Benavente DTF 13.81
3 Liz Barker U17 ASF 12.29

W Hammer Throw A
1 Donna Kent BXL 44.46
2 Steph Clark TBG 30.12
3 Collette Avery PDW 18.94
4 Sophie Copping M&M 18.04
5 Chantelle Clare DTF 17.89

W Hammer Throw B
1 Chloe Slater BXL 26.67
2 Alice Campbell PDW 17.34
3 Steph Rukin U17 TBG 15.31

W High Jump A
1 Nadine Terry DTF 1.50
2 Charlotte Mackie M&M 1.40
3 Liz Barker U17 ASF 1.35
4 Florence Bailey TBG 1.35

W High Jump B
1 Lucy Saker U17 TBG 1.30
2 Jade Mahoney M&M 1.30

W Javelin Throw A
1 Amy Underdown M&M 28.62
2 Rosalind Seeley DTF 25.03
3 Sarah Seal U17 PDW 23.19
4 Anesa Wanagho U17 CBG 20.88
5 Steph Clark TBG 14.59
6 Briony Walsh ASF 4.26

W Javelin Throw B
1 Jodie Shaw U17 M&M 23.31
2 Collette Avery PDW 23.08
3 Scarlett Steggall CBG 16.34
4 Kayleigh Seward DTF 15.42
5 Molly Steward U17 TBG 14.98
6 Isabel Dickinson U17 ASF 7.00

W Long Jump A
1 Rachel Hanagan U17 ASF 5.12
2 Sophie Copping M&M 4.97
3 Hannah Tolhurst U17 TBG 4.95
4 Alice Campbell PDW 4.07
5 Kayleigh Seward DTF 3.93

W Long Jump B
1 Amy Underdown M&M 4.82
2 Florence Bailey TBG 4.19
3 Natasha Clare DTF 3.81
4 Collette Avery PDW 3.50

W Pole Vault A
No competitors

W Pole Vault B
No competitors

W Shot Putt A
1 Lucy Underdown M&M 11.48
2 Rosalind Seeley DTF 9.94
3 Anesa Wanagho U17 CBG 9.84
4 Donna Kent BXL 8.96
5 Loiusa Woods U17 TBG 7.54
6 Kim Smith U17 ASF 5.31

W Shot Putt B
1 Chantelle Clare DTF 8.21
2 Jodie Shaw U17 M&M 8.12
3 Shackeira Thomas CBG 7.56
4 Steph Clark TBG 6.49

W Triple Jump A
1 Rachel Hanagan U17 ASF 10.99
2 Sophie Copping M&M 10.14
3 Florence Bailey TBG 9.58
4 Alice Campbell PDW 9.22
5 Kayleigh Seward DTF 7.94
6 Lauren Marshall CRD 7.73

W Triple Jump B
1 Jade Mahoney M&M 8.48
2 Sam Clark U17 TBG 8.12
3 Sarah Shephard U17 PDW 7.87

W 4x100m Relay

1 M&M 51.7	1 Viki Randall	2 Amy Underdown
	3 Sophie Copping	4 Charlotte Mackie
2 CBG 53.0	1 Jessica Clark	2 Shackeira Thomas
	3 Charlotte Daniel U17	4 Kate Laidlow
3 DTF 53.2	1 Chantelle Clare	2 Natasha Clare
	3 Kayleigh Seward	4 Melissa Benavente
4 ASF 55.5	1 Liz Barker U17	2 Paige Giboin U17
	3 Kim Smith U17	4 Amy Olver
5 TBG 55.5	1 Hannah Tolhurst U17	2 Tamara Denn U17
	3 Megan Southwart U17	4 Sam Clark U17

W 4x400m Relay

1 M&M 4.07.9	1 Natalie Whiskin	2 Charlotte Mackie
	3 Yasmyrn Joseph	4 Viki Randall
2 TBG 4.10.2	1 Jess Owen U17	2 Vicki Bradford U17
	3 Catherine Symons	4 Sophie Regis U17
3 CBG 4.12.7	1 Shackeira Thomas	2 Jessica Clark
	3 Caroline Ford U17	4 Kate Laidlow
4 ASF 4.13.6	1 Briony Walsh	2 Sorrel Hunter
	3 Georgie Twist	4 Rachel Hanagan U17

M 4x100m Relay

1 M&M 45.4	1 Alex Caine U17	2 James Alcock U17
	3 Robert Hackney	4 Michael Baker
2 ASF 46.2	1 Dan Chatwin	2 Tom Chambers U17
	3 Lewis Elliott U17	4 Dwyte Smith U17
3 TBG 46.5	1 Chris Ford	2 Alex Hookway
	3 Stuart Hollins	4 Duncan Steward
4 BXL 46.5	1 Jo Ago	2 Omotayo Sokynbi U17
	3 Munashe Zhuwarara 17	4 Jack Miller U17
5 DTF 48.4	1 Paul Williams	2 Adam Chalk U17
	3 Jack Fox	4 Daniel Shaw
6 CBG DISQ		

M 4x400m Relay

1 M&M 3.29.5	1 Anthony Pinol	2 Jack Tyler
	3 Nick Simpson	4 Chris Haines
2 ASF 3.29.6	1 Gareth Morris	2 Jack Green U17
	3 Josh Rowlands	4 Tim Burt
3 BXL 3.36.0	1 Jamie Walker	2 Frank Kilama U17
	3 Jo Ago	4 Jamie Farrell
4 TBG 3.37.6	1 Aaron Waterman	2 Alex Hookway
	3 James Wildish	4 Kurt Wolfe
5 CBG 3.42.1	1 Alex Kashis	2 Lee Coogan
	3 Sam Murphy	4 Stefan Mitchell

MATCH RESULT

LEAGUE STANDINGS

	Event	Lge		Event	Lge
1	TBG 539	8	1	Tonbridge AC	539 8
2	M&M 509	7	2	Medway & Maidstone AC	509 7
3	ASF 329	6	3	Ashford AC	329 6
4	CBG 320	5	4	Cambridge Harriers	320 5
5	DTF 282	4	5	Dartford Harriers & AC	282 4
6	BXL 217	3	6	Bexley AC	217 3
7	PDW 141.5	2	7	Paddock Wood AC	141.5 2
8	CRD 59.5	1	8	Croydon Harriers	59.5 1

Athlete of the Match

Jack Tyler M&M 1500m 3.51.3 **LR**

Amy Underdown M&M Discus 41.84

General Comment

Pole Vault cancelled prior to day of meeting

Note(s)

ASF Includes + 35pts,
BXL Includes + 35pts,
CBG Includes + 35pts,
CRD Includes + 35pts,
DTF Includes + 15pts,
M&M Includes + 35pts,
PDW Includes + 25pts,
TBG Includes + 35pts,

NJL Southern Medway Div Round:1 GUEST EVENTS
Erith, Erith Stadium, Sun 27 April 2008

100m

1 Dan Chatwin ASF 12.1
2 Omatayo Sokynbi U17 BXL 12.3
3 Dominic Clarke U17 BXL 12.4
4 Duncan Steward TBG 12.5
5 Munashe Zhuwarara 17 BXL 12.6

200m men

1 Gareth Morris ASF 24.5
2 Dan Chatwin ASF 24.7
3 Omatayo Sokynbi U17 BXL 25.2
4 Dominic Clarke U17 BXL 25.3

400m men

1 Mark Cryer U17 M&M 56.9
2 Dan McCourt U17 M&M 58.0

800m men

1 Stan Gruncell ASF 2.15.1
2 Chris Blandford U17 ASF 2.17.7
3 David Ryan U17 M&M 2.23.0

1500m men

1 Luke Bailey M&M 4.34.4
2 Nathan Breeds U17 M&M 4.45.4
3 Arunieck Dhimosa U17 M&M 4.49.1
4 Matt Gan U17 BXL 5.01.4

400mH men

1 Neil Woodfine U17 TBG 69.9

2000m S/C men

1 James Cotterill TBG 7.13.2

4X400 RELAY men

1 Steve Yarnley ASF 4.00.4
2 Dylan Jones ASF 4.06.3

3000m men

Dylan Jones ASF 10.45.3

100m women

1 Kim Smith U17 ASF 13.8
2 Tamara Denn U17 TBG 14.0
3 Fay Govett U17 ASF 14.1

200m women

1 Hannah Tolhurst U17 TBG 28.0
2 Tamara Denn U17 TBG 29.4

400m women

1 Paige Giboin U17 ASF 64.9

800m women

1 Isabel Dickinson U17 ASF 3.00.1

1500m women

Dunia Pavlovic U17 TBG 4.55.9

Discus women

Vicki Bradford u17 TBG 16.58

Hammer women

Louisa Woods u17 TBG 18.23

Javelin women

Stephanie Rukin u17 TBG 18.23
Thirza Fleming u17 CBG 12.16

Team	ASF	BXL	CBG	CRD	DTF	M&M	PDW	TBG	POINTS			
									Used	Waste	Tot	
No's	1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot	

M 100m	A	7	6	11	0	4	8	5	9	50	3	53
	B	4	9	7	0	0	5	0	6	31	6	37
Cumulative		11	15	18	0	4	13	5	15	81	9	90

M 200m	A	6	8	9	0	7	11	5	4	50	3	53
	B	6	9	5	0	0	7	0	4	31	6	37
Cumulative		23	32	32	0	11	31	10	23	162	18	180

M 400m	A	7	6	8	0	0	11	0	9	41	12	53
	B	0	0	0	0	0	7	0	9	16	21	37
Cumulative		30	38	40	0	11	49	10	41	219	51	270

M 800m	A	5	7	9	0	6	11	0	8	46	7	53
	B	4	6	5	0	0	7	0	9	31	6	37
Cumulative		39	51	54	0	17	67	10	58	296	64	360

M 1500m	A	6	7	8	4	5	11	0	9	50	3	53
	B	4	5	7	0	0	9	0	6	31	6	37
Cumulative		49	63	69	4	22	87	10	73	377	73	450

M 3000m	A	9	0	8	0	0	7	0	11	35	18	53
	B	6	0	0	0	0	7	0	9	22	15	37
Cumulative		64	63	77	4	22	101	10	93	434	106	540

M 110mH	A	0	11	0	0	0	9	0	8	28	25	53
	B	0	0	0	0	0	0	0	9	9	28	37
Cumulative		64	74	77	4	22	110	10	110	471	159	630

M 400mH	A	9	0	7	0	0	11	0	8	35	18	53
	B	9	0	0	0	0	6	0	7	22	15	37
Cumulative		82	74	84	4	22	127	10	125	528	192	720

M 2000Sc	A	0	0	9	0	8	7	0	11	35	18	53
	B	0	0	0	0	0	7	0	9	16	21	37
Cumulative		82	74	93	4	30	141	10	145	579	231	810

M DT	A	6	0	9	0	8	7	0	11	41	12	53
	B	0	0	5	0	6	7	0	9	27	10	37
Cumulative		88	74	107	4	44	155	10	165	647	253	900

M HT	A	0	8	7	0	0	9	0	11	35	18	53
	B	0	0	7	0	0	0	0	9	16	21	37
Cumulative		88	82	121	4	44	164	10	185	698	292	990

Team		ASF	BXL	CBG	CRD	DTF	M&M	PDW	TBG	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot
M HJ	A	0	9	0	6.5	11	8	6.5	5	46	7	53
	B	0	5	0	0	9	7	0	6	27	10	37
Cumulative		88	96	121	10.5	64	179	16.5	196	771	309	1080
M JT	A	9	0	11	5	8	7	4	6	50	3	53
	B	7	0	9	0	4	6	0	5	31	6	37
Cumulative		104	96	141	15.5	76	192	20.5	207	852	318	1170
M LJ	A	11	8	7	0	4	9	5	6	50	3	53
	B	5	0	7	0	0	9	4	6	31	6	37
Cumulative		120	104	155	15.5	80	210	29.5	219	933	327	1260
M PV	A	0	0	0	0	0	0	0	0	0	53	53
	B	0	0	0	0	0	0	0	0	0	37	37
Cumulative		120	104	155	15.5	80	210	29.5	219	933	417	1350
M SP	A	6	0	9	0	7	8	0	11	41	12	53
	B	5	0	4	0	6	9	0	7	31	6	37
Cumulative		131	104	168	15.5	93	227	29.5	237	1005	435	1440
M TJ	A	11	7	0	0	8	9	5	6	46	7	53
	B	0	0	0	0	9	0	0	7	16	21	37
Cumulative		142	111	168	15.5	110	236	34.5	250	1067	463	1530
W 100m	A	9	11	5	4	7	6	0	8	50	3	53
	B	5	0	0	0	6	9	0	7	27	10	37
Cumulative		156	122	173	19.5	123	251	34.5	265	1144	476	1620
W 200m	A	7	6	0	0	9	11	0	8	41	12	53
	B	4	0	5	0	9	7	0	6	31	6	37
Cumulative		167	128	178	19.5	141	269	34.5	279	1216	494	1710
W 400m	A	7	5	11	0	6	8	0	9	46	7	53
	B	7	0	0	0	0	0	0	9	16	21	37
Cumulative		181	133	189	19.5	147	277	34.5	297	1278	522	1800
W 800m	A	11	0	8	0	7	6	5	9	46	7	53
	B	9	0	6	0	0	0	0	7	22	15	37
Cumulative		201	133	203	19.5	154	283	39.5	313	1346	544	1890
W 1500m	A	8	0	9	0	0	0	0	11	28	25	53
	B	0	0	0	0	0	0	0	9	9	28	37
Cumulative		209	133	212	19.5	154	283	39.5	333	1383	597	1980
W 3000m	A	0	0	0	0	0	8	9	11	28	25	53
	B	0	0	0	0	0	0	0	9	9	28	37
Cumulative		209	133	212	19.5	154	291	48.5	353	1420	650	2070

Team		ASF	BXL	CBG	CRD	DTF	M&M	PDW	TBG	POINTS		
No's		1 11	2 22	3 33	4 44	5 55	6 66	7 77	8 88	Used	Waste	Tot

W 100mH	A	0	0	9	0	7	11	8	6	41	12	53
	B	0	0	0	0	9	0	0	0	9	28	37
Cumulative		209	133	221	19.5	170	302	56.5	359	1470	690	2160

W 400mH	A	0	0	8	0	0	11	0	9	28	25	53
	B	0	0	0	0	0	9	0	7	16	21	37
Cumulative		209	133	229	19.5	170	322	56.5	375	1514	736	2250

W 1500Sc	A	0	0	0	0	0	0	0	0	0	0	0
	B	0	0	0	0	0	0	0	0	0	0	0
Cumulative		209	133	229	19.5	170	322	56.5	375	1514	736	2250

W DT	A	4	7	6	0	9	11	5	8	50	3	53
	B	6	0	0	0	7	0	0	9	22	15	37
Cumulative		219	140	235	19.5	186	333	61.5	392	1586	754	2340

W HT	A	0	11	0	0	6	7	8	9	41	12	53
	B	0	9	0	0	0	0	7	6	22	15	37
Cumulative		219	160	235	19.5	192	340	76.5	407	1649	781	2430

W HJ	A	8	0	0	0	11	9	0	7	35	18	53
	B	0	0	0	0	0	7	0	9	16	21	37
Cumulative		227	160	235	19.5	203	356	76.5	423	1700	820	2520

W JT	A	5	0	7	0	9	11	8	6	46	7	53
	B	3	0	6	0	5	9	7	4	34	3	37
Cumulative		235	160	248	19.5	217	376	91.5	433	1780	830	2610

W LJ	A	11	0	0	0	6	9	7	8	41	12	53
	B	0	0	0	0	6	9	5	7	27	10	37
Cumulative		246	160	248	19.5	229	394	103.5	448	1848	852	2700

W PV	A	0	0	0	0	0	0	0	0	0	53	53
	B	0	0	0	0	0	0	0	0	0	37	37
Cumulative		246	160	248	19.5	229	394	103.5	448	1848	942	2790

W SP	A	5	7	8	0	9	11	0	6	46	7	53
	B	0	0	6	0	9	7	0	5	27	10	37
Cumulative		251	167	262	19.5	247	412	103.5	459	1921	959	2880

W TJ	A	11	0	0	5	6	9	7	8	46	7	53
	B	0	0	0	0	0	9	6	7	22	15	37
Cumulative		262	167	262	24.5	253	430	116.5	474	1989	981	2970

W 4x1		7	0	9	0	8	11	0	6	41	12	53
Cumulative		269	167	271	24.5	261	441	116.5	480	2030	993	3023

W 4x4		7	0	8	0	0	11	0	9	35	18	53
Cumulative		276	167	279	24.5	261	452	116.5	489	2065	1011	3076

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|      Team| ASF | BXL | CBG | CRD | DTF | M&M | PDW | TBG |      POINTS      |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66| 7 77| 8 88|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 4x1    |    9|    7|    0|    0|    6|   11|    0|    8| 41| 12| 53|
|Cumulative| 285| 174| 279| 24.5| 267| 463|116.5| 497|2106|1023|3129|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 4x4    |    9|    8|    6|    0|    0|   11|    0|    7| 41| 12| 53|
|Cumulative| 294| 182| 285| 24.5| 267| 474|116.5| 504|2147|1035|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|      Add|   35|   35|   35|   35|   15|   35|   25|   35|  0|  0|  0|
| subtract|    0|    0|    0|    0|    0|    0|    0|    0|  0|  0|  0|
|Cumulative| 329| 217| 320| 59.5| 282| 509|141.5| 539|2147|1035|3182|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----+
|      TOTALS| 329| 217| 320| 59.5| 282| 509|141.5| 539|2147|1035|3182|
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Pos	Team	Points	Add	Sub	Total
1	Tonbridge AC	504	35	0	539
2	Medway & Maidstone AC	474	35	0	509
3	Ashford AC	294	35	0	329
4	Cambridge Harriers	285	35	0	320
5	Dartford Harriers & AC	267	15	0	282
6	Bexley AC	182	35	0	217
7	Paddock Wood AC	116.5	25	0	141.5
8	Croydon Harriers	24.5	35	0	59.5

Used + add - sub = total	2147	250	0	2397
Unused points	1035			1035
(Used+unused)+add-sub=total	3182	250	0	3432

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	1st	2nd	3rd	4th	5th	6th	7th	8th
TBG A	7	8	9	2	7	1	1	0	B 12	8	6	2	2	0	0	0
M&M A	15	7	5	5	2	0	0	0	B 8	10	2	1	0	0	0	
ASF A	5	6	2	6	4	3	1	0	B 2	2	3	3	4	1	0	
CBG A	3	8	7	4	2	1	0	0	B 1	4	3	4	1	0	0	
DTF A	2	4	5	5	6	1	2	0	B 5	1	4	1	1	0	0	
BXL A	3	1	4	6	3	1	0	0	B 3	0	1	2	0	0	0	
PDW A	0	1	3	3	0	6	1	0	B 0	2	1	1	1	0	0	
CRD A	0	0	0	1	0	2	2	0	B 0	0	0	0	0	0	0	

Men	Event	Women	Event
1 Tonbridge AC	265	1 Tonbridge AC	239
2 Medway & Maidstone AC	258	2 Medway & Maidstone AC	216
3 Cambridge Harriers	174	3 Dartford Harriers & AC	151
4 Ashford AC	160	4 Ashford AC	134
5 Bexley AC	126	5 Cambridge Harriers	111
6 Dartford Harriers & AC	116	6 Paddock Wood AC	82
7 Paddock Wood AC	34.5	7 Bexley AC	56
8 Croydon Harriers	15.5	8 Croydon Harriers	9