

M 100m A

| | | |
|-----------------------|-----|------|
| 1 Michael Fraser | NOR | 11.3 |
| 2 Ian Tobin | HPX | 11.5 |
| 3 Isaac Rasmussen U17 | BED | 11.5 |
| 4 Joseph Ramie | HVG | 11.5 |
| 5 Sam Ashford | SAX | 12.1 |

M 100m B

| | | |
|---------------------|-----|------|
| 1 Luke Allen | HPX | 11.5 |
| 2 Toma Davies | HVG | 12.0 |
| 3 Joel Taylor (U17) | NOR | 12.1 |
| 4 Chris Stubbings | SAX | 12.7 |
| 5 Liam O'Dell | BED | 12.9 |

M 200m A

| | | |
|-----------------------|-----|------|
| 1 Michael Fraser | NOR | 22.5 |
| 2 Joseph Ramie | HVG | 23.2 |
| 3 Ian Tobin | HPX | 23.2 |
| 4 Isaac Rasmussen U17 | BED | 23.3 |

M 200m B

| | | |
|--------------------|-----|------|
| 1 Chris Marshall | NOR | 24.2 |
| 2 Toma Davies | HVG | 25.0 |
| 3 Joe Martin (U17) | HPX | 26.4 |
| 4 Liam O'Dell | BED | 26.8 |

M 400m A

| | | |
|---------------------|-----|------|
| 1 Michael Fraser | NOR | 49.6 |
| 2 Martin Pitt | COB | 50.5 |
| 3 Tom Warboys (U17) | BED | 53.1 |
| 4 Louis Walshe | HPX | 54.1 |
| 5 Craig Moore | HVG | 54.9 |

M 400m B

| | | |
|-----------------------|-----|------|
| 1 Bradley Armorgie | HPX | 51.6 |
| 2 Joel Taylor (U17) | NOR | 53.4 |
| 3 Michael Jones (U17) | HVG | 56.6 |

M 800m A

| | | |
|----------------------|-----|--------|
| 1 Rob Heaney | BED | 1.57.1 |
| 2 David Gibbon | COB | 1.57.8 |
| 3 Joe Gaynor (U17) | HPX | 2.01.7 |
| 4 Tom Foskett | HVG | 2.11.2 |
| 5 Josh Entwistle | SAX | 2.11.8 |
| 6 Micah Rogers (U17) | NOR | 2.13.8 |

M 800m B

| | | |
|-----------------------|-----|--------|
| 1 George Kemp | BED | 2.03.7 |
| 2 Dominic Spike | HPX | 2.03.9 |
| 3 Rowan Von Tromp U17 | NOR | 2.10.9 |
| 4 Anthony Soar | HVG | 2.13.5 |

M 1500m A

| | | |
|----------------------|-----|--------|
| 1 Michael Goodwin | BED | 4.08.7 |
| 2 Tom Crawshaw (U17) | NOR | 4.22.9 |
| 3 David Wilson (U17) | HPX | 4.41.4 |
| 4 Anthony Soar | HVG | 4.47.5 |
| 5 Jordan Ali (U17) | SAX | 4.51.5 |

M 1500m B

| | | |
|-----------------------|-----|--------|
| 1 Alex Bellew | BED | 4.17.6 |
| 2 James Jackson (U17) | NOR | 4.23.7 |
| 3 Tim Byford | SAX | 4.54.4 |

M 3000m A

| | | |
|-----------------------|-----|---------|
| 1 James Jackson (U17) | NOR | 9.09.2 |
| 2 Steve Tuttle | BED | 9.11.5 |
| 3 Peter Townsend | HPX | 9.45.2 |
| 4 Jamie B-Stanton U17 | HVG | 9.50.4 |
| 5 Tim Byford | SAX | 10.08.9 |

M 3000m B

| | | |
|----------------------|-----|---------|
| 1 Tom Crawshaw (U17) | NOR | 9.18.7 |
| 2 Tom Gough (U17) | HPX | 9.47.5 |
| 3 Jordan Ali (U17) | SAX | 10.19.2 |

M 110mH A

| | | |
|--------------------|-----|------|
| 1 Anthony Williams | HVG | 15.8 |
| 2 Alec Wing | HPX | 16.5 |
| 3 Ciaron Craig | BED | 17.2 |
| 4 Daryl Martin | NOR | 17.7 |

M 110mH B

| | | |
|-----------------------|-----|------|
| 1 Jack Edgar-Hill U17 | HVG | 18.3 |
|-----------------------|-----|------|

M 400mH A

| | | |
|-----------------------|-----|------|
| 1 Daryl Martin | NOR | 58.4 |
| 2 Alec Wing | HPX | 58.7 |
| 3 Chris Stubbings | SAX | 59.7 |
| 4 Kieran Nelson (U17) | HVG | 66.9 |

M 400mH B

| | | |
|-----------------------|-----|------|
| 1 Chris Marshall | NOR | 66.1 |
| 2 Jack Edgar-Hill U17 | HVG | 68.0 |
| 3 Josh Entwistle | SAX | 68.6 |

M 2000m Sc A

| | | |
|------------------|-----|--------|
| 1 Dale Robertson | BED | 6.20.9 |
| 2 Josh Entwistle | SAX | 6.59.6 |
| 3 Rob Jones | HVG | 7.10.2 |
| 4 Daryl Martin | NOR | 7.14.4 |
| 5 Peter Townsend | HPX | 7.24.1 |

M 2000m Sc B

| | | |
|----------------|-----|--------|
| 1 Sam Wallbank | BED | 6.39.4 |
| 2 Tim Byford | SAX | 7.45.3 |
| 3 Ben Tuck | NOR | 9.25.9 |

| | | | | | |
|-------------------|----------------------|-----------|-------------------|----------------------|-----------|
| M Discus Throw A | | | M Discus Throw B | | |
| 1 | Joe Bloomfield | SAX 39.50 | 1 | Bradley Reece | HVG 32.54 |
| 2 | Michael Holden | COB 35.14 | 2 | Dan Moles | COB 28.60 |
| 3 | Ciaron Craig | BED 35.05 | 3 | Lloyd Russ | HPX 26.13 |
| 4 | Craig Moore | HVG 33.79 | 4 | Greg Packman | BED 23.83 |
| 5 | Ben Montgomery (U17) | HPX 26.70 | 5 | Sam Ashford | SAX 18.15 |
| 6 | Ben Tuck | NOR 17.69 | | | |
| M Hammer Throw A | | | M Hammer Throw B | | |
| 1 | Joe Bloomfield | SAX 60.72 | 1 | Jay Ryan | HVG 24.06 |
| 2 | Bradley Reece | HVG 43.02 | 2 | Josh Entwistle | SAX 10.12 |
| 3 | Ben Montgomery (U17) | HPX 33.84 | 3 | Liam O'Dell | BED 9.47 |
| 4 | Greg Packman | BED 30.00 | 4 | Michael Fraser | NOR 7.39 |
| 5 | Dan Moles | COB 26.95 | | | |
| 6 | Ben Tuck | NOR 13.84 | | | |
| M High Jump A | | | M High Jump B | | |
| 1 | Jay Ryan | HVG 1.85 | 1 | Craig Moore | HVG 1.60 |
| 2 | Simon Jones | BED 1.70 | 2 | Sam Ashford | SAX 1.50 |
| 3 | Rhys McDonald (U17) | SAX 1.65 | 3 | Rowan Von Tromp U17 | NOR 1.50 |
| 4 | Daryl Martin | NOR 1.55 | | | |
| M Javelin Throw A | | | M Javelin Throw B | | |
| 1 | Ben Montgomery (U17) | HPX 40.44 | 1 | Rowan Von Tromp U17 | NOR 19.42 |
| 2 | Ciaron Craig | BED 30.61 | 2 | Daniel West (U17) | HPX 7.97 |
| 3 | Dan Moles | COB 28.97 | 3 | Tim Byford | SAX 6.84 |
| 4 | Tom Crawshaw (U17) | NOR 27.52 | | | |
| 5 | Vincent Lazaro | HVG 19.18 | | | |
| 6 | Jordan Ali (U17) | SAX 9.00 | | | |
| M Long Jump A | | | M Long Jump B | | |
| 1 | Anthony Williams | HVG 6.41 | 1 | Vincent Lazaro | HVG 6.29 |
| 2 | Ian Tobin | HPX 6.32 | 2 | Simon Jones | BED 5.72 |
| 3 | Ciaron Craig | BED 6.11 | 3 | Rob Graham | SAX 5.28 |
| 4 | Rhys McDonald (U17) | SAX 6.11 | 4 | Joel Taylor (U17) | NOR 4.81 |
| 5 | Chris Marshall | NOR 5.55 | 5 | Mark Reed | HPX 4.24 |
| M Pole Vault A | | | M Pole Vault B | | |
| 1 | Jay Ryan | HVG 3.30 | | | |
| 2 | Rob Graham | SAX 2.15 | | | |
| M Shot Putt A | | | M Shot Putt B | | |
| 1 | Joe Bloomfield | SAX 13.91 | 1 | Lloyd Russ (U17) | HPX 10.94 |
| 2 | Michael Holden | COB 12.77 | 2 | Bradley Reece | HVG 10.18 |
| 3 | Jay Ryan | HVG 12.22 | 3 | Dan Moles | COB 9.58 |
| 4 | Luke Allen | HPX 11.44 | 4 | Isaac Rasmussen U17 | BED 7.32 |
| 5 | Greg Packman | BED 9.54 | 5 | Rob Graham | SAX 6.69 |
| 6 | Ben Tuck | NOR 7.49 | 6 | Micah Rogers (U17) | NOR 5.70 |
| M Triple Jump A | | | M Triple Jump B | | |
| 1 | Leo Lundgren | HPX 13.82 | 1 | Anthony Williams | HVG 13.37 |
| 2 | Joseph Ramie | HVG 13.67 | 2 | Luke Allen | HPX 13.01 |
| 3 | Rob Graham | SAX 12.81 | 3 | Rowan Von Tromp U17 | NOR 9.73 |
| 4 | Chris Marshall | NOR 11.99 | | | |
| 5 | Daniel Steel (U17) | BED 11.79 | | | |
| W 100m A | | | W 100m B | | |
| 1 | Lynsey North | SAX 12.6 | 1 | Precious Oladaguba | SAX 13.0 |
| 2 | Nicola Hill | HVG 12.7 | 2 | Lydia St Ange (U17) | HVG 13.2 |
| 3 | Kerry Salter | BED 13.2 | 3 | Sadie Miller (U17) | NOR 13.7 |
| 4 | Felicity Abbott | COB 13.2 | 4 | Holly Lohmeyer (U17) | HPX 14.0 |
| 5 | Emily Hatch (U17) | HPX 13.4 | | | |
| 6 | Sophie Poyner (U17) | NOR 13.7 | | | |

W 200m A
1 Lauren Bouchard SAX 26.2
2 Alice Middleton BED 26.4
3 Lisa Schofield HVG 27.8
4 Sophie Poyner (U17) NOR 28.4
5 Holly Lohmeyer (U17) HPX 29.2

W 400m A
1 Alice Middleton BED 58.1
2 Sam Jacks NOR 61.6
3 Katie Richardson HVG 62.1
4 Emily Hatch (U17) HPX 62.8
5 Felicity Abbott COB 64.5
6 Rachel Haley SAX 68.3

W 800m A
1 Carly Rose NOR 2.22.2
2 Ingrid Deane HVG 2.26.9
3 Ella Jennings SAX 2.42.2

W 1500m A
1 Georgie Sales HVG 4.54.2
2 Abbie Beales (U17) NOR 5.07.4
3 Tarli Barnes BED 5.09.8
4 Katie Tuttlebury U17 SAX 5.20.5
5 Ashleigh Cattle U17 HPX 5.36.4

W 3000m A
1 Zoey Littlechild U17 HVG 11.07.1
2 Alice Simpson SAX 12.25.2
3 Carly Brown NOR 14.39.3

W 100mH A
1 Stephanie Gaynor HPX 14.7
2 Kaneesha Johnson U17 COB 15.5
3 Lauren Bouchard SAX 16.6
4 Lauren Edgar-Hill HVG 17.8
5 Becky Pike NOR 19.6

W 400mH A
1 Becky Pike NOR 65.6
2 Kay Brown BED 66.2
3 Lisa Schofield HVG 68.9
4 Alysia Halsey COB 74.0
5 Alice Simpson SAX 77.8
6 Jodie Moore HPX 86.3

W Discus Throw A
1 Jenna Cannell (U17) NOR 26.40
2 Millie Lundgren U17 HPX 26.32
3 Sam Hill (U17) HVG 25.55
4 Ami Lyons (U17) BED 21.35
5 Katy Sealy SAX 20.45
6 Alysia Halsey COB 15.15

W Hammer Throw A
1 Jenna Cannell (U17) NOR 34.60
2 Amy Cox (U17) HVG 27.89
3 Eloise Williamson 17 SAX 21.88
4 Millie Lundgren U17 HPX 19.45

W 200m B
1 Lynsey North SAX 25.9
2 Lydia St Ange (U17) HVG 27.8
3 Amy Flemming (U17) BED 27.9
4 Caitlin Bell NOR 28.2

W 400m B
1 Steph Sattin (U17) HPX 61.2
2 Amy Flemming (U17) BED 62.1
3 Caitlin Bell NOR 63.0
4 Gemma Malster SAX 64.7
5 Alex Beard HVG 70.0

W 800m B
1 Juliette Knights U17 NOR 2.22.6
2 Alex Beard HVG 2.32.7
3 Jenny Reason SAX 3.42.9

W 1500m B
1 Sidnie Sales (U17) HVG 5.12.3
2 Gilly Savage (U17) NOR 5.31.8
3 Charlotte Cattle U17 HPX 5.36.4
4 Jenny Reason SAX 8.09.8

W 3000m B
1 Ella Jennings SAX 14.54.6
2 Laura Warman NOR 15.55.1

W 100mH B
1 Hayley Kruse HPX 18.8
2 Laura Warman NOR 19.8
3 Ellie Watson (U17) SAX 23.0

W 400mH B
1 Laura Warman NOR 70.9
2 Lauren Edgar-Hill HVG 75.6
3 Lisa Potter COB 83.8
4 Jenny Reason SAX 100.3

W Discus Throw B
1 Katie Grehan (U17) HPX 24.65
2 Ellie Besford (U17) SAX 16.14
3 Felicity Abbott COB 12.58
4 Carly Rose NOR 10.39

W Hammer Throw B
1 Hannah Besford SAX 18.41
2 Carly Brown NOR 11.55
3 Sam Hill (U17) HVG 10.24
4 Jodie Moore HPX 3.76

| | | | |
|------------------------|------------------------|------------------------|-----------|
| W High Jump A | | W High Jump B | |
| 1=Lucy Mapp | COB 1.50 | 1 Ellie Watson (U17) | SAX 1.45 |
| 1=Hayley Kruse | HPX 1.50 | | |
| 3 Lauren Bouchard | SAX 1.50 | | |
| 4 Angela James (U17) | HVG 1.50 | | |
| 5 Holly Slater (U17) | NOR 1.50 | | |
| W Javelin Throw A | | W Javelin Throw B | |
| 1 Eloise Meakins | HPX 35.16 | 1 Katie Grehan (U17) | HPX 35.07 |
| 2 Ami Lyons (U17) | BED 28.89 | 2 Alice Middleton | BED 25.89 |
| 3 Angela James (U17) | HVG 28.04 | 3 Lauren Edgar-Hill | HVG 15.46 |
| 4 Jenna Cannell (U17) | NOR 18.67 | 4 Georgina Lake | NOR 10.70 |
| 5 Gemma Malster | SAX 14.77 | 5 Lisa Potter | COB 9.76 |
| 6 Lucy Mapp | COB 13.65 | | |
| W Long Jump A | | W Long Jump B | |
| 1 Kaneesha Johnson U17 | COB 5.50 | 1 Lynsey North | SAX 4.96 |
| 2 Nicola Hill | HVG 5.21 | 2 Katie Grehan (U17) | HPX 4.48 |
| 3 Georgina Malster | SAX 5.08 | 3 Lisa Potter | COB 4.35 |
| 4 Danielle Currie | HPX 4.75 | 4 Ami Lyons (U17) | BED 4.31 |
| 5 Kate Doodie | BED 4.37 | 5 Lydia St Ange (U17) | HVG 4.30 |
| 6 Holly Slater (U17) | NOR 4.02 | 6 Sadie Miller (U17) | NOR 3.88 |
| W Pole Vault A | | W Pole Vault B | |
| 1 Ellie Besford (U17) | SAX 3.20 | 1 Jenny Reason | SAX 2.25 |
| 2 Georgina Lake | NOR 2.40 | 2 Alysia Halsey | COB 2.25 |
| 3 Lucy Mapp | COB 2.25 | | |
| W Shot Putt A | | W Shot Putt B | |
| 1 Katy Sealy | SAX 9.31 | 1 Hayley Kruse | HPX 8.33 |
| 2 Kaneesha Johnson U17 | COB 9.02 | 2 Sam Hill (U17) | HVG 7.81 |
| 3 Millie Lundgren U17 | HPX 8.70 | 3 Alice Simpson | SAX 6.40 |
| 4 Lauren Clark | HVG 8.11 | 4 Georgina Lake | NOR 4.42 |
| 5 Sadie Miller (U17) | NOR 5.18 | | |
| W Triple Jump A | | W Triple Jump B | |
| 1 Danielle Currie | HPX 10.83 | 1 Hannah Besford | SAX 10.35 |
| 2 Georgina Malster | SAX 10.49 | 2 Hayley Kruse | HPX 10.09 |
| 3 Alice Middleton | BED 10.19 | 3 Kate Doodie | BED 9.86 |
| 4 Angela James (U17) | HVG 9.92 | 4 Kelly Jarold (U17) | HVG 9.17 |
| 5 Alysia Halsey | COB 9.35 | 5 Laura Warman | NOR 8.97 |
| 6 Sophie Poyner (U17) | NOR 9.21 | | |
| W 4x100m Relay | | | |
| 1 SAX 50.8 | 1 Precious Oladaguba | 2 Lauren Bouchard | |
| | 3 Georgina Malster | 4 Lynsey North | |
| 2 HVG 51.8 | 1 Lisa Schofield | 2 Nicola Hill | |
| | 3 Angela James (U17) | 4 Lydia St Ange (U17) | |
| 3 BED 52.0 | 1 Kerry Salter | 2 Amy Flemming (U17) | |
| | 3 Kate Doodie | 4 Alice Middleton | |
| 4 COB 53.1 | 1 Kaneesha Johnson U17 | 2 Alysia Halsey | |
| | 3 Felicity Abbott | 4 Lucy Mapp | |
| 5 NOR 54.7 | 1 Georgina Lake | 2 Caitlin Bell | |
| | 3 Sadie Miller (U17) | 4 Sophie Poyner (U17) | |
| 6 HPX 57.2 | 1 Katie Grehan (U17) | 2 Holly Lohmeyer (U17) | |
| | 3 Ashleigh Cattle U17 | 4 Emily Hatch (U17) | |
| W 4x400m Relay | | | |
| 1 NOR 4.16.8 | 1 Carly Rose | 2 Laura Warman | |
| | 3 Becky Pike | 4 Sam Jacks | |
| 2 HVG 4.24.4 | 1 Katie Richardson | 2 Ingrid Deane | |
| | 3 Georgie Sales | 4 Sidnie Sales (U17) | |
| 3 SAX 4.25.0 | 1 Gemma Malster | 2 Eloise Williamson 17 | |
| | 3 Katie Tuttlebury U17 | 4 Georgina Malster | |
| 4 HPX 4.49.8 | 1 Emily Hatch (U17) | 2 Hayley Kruse | |
| | 3 Ashleigh Cattle U17 | 4 Charlotte Cattle U17 | |

M 4x100m Relay

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|------------|-----------------------|----------------------|
| 1 HVG 46.3 | 1 Anthony Williams | 2 Joseph Ramie |
| | 3 Tom Foskett | 4 Toma Davies |
| 2 HPX 47.1 | 1 Alec Wing | 2 Luke Allen |
| | 3 Joe Martin (U17) | 4 Ian Tobin |
| 3 BED 47.7 | 1 Isaac Rasmussen U17 | 2 Liam O'Dell |
| | 3 Ciaran Craig | 4 Tom Warboys (U17) |
| 4 SAX 49.2 | 1 | 2 |
| | 3 | 4 |
| 5 NOR 50.3 | 1 Chris Marshall | 2 Micah Rogers (U17) |
| | 3 James Jackson (U17) | 4 Tom Crawshaw (U17) |

M 4x400m Relay

| | | |
|--------------|-----------------------|-----------------------|
| 1 HPX 3.32.5 | 1 Louis Walshe | 2 Alec Wing |
| | 3 Dominic Spike | 4 Bradley Armorgie |
| 2 BED 3.33.8 | 1 Michael Goodwin | 2 Rob Heaney |
| | 3 Simon Jones | 4 Tom Warboys (U17) |
| 3 NOR 3.35.2 | 1 Joel Taylor (U17) | 2 Daryl Martin |
| | 3 Michael Fraser | 4 James Jackson (U17) |
| 4 HVG 3.45.3 | 1 Craig Moore | 2 Kieran Nelson (U17) |
| | 3 Michael Jones (U17) | 4 Tom Foskett |
| 5 SAX 3.47.2 | 1 Sam Ashford | 2 Tim Byford |
| | 3 Josh Entwistle | 4 Chris Stubbings |

After 37.5 of 38 events

| PRIOR STANDINGS | | | MATCH RESULT | | | LEAGUE STANDINGS | | | |
|-----------------|---------|-----|--------------|---------|-----|------------------|------------------------|-----|----|
| | Event | Lge | | Event | Lge | | Event | Lge | |
| 1 | NOR 463 | 8 | 1 | HVG 500 | 8 | 1 | City of Norwich | 958 | 15 |
| 2 | SAX 453 | 7 | 2 | NOR 495 | 7 | 2 | The Saxons | 919 | 13 |
| 3 | HPX 438 | 6 | 3 | SAX 466 | 6 | 3 | Havering Mayesbrook AC | 764 | 12 |
| 4 | COB 412 | 5 | 4 | HPX 441 | 5 | 4 | Herts Phoenix AC | 879 | 11 |
| 5 | HVG 264 | 4 | 5 | BED 331 | 4 | 5 | Team Cobra | 619 | 8 |
| 6 | BED 246 | 3 | 6 | COB 207 | 3 | 6 | Team Beds | 577 | 7 |

Athlete of the Match

Men: Leo Lundgren (HPX) TJ - 13.82m Women: Kaneesha Johnson (COB) LJ - 5.50

100 M

| | |
|------------------|----------|
| 1 Vincent Lazaro | HAV 12.1 |
| 2 Joe Martin | HPX 12.9 |
| 3 Simon Richards | HAV 13.0 |

200 M

| | |
|-----------------|----------|
| 1 Tom Foskett | HAV 24.9 |
| 2 Michael Jones | HAV 25.4 |

400 M

| | |
|------------------|----------|
| 1 Simon Richards | HAV 58.5 |
|------------------|----------|

100 W

| | |
|---------------------|----------|
| 1 Chekube Onwuka | HAV 13.7 |
| 2 Eloise Williamson | SAX 13.8 |

400 W

| | |
|--------------------|----------|
| 1 Gilly Savage U17 | NOR 64.9 |
|--------------------|----------|

200 W

| | |
|--------------------|----------|
| 1 Georgina Malster | SAX 26.5 |
| 2 Chekube Onwuka | HAV 28.3 |

2000sc

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| 1 Steve Tuttle | BED 6.55.5 |
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|      Team| BED | NOR | HVG | HPX | COB | SAX |      POINTS |
|      No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+
|M 100m   A|   8|  11|   7|   9|   0|   6|  41|  5|  46|
|          B|   4|   6|   7|   9|   0|   5|  31|  3|  34|
|Cumulative| 12|  17|  14|  18|   0|  11|  72|  8|  80|
|-----+-----+-----+-----+-----+-----+-----+
|M 200m   A|   7|  11|   9|   8|   0|   0|  35| 11|  46|
|          B|   5|   9|   7|   6|   0|   0|  27|  7|  34|
|Cumulative| 24|  37|  30|  32|   0|  11| 134| 26| 160|
|-----+-----+-----+-----+-----+-----+-----+
|M 400m   A|   8|  11|   6|   7|   9|   0|  41|  5|  46|
|          B|   0|   7|   6|   9|   0|   0|  22| 12|  34|
|Cumulative| 32|  55|  42|  48|   9|  11| 197| 43| 240|
|-----+-----+-----+-----+-----+-----+-----+
|M 800m   A|  11|   5|   7|   8|   9|   6|  46|  0|  46|
|          B|   9|   6|   5|   7|   0|   0|  27|  7|  34|
|Cumulative| 52|  66|  54|  63|  18|  17| 270| 50| 320|
|-----+-----+-----+-----+-----+-----+-----+
|M 1500m  A|  11|   9|   7|   8|   0|   6|  41|  5|  46|
|          B|   9|   7|   0|   0|   0|   6|  22| 12|  34|
|Cumulative| 72|  82|  61|  71|  18|  29| 333| 67| 400|
|-----+-----+-----+-----+-----+-----+-----+
|M 3000m  A|   9|  11|   7|   8|   0|   6|  41|  5|  46|
|          B|   0|   9|   0|   7|   0|   6|  22| 12|  34|
|Cumulative| 81| 102|  68|  86|  18|  41| 396| 84| 480|
|-----+-----+-----+-----+-----+-----+-----+
|M 110mH  A|   8|   7|  11|   9|   0|   0|  35| 11|  46|
|          B|   0|   0|   9|   0|   0|   0|   9| 25|  34|
|Cumulative| 89| 109|  88|  95|  18|  41| 440| 120| 560|
|-----+-----+-----+-----+-----+-----+-----+
|M 400mH  A|   0|  11|   7|   9|   0|   8|  35| 11|  46|
|          B|   0|   9|   7|   0|   0|   6|  22| 12|  34|
|Cumulative| 89| 129| 102| 104|  18|  55| 497| 143| 640|
|-----+-----+-----+-----+-----+-----+-----+
|M 2000Sc A|  11|   7|   8|   6|   0|   9|  41|  5|  46|
|          B|   9|   6|   0|   0|   0|   7|  22| 12|  34|
|Cumulative| 109| 142| 110| 110|  18|  71| 560| 160| 720|
|-----+-----+-----+-----+-----+-----+-----+
|M DT     A|   8|   5|   7|   6|   9|  11|  46|  0|  46|
|          B|   5|   0|   9|   6|   7|   4|  31|  3|  34|
|Cumulative| 122| 147| 126| 122|  34|  86| 637| 163| 800|
|-----+-----+-----+-----+-----+-----+-----+
|M HT     A|   7|   5|   9|   8|   6|  11|  46|  0|  46|
|          B|   6|   5|   9|   0|   0|   7|  27|  7|  34|
|Cumulative| 135| 157| 144| 130|  40| 104| 710| 170| 880|
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|------------|------|--------|-----|-----|-----|-----|-----|--------|-------|------|--|
| Team | No's | POINTS | | | | | | POINTS | | | |
| | | BED | NOR | HVG | HPX | COB | SAX | Used | Waste | Tot | |
| ----- | | | | | | | | | | | |
| M HJ | A | 9 | 7 | 11 | 0 | 0 | 8 | 35 | 11 | 46 | |
| | B | 0 | 6 | 9 | 0 | 0 | 7 | 22 | 12 | 34 | |
| Cumulative | | 144 | 170 | 164 | 130 | 40 | 119 | 767 | 193 | 960 | |
| ----- | | | | | | | | | | | |
| M JT | A | 9 | 7 | 6 | 11 | 8 | 5 | 46 | 0 | 46 | |
| | B | 0 | 9 | 0 | 7 | 0 | 6 | 22 | 12 | 34 | |
| Cumulative | | 153 | 186 | 170 | 148 | 48 | 130 | 835 | 205 | 1040 | |
| ----- | | | | | | | | | | | |
| M LJ | A | 8 | 6 | 11 | 9 | 0 | 7 | 41 | 5 | 46 | |
| | B | 7 | 5 | 9 | 4 | 0 | 6 | 31 | 3 | 34 | |
| Cumulative | | 168 | 197 | 190 | 161 | 48 | 143 | 907 | 213 | 1120 | |
| ----- | | | | | | | | | | | |
| M PV | A | 0 | 0 | 11 | 0 | 0 | 9 | 20 | 26 | 46 | |
| | B | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Cumulative | | 168 | 197 | 201 | 161 | 48 | 152 | 927 | 239 | 1166 | |
| ----- | | | | | | | | | | | |
| M SP | A | 6 | 5 | 8 | 7 | 9 | 11 | 46 | 0 | 46 | |
| | B | 5 | 3 | 7 | 9 | 6 | 4 | 34 | 0 | 34 | |
| Cumulative | | 179 | 205 | 216 | 177 | 63 | 167 | 1007 | 239 | 1246 | |
| ----- | | | | | | | | | | | |
| M TJ | A | 6 | 7 | 9 | 11 | 0 | 8 | 41 | 5 | 46 | |
| | B | 0 | 6 | 9 | 7 | 0 | 0 | 22 | 12 | 34 | |
| Cumulative | | 185 | 218 | 234 | 195 | 63 | 175 | 1070 | 256 | 1326 | |
| ----- | | | | | | | | | | | |
| W 100m | A | 8 | 5 | 9 | 6 | 7 | 11 | 46 | 0 | 46 | |
| | B | 0 | 6 | 7 | 5 | 0 | 9 | 27 | 7 | 34 | |
| Cumulative | | 193 | 229 | 250 | 206 | 70 | 195 | 1143 | 263 | 1406 | |
| ----- | | | | | | | | | | | |
| W 200m | A | 9 | 7 | 8 | 6 | 0 | 11 | 41 | 5 | 46 | |
| | B | 6 | 5 | 7 | 0 | 0 | 9 | 27 | 7 | 34 | |
| Cumulative | | 208 | 241 | 265 | 212 | 70 | 215 | 1211 | 275 | 1486 | |
| ----- | | | | | | | | | | | |
| W 400m | A | 11 | 9 | 8 | 7 | 6 | 5 | 46 | 0 | 46 | |
| | B | 7 | 6 | 4 | 9 | 0 | 5 | 31 | 3 | 34 | |
| Cumulative | | 226 | 256 | 277 | 228 | 76 | 225 | 1288 | 278 | 1566 | |
| ----- | | | | | | | | | | | |
| W 800m | A | 0 | 11 | 9 | 0 | 0 | 8 | 28 | 18 | 46 | |
| | B | 0 | 9 | 7 | 0 | 0 | 6 | 22 | 12 | 34 | |
| Cumulative | | 226 | 276 | 293 | 228 | 76 | 239 | 1338 | 308 | 1646 | |
| ----- | | | | | | | | | | | |
| W 1500m | A | 8 | 9 | 11 | 6 | 0 | 7 | 41 | 5 | 46 | |
| | B | 0 | 7 | 9 | 6 | 0 | 5 | 27 | 7 | 34 | |
| Cumulative | | 234 | 292 | 313 | 240 | 76 | 251 | 1406 | 320 | 1726 | |
| ----- | | | | | | | | | | | |
| W 3000m | A | 0 | 8 | 11 | 0 | 0 | 9 | 28 | 18 | 46 | |
| | B | 0 | 7 | 0 | 0 | 0 | 9 | 16 | 18 | 34 | |
| Cumulative | | 234 | 307 | 324 | 240 | 76 | 269 | 1450 | 356 | 1806 | |
| *-----* | | | | | | | | | | | |

| *-----* | | | | | | | | | | |
|------------|------|------|------|------|------|------|--------|-------|------|--|
| Team | BED | NOR | HVG | HPX | COB | SAX | POINTS | | | |
| | | | | | | | Used | Waste | Tot | |
| No's | 1 11 | 2 22 | 3 33 | 4 44 | 5 55 | 6 66 | | | | |
| W 100mH A | 0 | 6 | 7 | 11 | 9 | 8 | 41 | 5 | 46 | |
| B | 0 | 7 | 0 | 9 | 0 | 6 | 22 | 12 | 34 | |
| Cumulative | 234 | 320 | 331 | 260 | 85 | 283 | 1513 | 373 | 1886 | |
| W 400mH A | 9 | 11 | 8 | 5 | 7 | 6 | 46 | 0 | 46 | |
| B | 0 | 9 | 7 | 0 | 6 | 5 | 27 | 7 | 34 | |
| Cumulative | 243 | 340 | 346 | 265 | 98 | 294 | 1586 | 380 | 1966 | |
| W 1500Sc A | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| B | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Cumulative | 243 | 340 | 346 | 265 | 98 | 294 | 1586 | 380 | 1966 | |
| W DT A | 7 | 11 | 8 | 9 | 5 | 6 | 46 | 0 | 46 | |
| B | 0 | 5 | 0 | 9 | 6 | 7 | 27 | 7 | 34 | |
| Cumulative | 250 | 356 | 354 | 283 | 109 | 307 | 1659 | 387 | 2046 | |
| W HT A | 0 | 11 | 9 | 7 | 0 | 8 | 35 | 11 | 46 | |
| B | 0 | 7 | 6 | 5 | 0 | 9 | 27 | 7 | 34 | |
| Cumulative | 250 | 374 | 369 | 295 | 109 | 324 | 1721 | 405 | 2126 | |
| W HJ A | 0 | 6 | 7 | 10 | 10 | 8 | 41 | 5 | 46 | |
| B | 0 | 0 | 0 | 0 | 0 | 9 | 9 | 25 | 34 | |
| Cumulative | 250 | 380 | 376 | 305 | 119 | 341 | 1771 | 435 | 2206 | |
| W JT A | 9 | 7 | 8 | 11 | 5 | 6 | 46 | 0 | 46 | |
| B | 7 | 5 | 6 | 9 | 4 | 0 | 31 | 3 | 34 | |
| Cumulative | 266 | 392 | 390 | 325 | 128 | 347 | 1848 | 438 | 2286 | |
| W LJ A | 6 | 5 | 9 | 7 | 11 | 8 | 46 | 0 | 46 | |
| B | 5 | 3 | 4 | 7 | 6 | 9 | 34 | 0 | 34 | |
| Cumulative | 277 | 400 | 403 | 339 | 145 | 364 | 1928 | 438 | 2366 | |
| W PV A | 0 | 9 | 0 | 0 | 8 | 11 | 28 | 18 | 46 | |
| B | 0 | 0 | 0 | 0 | 7 | 9 | 16 | 18 | 34 | |
| Cumulative | 277 | 409 | 403 | 339 | 160 | 384 | 1972 | 474 | 2446 | |
| W SP A | 0 | 6 | 7 | 8 | 9 | 11 | 41 | 5 | 46 | |
| B | 0 | 5 | 7 | 9 | 0 | 6 | 27 | 7 | 34 | |
| Cumulative | 277 | 420 | 417 | 356 | 169 | 401 | 2040 | 486 | 2526 | |
| W TJ A | 8 | 5 | 7 | 11 | 6 | 9 | 46 | 0 | 46 | |
| B | 6 | 4 | 5 | 7 | 0 | 9 | 31 | 3 | 34 | |
| Cumulative | 291 | 429 | 429 | 374 | 175 | 419 | 2117 | 489 | 2606 | |
| W 4x1 | 8 | 6 | 9 | 5 | 7 | 11 | 46 | 0 | 46 | |
| Cumulative | 299 | 435 | 438 | 379 | 182 | 430 | 2163 | 489 | 2652 | |
| W 4x4 | 0 | 11 | 9 | 7 | 0 | 8 | 35 | 11 | 46 | |
| Cumulative | 299 | 446 | 447 | 386 | 182 | 438 | 2198 | 500 | 2698 | |
| *-----* | | | | | | | | | | |

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|          Team| BED | NOR | HVG | HPX | COB | SAX |          POINTS          |
|          No's| 1 11| 2 22| 3 33| 4 44| 5 55| 6 66|Used Waste Tot|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x1        |    8|    6|   11|    9|    0|    7| 41| 5| 46|
|Cumulative   | 307| 452| 458| 395| 182| 445|2239| 505|2744|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|M 4x4        |    9|    8|    7|   11|    0|    6| 41| 5| 46|
|Cumulative   | 316| 460| 465| 406| 182| 451|2280| 510|2790|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          Add|   15|   35|   35|   35|   25|   15|  0|  0|  0|
| subtract    |    0|    0|    0|    0|    0|    0|  0|  0|  0|
|Cumulative   | 331| 495| 500| 441| 207| 466|2280| 510|2790|
|-----+-----+-----+-----+-----+-----+-----+-----+-----+-----|
|          TOTALS| 331| 495| 500| 441| 207| 466|2280| 510|2790|
*-----*
  
```

| Pos | Team | Points | Add | Sub | Total |
|-----------------------------|------------------------|--------|-----|-----|-------|
| 1 | Havering Mayesbrook AC | 465 | 35 | 0 | 500 |
| 2 | City of Norwich | 460 | 35 | 0 | 495 |
| 3 | The Saxons | 451 | 15 | 0 | 466 |
| 4 | Herts Phoenix AC | 406 | 35 | 0 | 441 |
| 5 | Team Beds | 316 | 15 | 0 | 331 |
| 6 | Team Cobra | 182 | 25 | 0 | 207 |
| After 37.5 of 38 events | | | | | |
| Used + add - sub = total | | 2280 | 160 | 0 | 2440 |
| Unused points | | 510 | | | 510 |
| (Used+unused)+add-sub=total | | 2790 | 160 | 0 | 2950 |

| Team | 1st | 2nd | 3rd | 4th | 5th | 6th | 1st | 2nd | 3rd | 4th | 5th | 6th |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| HVG A | 7 | 9 | 7 | 11 | 2 | 0 | B 7 | 9 | 3 | 2 | 2 | 0 |
| NOR A | 10 | 4 | 2 | 7 | 6 | 7 | B 6 | 6 | 7 | 6 | 1 | 2 |
| SAX A | 8 | 4 | 9 | 3 | 8 | 2 | B 8 | 4 | 8 | 4 | 2 | 0 |
| HPX A | 7 | 6 | 6 | 6 | 5 | 2 | B 8 | 6 | 3 | 2 | 1 | 0 |
| BED A | 4 | 7 | 10 | 3 | 3 | 0 | B 3 | 3 | 3 | 4 | 1 | 0 |
| COB A | 2 | 6 | 2 | 3 | 3 | 2 | B 0 | 2 | 4 | 0 | 1 | 0 |

| Men | Event | Women | Event |
|--------------------------|-------|--------------------------|-------|
| 1 Havering Mayesbrook AC | 252 | 1 The Saxons | 263 |
| 2 City of Norwich | 232 | 2 City of Norwich | 228 |
| 3 Herts Phoenix AC | 215 | 3 Havering Mayesbrook AC | 213 |
| 4 Team Beds | 202 | 4 Herts Phoenix AC | 191 |
| 5 The Saxons | 188 | 5 Team Cobra | 119 |
| 6 Team Cobra | 63 | 6 Team Beds | 114 |