

HERTFORDSHIRE ASSOCIATION OF ATHLETIC & RUNNING CLUBS

TRACK & FIELD CHAMPIONSHIPS - SUNDAY 15th MAY 2005 AT WOODSIDE STADIUM, WATFORD

SENIOR MEN

100 Metres +0.0

1	I Clarke	E&H	11.25
2	R Harle	CHE	11.39
3	N Barton	HPX	11.53
4	M Collins	LUT	11.55
5	D Bandele	UNA	11.56
6	S Wombwell	HPX	11.86
7	P Ilo	BAR	12.65

200 Metres +0.0

1	R Harle	CHE	22.98
2	M Collins	LUT	23.32
3	D Bandele	UNA	23.48
4	S Wombwell	HPX	23.79

400 Metres

1	R Nicholls	E&H	49.61
2	G Smith	HIGH	50.75
3	P Cumming	WAT	52.56
4	N Poulakis	StA	53.42
5	A Love	WAT	54.03

800 Metres

1	S Dixon	LonH	1:57.9
2	L Reynolds	HPX	1:58.4
3	B Stratford	Hunts	2:01.2
4	M Tarpey	HPX	2:06.5

5000 Metres

1	R Gamble	BAR	15:20.95
2	J Clarke	BELG	15:52.81
3	I Johnston	SHETT	15:55.94
4	R McCormick	BAR	16:12.34
5	T Woodthorpe	NOTTS	16:34.96
6	K Walden	SBH	17:33.17
7	C Taylor	D&T	18:23.31

110m Hurdles

1	S Wombwell	HPX	15.82
---	------------	-----	-------

High Jump

1	A Scarr	E&H	2.10m
2	R Hunter	D&T	1.75m

Pole Vault

1	P Yeomans	WAT	3.80m
---	-----------	-----	-------

Long Jump

1	N Barton	HPX	6.82m (-0.4)
2	R Hunter	D&T	6.35m (+0.7)
3	R Emptage	D&T	4.97m (-0.7)

Triple Jump

1	J Lewis	HPX	11.77m (-1.1)
2	R Emptage	D&T	10.61m (+0.5)

Shot

1	C Saggars	E&H	13.15m
2	R Hunter	D&T	12.52m
3	B Solomon	HPX	10.72m
4	T Saunders-Mullins	SNH	8.66m

Discus

1	N Woolcott	E&H	45.23m
2	C Saggars	E&H	41.30m
3	R Hunter	D&T	38.86m
4	D Lipscomb	SERP	26.43m

Hammer

1	C Saggars	E&H	63.26m
2	J Maitland	HHH	37.72m
3	T Saunders-Mullins	SNH	25.62m

Javelin

1	A Lovett	E&H	69.78m
2	N Mclellan	SNH	68.88m
3	T Ratcliffe	D&T	56.23m
4	R Hunter	D&T	47.28m
5	C Snook	HRL	44.37m

UNDER 20 MEN**100 Metres +0.0**

1	A Daish	HPX	11.41
2	T Lake	HPX	11.59
3	S Kilbey	SBH	11.68
4	M Ajibulu	HPX	11.68
5	D Seenandan	E&H	11.88
6	T Catchpole	WAT	12.23
7	G Mangat	WAT	12.62

200 Metres -1.4

1	G Dodd	HPX	23.11
2	M Ajibulu	HPX	23.36
3	D Seenandan	E&H	23.58
4	B Speed	WAT	23.66
5	T Catchpole	WAT	24.14

400 Metres

1	G Dodd	HPX	48.54
2	A Daish	HPX	48.68
3	B Speed	WAT	51.53
4	A Dombey	WAT	51.84
5	S Brill	StA	52.13
6	S Smith	HPX	54.36

800 Metres

1	S Smith	HPX	2:04.4
2	R Tarpey	HPX	2:04.7
3	B Reynolds	HPX	2:11.3
4	D Tarrant	HAR	2:17.1

5000 metres

1	B Reynolds	HPX	16:39.43 CBP
---	------------	-----	---------------------

110m Hurdles

1	J Tenny	WAT	15.24
2	R Hansard	D&T	15.64
3	R Jones	HPX	15.72
4	R Rumble	HPX	16.30
5	P Barrett	HPX	16.38
6	O Keates	HPX	18.37

400m Hurdles

1	R Rumble	HPX	57.17
2	P Barrett	HPX	57.46
3	A Dombey	WAT	59.58
4	O Keates	HPX	60.83

High Jump

1	R Rumble	HPX	1.85m
2	P Barrett	HPX	1.80m

Pole Vault

1	P Barrett	HPX	3.40m
2	C Beck	WSEH	2.90m
3	L Fisher	D&T	2.10m

Long Jump

1	T Lake	HPX	6.25m (+1.1)
2	C Beck	WSEH	6.06m (+2.1)
3	R Jones	HPX	5.89m (+1.5)
4	M Withers	StA	5.85m (+0.7)

Triple Jump

1	J Francois	D&T	12.40m (+1.4)
2	M Withers	StA	11.43m (-0.5)
3	P Rose	D&T	11.14m (+0.2)

Shot

1	G Mitchell	D&T	11.04m
2	S Daly	D&T	10.82m
3	A Hossan	WAT	9.06m

Discus

1	R Rumble	HPX	34.15m
2	G Mitchell	D&T	33.06m
3	S Daly	D&T	31.45m

Hammer

1	G Mitchell	D&T	22.86m
---	------------	-----	--------

Javelin

1	P Gregory	HAR	59.10m
2	A Hull	SNH	42.20m
3	P Barrett	HPX	36.37m

UNDER 17 MEN**100 Metres**

1	T Muskett	D&T	11.92
2	C Hamilton	D&T	12.48
3	J Gallagher	StA	12.48

200 Metres

1	R Smith	AldSch	23.39
2	T Muskett	D&T	23.79
3	S Brown	StA	24.40
4	T Collin	D&T	24.51
5	S Rayner	BAR	24.73

400 Metres

1	N Choudhury	LUT	50.40 CBP
2	P Edwards	E&H	50.93
3	R Smith	AldSch	52.61
4	D Hudson	StA	55.63
5	B Smith	BAR	63.0

800 Metres

1	D Zieleniewski	E&H	2:06.82
2	J Saydraouten	SNH	2:08.46
3	L Hines	StA	2:11.34
4	M McKechnie	SNH	2:11.80
5	S Britten	HPX	2:12.93
6	S Pollen	SNH	2:15.03
7	C Hatch	D&T	2:19.26
8	B Smith	BAR	2:25.47

100m Hurdles

1	S Barnard	E&H	15.20
2	R Taylor	D&T	15.26

High Jump

1	L Pirie	SNH	1.75m
=2	D Cooper	StA	1.65m
=2	R Tuck	WAT	1.65m
4	O Cook	HPX	1.60m

Pole Vault

1	L Cordell	D&T	3.90m CBP
2	S Smart	E&H	3.00m

Long Jump

1	I Simson	D&T	5.67m (-0.2)
2	I Tobin	HPX	5.59m (+0.2)

Triple Jump

1	I Simson	D&T	11.97m (+0.5)
2	C Hamilton	D&T	11.45m (+0.4)
3	C Hatch	D&T	10.97m (+0.9)

Shot

1	D Chick	E&H	12.66m
2	P Gamester	E&H	12.63m

Discus

1	P Gamester	E&H	37.62m
2	R Holgate	JHNSch	30.08m
3	J Shaw	HPX	29.28m

Hammer

1	D Chick	E&H	31.90m
2	P Gamester	E&H	30.92m

Javelin

1	J Hutchinson	D&T	44.00m
2	S Montonari	E&H	41.48m
3	J Shaw	HPX	35.72m
4	O Cook	HPX	33.75m

UNDER 15 BOYS

100 Metres

1	T Augier	SBH	12.24
2	J Hearn	D&T	12.50
3	J Hamilton	D&T	13.28
4	C Brewer	LPkSch	13.41
5	M Nixon	StA	13.52
6	K Clarke	D&T	13.58
7	C Daish	HPX	14.25
8	F Frimpong	LPkSch	14.42

200 Metres +0.0

1	T Augier	SBH	24.94
2	E Gardner	D&T	28.73
3	C Daish	HPX	28.80
4	J Thurston	D&T	30.26

400 Metres

1	E Nzayisenga	E&H	55.17
2	A Veitch	HPX	62.23
3	W Jinks	StA	65.84
4	E Gardner	D&T	69.48

800 Metres - Heat 1

1	J Moss	SNH	2:26.03
2	J Buckler Picton	StA	2:28.65
3	T Smith	LPkSch	2:29.54
4	W Jinks	StA	2:30.14
5	J Thie	D&T	2:31.75
6	B McGuinness	D&T	2:38.61

800 Metres - Heat 2

1	S No	StA	2:20.43
2	J Oxley	StA	2:21.30
3	N Fleming	SBH	2:21.54
4	E Mackenzie	StA	2:28.24
5	R Gascoigne	StA	2:38.24
6	R Badrick	SNH	2:47.58

800 Metres - Heat 3

1	A Veitch	HPX	2:24.02
2	A Reynolds	SNH	2:25.13
3	T Gough	HPX	2:26.46
4	R Molloy	D&T	2:45.66
5	S Postance	SNH	2:49.84
6	G Ansell	SNH	2:51.15

800 Metres - Final

1	J Oxley	StA	2:20.39
2	A Veitch	HPX	2:20.48
3	J Moss	SNH	2:20.57
4	A Reynolds	SNH	2:20.68
5	S No	StA	2:21.46
6	T Gough	HPX	2:22.77
7	N Fleming	SBH	2:24.66
8	J Buckler-Picton	StA	2:32.06

80m Hurdles

1	M Francois	D&T	14.97
2	B Khodadoost	LPkSch	15.87
3	L Frey	LPkSch	16.92
4	D Saxon	SNH	18.06

High Jump

1	J Hamilton	D&T	1.68m
2	J Dombey	WAT	1.40m

Pole Vault

1	J Sharp	E&H	2.90m
2	J Dombey	WAT	1.90m

Long Jump

1	L Lundgren	StA	5.10m (-0.5)
2	T Clark	StA	5.05m (-0.2)
3	C Brewer	LPkSch	4.90m (-0.3)
4	F Frimpong	LPkSch	4.66m (-0.2)
5	C Daish	HPX	4.33m (-1.1)

Triple Jump

1	C Brewer	LPkSch	10.25m (-1.2)
2	L Frey	LPkSch	8.45m (+0.2)

Shot

1	A Ralph	StA	12.28m
2	S Watson	D&T	10.85m
3	B Hatt	LPkSch	7.07m

Discus

1	A Ralph	StA	38.88m
2	S Watson	D&T	35.73m
3	B Flash	D&T	26.75m
4	D Saxon	SNH	21.54m
5	R Pybus	SNH	16.59m

Hammer

1	B Flash	D&T	41.87m
---	---------	-----	--------

Javelin

1	J Raineri	WAT	38.73m
2	J Rogers	StA	36.82m
3	J Constaniou	StA	29.71m
4	R Pybus	SNH	19.82m
5	D Saxon	SNH	19.68m

UNDER 13 BOYS**100 Metres +0.0**

1	J Okoigun	LPkSch	14.07
2	B Auburn	ColSch	14.98
3	T Sheren	SNH	15.24
4	E Marzell	StA	15.30
5	A Abebe	LPkSch	15.55
6	S Murgatroyo	D&T	15.69
7	J Elkes	D&T	16.24
8	M Smith	BAR	17.21

200 Metres - Heat 1 -0.5

1	J Okoigun	LPkSch	28.78
2	D Ajuwon	BAR	30.10
3	D Akinkugbe	LPkSch	32.45
4	J Elkes	D&T	33.07

200 Metres - Heat 2 -0.9

1	L Keeble	SNH	29.19
2	E Marzell	StA	30.39
3	G Brown	HAR	31.07
4	A Abebe	LPkSch	31.77
5	M Smith	BAR	36.35

200 Metres - Final +1.7

1	L Keeble	SNH	27.61
2	J Okoigun	LPkSch	28.70
3	D Ajuwon	BAR	29.76
4	E Marzell	StA	30.08
5	G Brown	HAR	30.81
6	A Abebe	LPkSch	32.04
7	J Elkes	D&T	32.12
8	D Akinkugbe	LPkSch	32.42

800 Metres - Heat 1

1	G Brown	HAR	2:32.53
2	E Shepherd	HPX	2:32.76
3	L Keeble	SNH	2:36.81
4	S Byrne	WAT	2:37.82
5	M Raywood	StA	2:43.65
6	N Salehi	LPkSch	2:46.41

800 Metres - Heat 2

1	J Cottrell	HPX	2:35.83
2	D Wilson	HPX	2:36.97
3	O Glyn	D&T	2:37.81
4	R Williamson	StA	2:37.88
5	H McAleer	LPkSch	2:46.76

800 Metres - Final

1	G Brown	HAR	2:25.72
2	E Shepherd	HPX	2:27.95
3	L Keeble	SNH	2:30.56
4	D Wilson	HPX	2:31.57
5	S Byrne	WAT	2:36.50
6	R Williamson	StA	2:39.81
7	O Glyn	D&T	2:41.31
8	J Cottrell	HPX	2:53.25

75m Hurdles

1	D Akinkugbe	LPkSch	13.26
2	G Brown	HAR	15.29
3	D Ajuwon	BAR	15.31
4	J Olley	LPkSch	16.12

High Jump

1	B Auburn	ColSch	1.25m
2	D Ajuwon	BAR	1.25m
3	C Winters	SNH	1.20m

Long Jump

1	J Okoigun	LPkSch	4.38m (+1.4)
2	C Winters	SNH	4.33m (+0.4)
3	D Akinkugbe	LPkSch	3.98m (-0.8)
4	T Sheren	SNH	3.85m (-0.1)
5	J Elkes	D&T	3.78m (-0.1)
6	A Abebe	LPkSch	3.74m (-1.1)

Shot

1	G Taylor	D&T	5.89m
---	----------	-----	-------

Discus

1	G Taylor	D&T	11.16m
---	----------	-----	--------

Javelin

1	J Olley	LPkSch	22.73m CBP
2	G Taylor	D&T	11.84m

U/20 & SENIOR WOMEN

100 Metres +0.0

1	C Adams (J)	D&T	12.86
2	H Cone	TVH	12.91
3	C Andrews (J)	HPX	13.10
4	C Flack (J)	HPX	13.34
5	S Cook (J)	HPX	13.45

200 Metres +0.4

1	D Smith (J)	SNH	25.45
2	E Kemp	SNH	25.48
3	C Jaggard (J)	HPX	26.20
4	H Wills	HPX	26.50
5	L Jones (J)	HPX	26.83
6	M Njagi (J)	HPX	28.21

400 Metres

1	E Kemp	SNH	56.55
2	H Wills	HPX	57.70
3	C Silva (J)	HPX	59.48
4	E Queally	SBH	64.78
5	J Hall	D&T	65.53

800 Metres

1	L Cunningham (J)	SNH	2:19.03
2	T Muir (J)	BED	2:20.77
3	S Bailey (J)	SNH	2:22.34
4	V Mudd (J)	D&T	2:29.47
5	J Forde (J)	SNH	2:35.82

100 Metres Hurdles

1	C Andrews (J)	HPX	15.21
2	H Weekes (J)	SNH	16.54
3	S Cook (J)	HPX	16.69

400 Metres Hurdles

1	C Silva (J)	HPX	63.30 CBP
2	L Gale	D&T	64.24
3	R Carbery (J)	D&T	69.65

High Jump

1	J O'Neil (J)	SNH	1.35m
---	--------------	-----	-------

Pole Vault

1	L Shortland (J)	SNH	2.90m
2	M Clarke (J)	WSEH	2.80m
3	E Harris	SNH	2.50m
4	F Mudd (J)	D&T	2.30m
5	J O'Neill	SNH	1.90m

Long Jump

1	L Jones (J)	HPX	5.50m (+0.7) CBP
2	H Cone	TVH	5.32m (+0.3)
3	C Jaggard (J)	HPX	5.27m (-1.0)
4	A Gibson (J)	BAR	4.88m (+0.9)

Shot

1	C Cotterill	D&T	11.31m
2	S McLellan	SNH	11.11m
3	M Flash (J)	D&T	7.35m

Discus

1	C Cotterill	D&T	36.35m
2	E Baldwin (J)	StA	27.22m
3	M Flash (J)	D&T	20.94m

Hammer

1	F Blacktin	HPX	45.17m
2	C Cotterill	D&T	41.38m
3	M Flash (J)	D&T	37.29m
4	L Shrosbree	EVAC	29.15m

UNDER 17 WOMEN**100 Metres +0.0**

1	R Wilcock	WAT	12.88
2	N Burrows	HPX	13.48
3	T Oyeneye	SNH	13.56

200 Metres

1	R Wilcock	WAT	27.0
2	N Burrows	HPX	27.7
3	F Olliffe	WAT	28.4
4	N Wallis	BAR	31.0

300 Metres

1	F Olliffe	WAT	44.97
2	F Roberts	D&T	45.05
3	C Simm	SBH	45.42

800 Metres - Heat 1

1	D Wildman	E&H	2:26.76
2	F Witney	SNH	2:27.17
3	R Gardener	WAT	2:27.25
4	K Cooper	SNH	2:27.49
5	H Barsby	HAR	2:29.93
6	H Sheridan	BAR	2:41.46
7	C Moore	SNH	2:43.66

800 Metres - Heat 2

1	D Samuels	SNH	2:33.03
2	F Roberts	D&T	2:33.45
3	R Newstead	SNH	2:36.27
4	P Hattam	D&T	2:37.39
5	N Wallis	BAR	2:51.65
6	T Sarsfield	BAR	3:00.92

800 Metres - Final

1	D Wildman	E&H	2:22.84
2	F Roberts	D&T	2:23.69
3	D Samuels	SNH	2:26.93
4	F Witney	SNH	2:27.13
5	R Gardener	WAT	2:27.86
6	H Barsby	HAR	2:30.03
7	R Newstead	SNH	2:35.41

80 Metres Hurdles

1	N Burrows	HPX	12.59
2	N Farman	HPX	12.69
3	J Simpson	SNH	13.25
4	O Humes	HPX	13.25

300 Metres Hurdles

1	H Cook	HPX	49.71
---	--------	-----	-------

High Jump

1	N Farman	HPX	1.50m
2	C Simm	SBH	1.45m
3	R Blevings	BAR	1.30m

Long Jump

1	O Humes	HPX	4.47m (+0.4)
2	R Blevings	BAR	4.43m (-0.6)
3	H Sheridan	BAR	3.85m (+0.2)
4	N Wallis	BAR	3.71m (+0.3)
5	T Sarsfield	BAR	3.17m (+0.2)

Shot

1	K Pybus	SNH	9.94m
2	S Lewis	WAT	8.96m

Discus

1	K Pybus	SNH	27.11m
2	Z Thomas	HPX	26.41m
3	S Eldridge	HAR	21.24m
4	M Bowles	SNH	20.76m
5	J Richardson	WAT	17.71m

Hammer

1	M Bowles	SNH	21.94m
---	----------	-----	--------

Javelin

1	P Lundgreen	StA	35.89m
2	N Farman	HPX	26.50m

UNDER 15 GIRLS**100 Metres - Heat 1 +0.0**

1	L Wake	HPX	13.07
2	K Grehan	HPX	13.64
3	A Bushell	StA	14.25
4	F Bryant	BAR	15.14
5	J Domeney	D&T	15.36
6	A Keane	BAR	15.78

100 Metres - Heat 2 +0.0

1	L Rillstone	D&T	13.98
2	H Wood	D&T	13.99
3	V Dixon	SBH	14.15
4	A Connaughton	StA	14.69
5	C Ellis	StA	15.05

100 Metres - Final +0.0

1	L Wake	HPX	13.12
2	H Wood	D&T	13.53
3	K Grehan	HPX	13.63
4	L Rillstone	D&T	13.75
5	V Dixon	SBH	13.98
6	A Bushell	StA	14.31
7	A Connaughton	StA	14.53
8	C Ellis	StA	14.97

200 Metres - Heat 1 +1.3

1	L Wake	HPX	27.14
2	H Van Kempen	SJLSch	27.39
3	O Luzhny	SBH	27.84
4	S Gaynor	HPX	28.14
5	L Raynor	BAR	30.14
6	F Bryant	BAR	31.64

200 Metres - Heat 2 -1.7

1	E Stevens	HPX	28.51
2	B Awokoya	SNH	28.84
3	A Thompson	HPX	29.44
4	M Cutler	StA	29.62
5	L Rillstone	D&T	30.66
6	J Domeney	D&T	32.35

200 Metres - Final

1	H van Kempen	SJLSch	26.85
2	S Gaynor	HPX	27.00
3	E Stevens	HPX	27.04
4	L Wake	HPX	27.06
5	B Awokoya	SNH	27.31
6	O Luzhny	SBH	27.91
7	A Thompson	HPX	29.00
8	M Cutler	StA	29.03

800 Metres - Heat 1

1	A Kelly	D&T	2:31.83
2	S Sattin	HPX	2:33.56
3	V Bryant	BAR	2:34.11
4	L Whitehead	HPX	2:34.64
5	H Gallagher	D&T	2:38.17
6	L Murphy	StA	2:42.69
7	L Davis	D&T	2:46.43
8	E Saunders	D&T	2:46.97

800 Metres - Heat 2

1	K Deal	SBH	2:35.48
2	J Mansell	SNH	2:36.49
3	T Daniels-Moss	HAR	2:39.48
4	H Bailey	SNH	2:40.86
5	J Johnson	SBH	2:50.23
6	S Wilkinson	D&T	3:04.34
7	D Anderson	D&T	3:04.35

800 Metres - Final

1	K Deal	SBH	2:21.3
2	J Mansell	SNH	2:21.3
3	A Kelly	D&T	2:27.9
4	S Sattin	HPX	2:32.1
5	L Whitehead	HPX	2:38.5
6	V Bryant	BAR	2:40.3
7	H Gallagher	D&T	2:42.9
8	T Daniels-Moss	HAR	2:49.1

75m Hurdles-Heat 1

1	H Van Kempen	SJLSch	11.75
2	E Stevens	HPX	12.42
3	V Dixon	SBH	12.84
4	B Scanes	SNH	15.42
5	C Baseley	StA	16.22

75m Hurdles-Heat 2

1	S Gaynor	HPX	11.78
2	E Steele	SM Sch	12.26
3	H Wood	D&T	12.27
4	L Wake	HPX	12.43
5	A Bland	WAT	12.94
6	C Ng	StA	15.34

75m Hurdles - Final

1	H van Kempen	SJLSch	11.33 CBP
2	S Gaynor	HPX	11.37
3	E Steele	SMSch	11.93
4	E Stevens	HPX	12.05
5	L Wake	HPX	12.45
6	A Bland	WAT	12.64
7	H Wood	D&T	12.79

High Jump

1	S Joy	StA	1.60m
2	C Still	StA	1.35m
3	D Currie	HPX	1.35m
4	L Scanes	SNH	1.35m
5	B Scanes	SNH	1.25m
6	V Bryant	BAR	1.25m
7	F Gross	SNH	1.15m
8	A Keane	BAR	1.10m
	S Russell	StA Gst	1.35m

Pole Vault

1	L Tarrant	HAR	1.70m CBP
---	-----------	-----	------------------

Long Jump

1	A Corner	HPX	4.76m
2	D Currie	HPX	4.76m
3	K Grehan	HPX	4.43m
4	A Bushell	StA	4.33m
5	A Thompson	HPX	4.28m
6	L Rillstone	D&T	4.15m
7	M Jones	StA	4.14m
8	J Gill	HPX	3.90m
9	O Luzhny	SBH	3.81m
10	B Scanes	SNH	3.73m
11	F Bryant	BAR	3.66m
12	A Keane	BAR	3.50m

Shot

1	B Awokoya	SNH	10.15m
2	K Grehan	HPX	8.02m
3	J Botwright	D&T	6.71m
4	F Gross	SNH	5.31m

Discus

1	J Botwright	D&T	25.81m
2	L Scanes	SNH	20.18m
3	F Gross	SNH	18.24m
4	C Ellis	StA	12.37m

Javelin

1	S De Kremer	HPX	31.21m
2	E Steele	SMSch	27.35m
3	J Gill	HPX	9.68m

UNDER 13 GIRLS**100 Metres - Final**

1	K Caulfield	HPX	14.38
2	L Quinn	E&H	14.68
3	R Evans	StA	15.03
4	A Grist	BAR	15.56
5	A Smith	StA	15.69
6	C Currie	HPX	15.79
7	L Taylor	StA	16.09
8	M Veitch	HPX	17.01

200 Metres

1	J Williams	HPX	28.14
2	L Quinn	E&H	30.53
3	A MacLoud	StA	31.17
4	S Jaggard	HPX	32.34
5	A Raynor	BAR	34.38
6	E Sheridan	BAR	34.68

800 Metres - Heat 1

1	J Barber	BAR	2:46.79
2	J Montgomery	StA	2:47.23
3	A Hampton	D&T	2:47.26
4	S Barnas	E&H	2:47.94
5	K Meadows	SNH	2:53.46
6	S Huntingford	D&T	2:57.48
7	D Yeomans	StA	2:57.98

800 Metres - Heat 2

1	L Graham	SMSch	2:43.63
2	A Smith	StA	2:45.02
3	E Collingwood	D&T	2:46.83
4	R Brown	HAR	2:51.03
5	M Omar	WAT	2:53.70
6	S Pike	SNH	3:04.58

800 Metres - Final

1	L Graham	SMSch	2:39.61
2	A Hampton	D&T	2:42.90
3	J Barber	BAR	2:44.96
4	E Collingwood	D&T	2:45.87
5	J Montgomery	StA	2:49.54
6	J Barnas	E&H	2:52.61
7	A Smith	StA	2:56.25
8	R Brown	HAR	2:57.58

70 Metres Hurdles

1	K Caulfield	HPX	12.12
2	A MacLeod	StA	12.69
3	K Barber	BAR	14.69
4	A Tully	StA	16.05
5	D West	HPX	16.10

High Jump

1	A MacLeod	StA	1.35m =CBP
2	A Holman	StA	1.25m
3	E Sheridan	BAR	1.25m

Long Jump

1	K Caulfield	HPX	4.36m (+0.2)
2	A Holman	StA	4.21m (-1.0)
3	S Jaggard	HPX	3.92m (-2.3)
4	C Currie	HPX	3.75m (+0.4)
5	M Lundgren	StA	3.55m (-0.1)
6	K Meadows	SNH	3.50m (+1.8)
7	A Rukin	StA	3.46m (+0.1)
8	S Huntingford	D&T	3.42m (+1.3)
9	M Veitch	HPX	3.22m (+1.6)

Shot

1	M Ward	SMSch	8.22m
2	M Lundgren	StA	7.30m
3	L Saxon	SNH	5.36m
4	C Currie	HPX	5.12m
5	K Meadows	SNH	5.06m
6	D West	HPX	4.94m

Discus

1	M Ward	SMSch	22.13m CBP
2	L Taylor	StA	14.13m
3	L Saxon	SNH	12.27m
4	D Yeomans	StA	11.52m

Javelin

1	E Meakins	HPX	28.39m CBP
---	-----------	-----	-------------------