

Team	Score
1 Hastings	122
5 Croydon	83
3 WSE & H	109
4 HHH	99
2 Ryston	112

J  
C  
X  
F  
R

Senior A 100m		Wind=		
1	OWEKA WANOGHO	U20	Croydon	11.1 5
2	STEDSON DOCKERY	SM	HHH	11.2 4
3	MIKE WEST	SM	Hastings	11.4 3
4	ANDREW WEEKES	SM	WSE & H	11.6 2
5	GEORGE DELL	SM	Ryston	12. 1

Senior B 100m		Wind=		
1	SIMEON RAMSEY-GRAHAM	SM	HHH	11.2 5
2	DARREN WOLLEN	SM	Croydon	11.2 4
3	SCOTT DORSET	M40	WSE & H	12.1 3
4	JASON JEFFREY	SM	Hastings	12.3 2
5	GARETH HUNT	SM	Ryston	15.7 1

Senior A 200m		Wind=		
1	SIMEON RAMSEY-GRAHAM	SM	HHH	21.8 5
2	OWEKA WANOGHO	U20	Croydon	22.0 4
3	MIKE WEST	SM	Hastings	22.6 3
4	ASHLEY AMBROSE	SM	Ryston	23.2 2
5	ANDREW WEEKES	SM	WSE & H	23.5 1

Senior B 200m		Wind=		
1	STEDSON DOCKERY	SM	HHH	22.1 5
2	DARREN WOLLEN	SM	Croydon	22.8 4
3	GEORGE DELL	SM	Ryston	24.0 3
4	SCOTT DORSET	M40	WSE & H	24.1 2
5	LEE COSSON	SM	Hastings	24.9 1

Senior A 400m				
1	SIMON SHEPHERD	SM	Hastings	51.2 5
2	GARETH CUNNINGHAM	SM	WSE & H	51.4 4
3	NIC SPENCE	SM	Croydon	52.6 3
4	KENDRICK SINCLAIR	SM	HHH	54.6 2
5	GARETH HUNT	SM	Ryston	55.3 1

Senior B 400m				
1	JASON JEFFREY	SM	Hastings	52.4 5
2	SCOTT FANNER	U20	Croydon	54.2 4
3	NIGEL WILSON	M50	WSE & H	55.5 3
4	JOE ANDERSON-BROWN	SM	Ryston	57.2 2
5	DANIEL BROWN	SM	HHH	58.1 1

Senior A 800m				
1	ANDREW WOODS	U20	Hastings	2:00.8 5
2	CONNOR VINE	U20	WSE & H	2:01.1 4
3	ASHLEY AMBROSE	SM	Ryston	2:03.5 3
4	SCOTT FANNER	U20	Croydon	2:04.7 2
5	SIMON COOMBES	SM	HHH	2:05.7 1

Senior B 800m				
1	STEVE BALDOCK	M40	Hastings	2:01.7 5
2	SAM TAYLOR	SM	WSE & H	2:02.2 4
3	SAM KNIGHT	SM	HHH	2:07.3 3
4	MALCOLM TUFF	M45	Ryston	2:09.2 2
5	IAN WRIGHT	M45	Croydon	2:09.6 1

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**Senior A 1500m**

1	ANDREW WOODS	SM	Hastings	4:05.0	5
2	CHRIS BUSAILEH	SM	HHH	4:14.8	4
3	JACK PHILP	SM	WSE & H	4:24.1	3
4	ROBERT SIMMONDS	SM	Ryston	4:31.4	2
5	IAN WRIGHT	M45	Croydon	4:41.6	1

**Senior B 1500m**

1	SIMON COOMBES	SM	HHH	4:20.5	5
2	CONNOR VINE	U20	WSE & H	4:29.3	4
3	MALCOLM TUFF	M45	Ryston	4:34.6	3
4	STEVE STARVIS	SM	Croydon	4:51.7	2
5	DAVE HOLLAND	SM	Hastings	4:57.6	1

**Senior A 5000m**

1	KEITH NEWTON	M45	HHH	16:13.5	5
2	SIMON MILLETT	SM	WSE & H	16:21.8	4
3	STEVE STARVIS	SM	Croydon	16:41.7	3
4	JAMIE LARKIN	M35	Hastings	17:27.6	2
5	CHRIS BALMER	SM	Ryston	18:30.1	1

**Senior B 5000m**

1	SIMON PHILLIPS	SM	HHH	16:57.8	5
2	NIC GOULD	SM	Croydon	17:27.2	4
3	KEITH BOSSOM	M45	Hastings	18:08.2	3
4	IAN HOGARTH	SM	Ryston	18:40.4	2
5	SUK SOHAL	M55	WSE & H	25:51.1	1

**Senior A 110mH****Wind=**

1	ROBERT SIMMONDS	SM	Ryston	19.4	5
2	KENDRICK SINCLAIR	SM	HHH	19.6	4
3	RICKY HARVEY	U17	WSE & H	20.0	3
4	DAVE HOLLAND	SM	Hastings	22.9	2
5					1

**Senior B 110mH****Wind=**

1	ANDY SIMMONDS	SM	Ryston	21.4	5
2	JARAN FINN	SM	Croydon	23.5	4
3	SOLOMAN JOUBERT	M45	Hastings	27.9	3
4					2
5					1

**Senior A 400mH**

1	DANIEL RUSSELL	SM	Hastings	57.4	5
2	KENDRICK SINCLAIR	SM	HHH	60.5	4
3	ANDY SIMMONDS	SM	Ryston	61.6	3
4	PETRU SNAIPER	U20	WSE & H	62.8	2
5	JARAN FINN	SM	Croydon	67.9	1

**Senior B 400mH**

1	GARETH HUNT	SM	Ryston	62.4	5
2	RICKY HARVEY	U17	WSE & H	62.6	4
3	DAVE HOLLAND	SM	Hastings	69.5	3
4	SARWAR KHAN	SM	HHH	72.6	2
5	TERRY LAPINS	SM	Croydon	77.6	1

**Senior A 3000m Steeplechase**

1	SARWAH KHAN	SM	HHH	10:04.9	5
2	SAM TAYLOR	SM	WSE & H	10:16.3	4
3	STEVE BALDOCK	M40	Hastings	10:20.8	3
4	ROBERT SIMMONDS	SM	Ryston	10:36.2	2
5	COLIN OXLADE	SM	Croydon	11:43.7	1

**Senior B 3000m Steeplechase**

1	JOSH VARNEY	SM	Hastings	10:48.0	5
2	JOE ANDERSON-BROWN	SM	Ryston	11:01.5	4
3	PETRU SNAIPER	U20	WSE & H	11:31.7	3
4	JARAN FINN	SM	Croydon	13:39.2	2
5					1

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**Senior A High Jump**

1	KARIYM IRVING	U20	Croydon	1.85	5
2	SIMON SHEPHERD	SM	Hastings	1.75	4
3	ROBERT SIMMONDS	SM	Ryston	1.75	3
4	SARWAH KHAN	SM	HHH	1.50	2
5	KYLE KAVANAH	U17	WSE & H	1.25	1

**Senior B High Jump**

1	ROBERT SIMMONDS	SM	Ryston	1.70	5
2	MIKE JOHNSON	SM	Hastings	1.50	4
3	SAM KNIGHT	SM	HHH	1.50	3
4					2
5					1

**Senior A Pole Vault**

1	CHRIS MILLS	SM	WSE & H	4.25	5
2	RICHARD WATERHOUSE	M40	Hastings	3.00	4
3	GARETH HUNT	SM	Ryston	2.60	3
4	SARWAR KHAN	SM	HHH	2.20	2
5	MATTHEW KIERNAN	SM	Croydon	1.20	1

**Senior B Pole Vault**

1	STEVE WALKER	U20	WSE & H	4.00	5
2	WAYNE MARTIN	M50	Hastings	2.80	4
3	IAN HOGARTH	SM	Ryston	2.20	3
4	KEITH NEWTON	M45	HHH	1.20	2
5					1

**Senior A Long Jump**

1	DAVID HARVEY	SM	WSE & H	6.57	5
2	GEORGE DELL	SM	Ryston	5.81	4
3	KENNOY LINDSAY	U20	Croydon	5.51	3
4	STEDSON DOCKERY	SM	HHH	5.43	2
5	GLYNN FULLER	SM	Hastings	5.35	1

Wind

**Senior B Long Jump**

1	GARETH HUNT	SM	Ryston	5.75	5
2	KYLE KAVANAH	U17	WSE & H	5.55	4
3	RORIE ROBINSON	SM	HHH	5.18	3
4	TERRY LAPINS	SM	Croydon	5.06	2
5	MIKE WEST	SM	Hastings	3.99	1

Wind

**Senior A Triple Jump**

1	ASHLEY AMBROSE	SM	Ryston	11.75	5
2	DANIEL RUSSELL	SM	Hastings	11.44	4
3	KENNOY LINDSAY	SM	Croydon	11.40	3
4	NIGEL WILSON	M50	WSE & H	10.49	2
5	RORIE ROBINSON	SM	HHH	10.05	1

Wind

**Senior B Triple Jump**

1	GARETH HUNT	SM	Ryston	11.41	5
2	GLYNN FULLER	SM	Hastings	9.81	4
3	STEVE WALKER	SM	WSE & H	9.79	3
4	MATTHEW KIERNAN	SM	Croydon	7.23	2
5					1

Wind

**Senior A Shot Putt**

1	KARIYM IRVING	U20	Croydon	11.97	5
2	MIKE JOHNSON	SM	Hastings	11.35	4
3	NEIL GRIFFIN	M60	WSE & H	10.85	3
4	ROBERT SIMMONDS	SM	Ryston	9.27	2
5	DES AUSTIN	M45	HHH	8.40	1

**Senior B Shot Putt**

1	ANDY SIMMONDS	SM	Ryston	9.00	5
2	ALAN JAMES	M45	WSE & H	8.45	4
3	GLYNN FULLER	SM	Hastings	8.42	3
4	MATTHEW CONWAY	SM	HHH	7.60	2
5	WADE WARBURTON	SM	Croydon	7.23	1

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**Senior A Discus**

1	KARIYM IRVING	U20	Croydon	36.19	5
2	NEIL GRIFFIN	M60	WSE & H	34.22	4
3	ROBERT SIMMONDS	SM	Ryston	33.29	3
4	MIKE JOHNSON	SM	Hastings	30.60	2
5	DES AUSTIN	M45	HHH	28.92	1

**Senior B Discus**

1	ANDY SIMMONDS	SM	Ryston	30.06	5
2	WAYNE MARTIN	SM	Hastings	26.30	4
3	MARK WHITE	U20	WSE & H	23.95	3
4	CHRIS KING	M55	Croydon	20.20	2
5	JAMES WARD	SM	HHH	8.51	1

**Senior A Hammer**

1	ALAN JAMES	M45	WSE & H	46.44	5
2	DES AUSTIN	M45	HHH	32.60	4
3	MIKE JOHNSON	SM	Hastings	28.28	3
4	CHRIS KING	M55	Croydon	26.68	2
5	MARTIN SIMMONDS	SM	Ryston	13.07	1

**Senior B Hammer**

1	WAYNE MARTIN	M50	Hastings	24.96	5
2	MATTHEW CONWAY	SM	HHH	14.96	4
3	IAN HOGARTH	SM	Ryston	10.80	3
4					2
5					1

**Senior A Javelin**

1	ROBERT SIMMONDS	SM	Ryston	46.55	5
2	MATTHEW CONWAY	SM	HHH	39.36	4
3	LEIGH BOSSON	U20	WSE & H	38.77	3
4	MIKE JOHNSON	SM	Hastings	35.37	2
5	DARREN WOLLEN	SM	Croydon	26.79	1

**Senior B Javelin**

1	NEIL GRIFFIN	M60	WSE & H	31.47	5
2	IAN HOGARTH	SM	Ryston	30.02	4
3	GLYNN FULLER	SM	Hastings	28.70	3
4	DES AUSTIN	SM	HHH	25.90	2
5	WADE WARBURTON	SM	Croydon	14.43	1

**Senior 4x100m**

1	HHH	SM	HHH	44.2	5
2	Hastings	SM	Hastings	45.5	4
3	WSE & H	SM	WSE & H	45.8	3
4	Ryston	SM	Ryston	50.3	2
5					1

**Senior 4x400m**

1	Hastings	SM	Hastings	3:32.6	5
2	Croydon	SM	Croydon	3:36.1	4
3	WSE & H	SM	WSE & H	3:36.7	3
4	Ryston	SM	Ryston	3:40.9	2
5	HHH	SM	HHH	4:15.7	1

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