

Men

MATCH: 1 Belgrave H 77; 2 Herne Hill H 61; 3 Serpentine R 58; 4 Croydon H 35; 5 Striders of Croydon 34; 6 Hercules Wimbledon 31; 7 South London H 4.

100m: (+1.7) 1 Jason Hussain (Belg) 10.93; 2 Lawrence Mensah (HHH) 10.99; 3 Jonathan Osbourne (HW, U17) 11.77; 4 Ellis Bacon (Serp) 12.88; 5 Andy Del Nevo (Croy, M40) 16.19.

100m n/s 1: (-0.3) 1 Nigel Thomas (TVH) 11.09; 2 Gareth Pryce (Sutton &D) 11.50; 3 Adrian Marecheau (Croy) 12.08; 4 Chima Odum (HW, U17) 12.40; 5 Tom Meehan (HW, U17) 12.72; 6 Jahn Nazari (HW, U15) 13.05.

100m n/s 2: (+0.1) 1 Lawrence Mensah (HHH) 10.99; 2 AJ Tyson (HHH, U20) 11.43; 3 Melvyn Anukam (Belg, U20) 11.52; 4 Roger Coyle (Serp) 13.34; 5 Andrew Taylor (Serp) 14.36.

100m n/s 3: (-0.3) 1 Pierre Walker (Belg) 12.08; 2 Hassan Kayongo (HHH, U17) 13.06; 3 Nicholas Abayaateye (HHH, U17) 13.09; 4 Hugh Torry (Serp) 13.38; 5 Jerrel Clarke (HHH, U17) 13.61; 6 Stuart White (HW, M45) 13.66.

100m n/s 4: (0.0) 1 Seun Marcus (Belg) 11.58; 2 Joshua Glenn (HHH) 12.02; 3 Alexander Bonnick (HHH)/SLH, U20) 12.62; 4 Jerrel Clarke (HHH, U17) 13.40.

200m: (-0.1) 1 Set Osho (Belg) 21.58; 2 Lawrence Mensah (HHH) 22.06; 3 Jonathan Osbourne (HW, U17) 23.83; 4 Ellis Bacon (Serp) 26.74; 5 Andy Del Nevo (Croy, M40) 31.22; 6 Andy Elliott (Soc) 37.48.

200m n/s 1: (+0.1) 1 Nigel Thomas (TVH) 22.66; 2 Gareth Pryce (Sutton &D) 23.56; 3 Kwadjo Adjepong (Belg, M35) 24.80; 4 Nicholas Abayaateye (HHH, U17) 25.16; 5 Jahn Nazari (HW, U15) 26.82; 6 Stuart White (HW, M45) 27.97; 7 Richard McMillan (Belg) 29.64.

200m n/s 2 mx: (+1.0) 1 Jason Hussain (Belg) 22.13; 2 Melvyn Anukam (Belg, U20) 23.07; 3 AJ Tyson (HHH, U20) 23.60; 4 Pierre Walker (Belg) 24.7*; 5 Michelle Watson (HHH, SW) 25.71; 6 Emily Martin (HW, SW) 25.96; 7 Maureen Noel (Belg, W45) 32.94.

400m: 1 Joe van der Toorn (Belg) 50.47; 2 Elliott Osher (SoC) 55.35; 3 Hunor Albert-Lorincz (Serp) 56.37; 4 Geordie Logan (HW, U17) 59.06; 5 Andy Del Nevo (Croy, M40) 69.30.

400m n/s 2: 1 James Garnier (HW, U20) 51.84; 2 Matt Threadgold (Belg, U20) 53.52; 3 JT Wong (Serp) 55.99; 4 Roger Coyle (Serp) 56.83; 5 Andrew Taylor (Serp) 62.57; 6 David McGregor (Serp, M50) 1:05.99.

400m n/s 2: 1 Richard Aspden (Belg) 51.15; 2 Andy Morton (Kent) 53.20; 3 Vladimir Woodham-Smith (Belg, U17) 55.85; 7 Robert Norville (Belg) 56.51; 5 Tom Meehan (HW, U17) 58.94; 6 Richard McMillan (Belg) 63.71.

800m: 1 Mark Humphrey (Belg) 2:07.87; 2 Hunor Albert-Lorincz (Serp) 2:16.42; 3 James Ward (HHH) 2:28.34; 4 Colin Oxlade (Croy) 2:47.86; 5 Andy Elliott (SoC) 3:16.88.

800m n/s: 1 Charles Smith (Belg) 2:08.09; 2 Thomas Ashby (HHH, U20) 2:13.89; 3 David McGregor (Serp, M50) 2:19.67; 4 Mary Egundebi (Serp) 2:32.60; 5 Theodore Chen (Serp) 2:36.96; 6 Jeff Prestridge (Serp, M50) 2:55.60; 7 Victoria Legge (SoC, W35) 4:28.67.

4x200m: 1 Belg 1:37.94; 2 Serp 1:51.57; 3 SoC 2:12.62.

1500m mx: 1 Rob Walker (Dacoram &T) 4:20.5*; 2 Lander Eguia (Belg) 4:28.98; 3 Steve Starvis (SoC) 4:44.07; 4 Nicola Barberis Negra (Serp) 4:53.48; 5 James Ward (HHH) 5:01.54; 6 Claire Grima (HW, SW) 5:05.80; 7 Colin Oxlade (Croy) 5:08.67; 8 Anna Garnier (HW, W50) 5:24.14; 9 Sarah Knox (Serp, SW) 5:40.44; 10 Lisa Pettit (Serp, W40) 5:47.71; 11 Sophia Howard (Belg, W40) 5:59.30.

3000m mx: 1 Tim Eley (HHH) 8:51.97; 2 John Charles (Belg) 9:17.79; 3 Deron Fiagan (HHH) 9:38.68; 4 Mike Trees (Belg, M45) 9:42.20; 5 Hugh Torry (Serp) 9:57.72; 6 Mike Ashby (HHH) 10:08.4*; 7 Simon Phillips (HHH) 10:08.8*; 8 Colin Bailey-Wood (SLH) 10:25.80; 9 Mike Mann (HHH, M60) 10:27.69; 10 Matt Kiernan (Croy) 11:00.18; 11 Valdis Pauzers (HHH, M55) 11:35.02; 12 Jennifer Beecroft (Belg, SW) 12:01.22; 13 Jeff Prestridge (Serp, M50) 12:13.42; 14 James Ward (HHH) 13:15.97; 15 Andy Lee-Gerrard (HHH, M55) 14:49.97.

2000m Steeplechase: 1 Kevin Quinn (HHH) 6:10.70; 2 Matthew Morgan (SoC) 6:38.33; 3 Geordie Logan (HW, U17) 6:44.14; 4 Nicola Barberis Negra (Serp) 7:19.13; 5 Bruce Barton (Belg, M40) 7:24.31; 6 Colin Oxlade (Croy) 7:56.19.

High Jump: 1 Richard Aspden (Belg) 1.65; 2 Adam Gaabi (HHH) 1.55; 3 Andrew Taylor (Serp) 1.35; 4 Andy Del Nevo, (Croy, M40) 1.35.

Long Jump: 1 David Wellstead (Belg) 6.22; 2 AJ Tyson (HHH) 5.22; 3 Chima Odum (HW, U17) 4.95; 4 Andrew Taylor (Serp) 3.76; 5 Andy Del Nevo (Croy) 3.66; 6 Andy Elliott (SoC) 2.18. **n/s** Leon Smith 5.79; Jerrel Clarke (HHH, U17) 5.04; Pierre Walker (Belg) 4.71; Hugh Torry (Serp) 4.54; Roger Coyle (Serp) 3.95; Nick Barberis (Serp) 3.83; Alex Bonnick (HHH) 2.57.

Shot (7.26Kg): 1 Gavin Johnson (HHH) 11.21; 2 Chris Privett (Belg, M45) 9.92; 3 Peter Gibbons (Serp) 9.08; 4 Andy Del Nevo (Croy, M40) 5.70; 5 Thomas Pollak (HW, M65) 5.29; 6 K Burnett (SoC, M65) 5.22. **n/s** Thomas Ashby (HHH, U20) 12.13; Kevin Burke (HHH) 11.80; Peter Mayfield (Belg) 10.52; Andrew Taylor (Serp) 7.02; Hugh Torry (Serp) 6.71.

Discus (2Kg): 1 Gavin Johnson (HHH) 40.95; 2 Chris Privett (Belg, M45) 36.45; 3 David Lipscombe (Serp) 25.11; 4 Chima Odum (HW, U17) 23.30; 5 Andy Del Nevo (Croy, M40) 15.42; 6 Kevin Burnett (SoC, M65) 15.13. **n/s** Thomas Ashby (HHH, U20) 41.91; Kevin Burke (HHH) 32.99; Peter Mayfield (Belg) 32.79; Hugh Torry (Serp) 19.03; Andy Lee-Gerrard (HHH, M55) 18.00.

* manual time.

Final Eastern Division League Positions: 1 Belgrave H 40.5 (430); 2 Herne Hill H 35.5 (362); 3 Serpentine R 25 (273); 4 Croydon H 22.5 (241); 5 Hercules Wimbledon 23 (258); 6 Striders of Croydon 15.5 (203); 7 South London H 6 (98).

Women

MATCH: 1 Belgrave H 26; 2 Serpentine R 24; 3 Croydon H 10; 4 Hercules Wimbledon 7; 5 Striders of Croydon 5.

100m n/s: (-0.9) 1 Michelle Watson (HHH) 12.84; 2 Leanne Bettis (Dorking &MV, U17) 14.27; 3 Tracey Reay (Serp) 14.4*; 4 Sarah Knox (Serp, W35) 15.95; 5 Hel James (Serp, W55) 16.64; 6 Sophia Howard (Belg, W40) 17.56.

200m n/s mx (extract from n/s 2): (+1.0) 1 Michelle Watson (HHH) 25.71; 2 Emily Martin (HW) 25.96; 3 Maureen Noel (Belg, W45) 32.94.

400m: 1 Jodie Favell (Belg) 61.56; 2 Sarah Duffield (Serp) 66.67; 3 Tracy Reay (Serp) 70.70; 4 Maureen Noel (Belg, W45) 75.87; 5 Stephanie Vaatz (Serp) 94.28; 6 Victoria Legge (SoC, W35) 1:52.69.

800m n/s mx (extract from n/s): 1 Mary Egundebi (Serp) 2:32.60; 2 Victoria Legge (SoC, W35) 4:28.67.

1500m mx (extract from main race): 1 Claire Grima (HW) 5:05.80; 2 Anna Garnier (HW, W50) 5:24.14; 3 Sarah Knox (Serp) 5:40.44; 4 Lisa Pettit (Serp, W40) 5:47.71; 5 Sophia Howard (Belg, W40) 5:59.30.

3000m mx (extract from main race): Jennifer Beecroft (Belg, SW) 12:01.22.

4x200m n/s mx: 1 Serp 2:24.19.

Long Jump: 1 Jodie Favell (Belg) 4.71; 2 Sarah Duffield (Serp) 4.43; 3 Linda Harrison (Croy, W55) 2.30; 4 Victoria Legge (SoC, W35) 1.27. **n/s** Tracey Reay (Serp) 3.71.

High Jump n/s: 1 Ayamba Akim (Woodford GwEL) 1.75; Sophia Howard (Belg, W40) 1.20.

Shot (4Kg): 1 Jodie Favell (Belg) 8.84; 2 Sarah Knox (Serp) 5.91; 3 Linda Harrison (Croy, W55) 4.84. **n/s** Stephanie Vaatz (Serp) 4.73.

Discus (1Kg) n/s: 1 Leanne Bettis (Dorking &MV, U17) 29.24; 2 Linda Harrison (Croy, W55) 14.35; 3 Stephanie Vaatz (Serp) 12.01; 4 Victoria Legge (SoC, W35) 5.06.

* manual time.

Final Eastern Division League Positions: 1 Serpentine R 38 (144); 2 Belgrave H 31.5 (107); 3 Croydon H 29.5 (77); 4 Striders of Croydon 19 (48); 5 Herne Hill H 19 (47); 6 Hercules Wimbledon 9 (15).

Men	Belg	Croydon	HW	HHH	Serp	SLH	SoC	Waste
100	7	3	5	6	4	0	0	3
200	7	3	5	6	4	0	2	1
400	7	3	4	0	5	0	6	3
800	7	4	0	5	6	0	3	3
1500	7	3	0	4	5	0	6	3
3000	6	3	0	7	5	4	0	3
2000SC	3	2	5	7	4	0	6	1
4x200	7	0	0	0	6	0	5	10
HJ	7	4	0	6	5	0	0	6
LJ	7	3	5	6	4	0	2	1
SP	6	4	3	7	5	0	2	1
DT	6	3	4	7	5	0	2	1
Match Pts	77	35	31	61	58	4	34	36
Match Pos	1st	4th	6th	2nd	3rd	7th	5th	
B/fwd Pts	353	206	227	301	215	94	169	
Total	430	241	258	362	273	98	203	
League Pts	7	4	2	6	5	1	3	
B/fwd Pts	33.5	18.5	21	29.5	20	5	12.5	
Total	40.5	22.5	23	35.5	25	6	15.5	
Final Pos	1st	4th	5th	2nd	3rd	7th	6th	

Women	Belg	Croydon	HW	HHH	Serp	SLH	SoC	Waste
400	7	0	0	0	6	0	5	10
1500	5	0	7	0	6	0	0	10
LJ	7	5	0	0	6	0	0	10
Shot	7	5	0	0	6	0	0	10
Match Pts	26	10	7	0	24	0	5	40
Match Pos	1st	3rd	4th		2nd		5th	
B/fwd Pts	81	67	8	47	120		43	
Total	107	77	15	47	144		48	
League Pts	7	5	4		6		3	
B/fwd Pts	24.5	24.5	5	19	32		16	
Total	31.5	29.5	9	19	38		19	
Final Pos	2nd	3rd	6th	5th	1st		4th	