



National One Match 2 - Don Valley Sheffield				Perf	Record	Wind	UKA	AW	3 July 2010				Perf	Wind	UKA	AW	
<b>Men's 100m A</b>				Wind=	1.1				<b>Men's 100m B</b>				Wind=	1.5			
1	2	James Alaka	Blackheath & Bromley H	10.53			154	<input checked="" type="checkbox"/>	1	22	Femi Owolade	Blackheath & Bromley H	10.81			98	<input checked="" type="checkbox"/>
2	7	Darren Green	Kent AC	10.72			116	<input checked="" type="checkbox"/>	2	88	Darren Scott	Trafford AC	10.95			70	<input checked="" type="checkbox"/>
3	3	Liam Duff	Cardiff AAC	10.77			106	<input checked="" type="checkbox"/>	3	33	Lloyd Reffell	Cardiff AAC	10.97			66	<input checked="" type="checkbox"/>
4	8	Richard Beardsall	Trafford AC	10.81			98	<input checked="" type="checkbox"/>	4	11	Marvin Gayle	Basingstoke & Mid Hants	11.05			50	<input checked="" type="checkbox"/>
5	6	George Kenyon	Gateshead Harriers	10.84			92	<input checked="" type="checkbox"/>	5	66	Patrick Swan	Gateshead Harriers	11.11				<input checked="" type="checkbox"/>
6	5	Dannish Khan	City of Sheffield	10.94			72	<input checked="" type="checkbox"/>	6	55	Rafael Alleyne	City of Sheffield	11.19				<input checked="" type="checkbox"/>
7	1	Dean Showler-Davis	Basingstoke & Mid Hants	10.98			64	<input checked="" type="checkbox"/>	7	77	Rob Clark	Kent AC	11.26				<input checked="" type="checkbox"/>
8	4	Thaddeus Anim Somau	City of Liverpool AC	11.06				<input checked="" type="checkbox"/>	8	44	Phil Ellershaw	City of Liverpool AC	12.14				
<b>Men's 200m A</b>				Wind=	m/s				<b>Men's 200m B</b>				Wind=	+1.1			
1	2	James Alaka	Blackheath & Bromley H	21.09			166	<input checked="" type="checkbox"/>	1	33	Rhys Knapman	Cardiff AAC	21.62			113	<input checked="" type="checkbox"/>
2	3	Lloyd Reffell	Cardiff AAC	21.71			104	<input checked="" type="checkbox"/>	2	22	Femi Owolade	Blackheath & Bromley H	21.64			111	<input checked="" type="checkbox"/>
3	7	Darren Green	Kent AC	21.81			94	<input checked="" type="checkbox"/>	3	66	Ben Richardson	Gateshead Harriers	21.71			104	<input checked="" type="checkbox"/>
4	8	Richard Stracham	Trafford AC	21.89			85	<input checked="" type="checkbox"/>	4	88	Darren Scott	Trafford AC	21.74			101	<input checked="" type="checkbox"/>
5	5	Dannish Khan	City of Sheffield	21.97			78	<input checked="" type="checkbox"/>	5	11	Andy Blow	Basingstoke & Mid Hants	21.74			101	<input checked="" type="checkbox"/>
6	6	Patrick Swan	Gateshead Harriers	22.01			73	<input checked="" type="checkbox"/>	6	55	Matthew Quine	City of Sheffield	22.30				<input checked="" type="checkbox"/>
7	1	Marvin Gayle	Basingstoke & Mid Hants	22.28				<input checked="" type="checkbox"/>	7	44	Brendan Murphy	City of Liverpool AC	22.47				<input checked="" type="checkbox"/>
8	4	Thaddeus Anim Somau	City of Liverpool AC	22.42				<input checked="" type="checkbox"/>	8	77	Lawrence Wooldridge	Kent AC	22.72				<input checked="" type="checkbox"/>
<b>Men's 400m A</b>									<b>Men's 400m B</b>								
1	3	Gareth Warburton	Cardiff AAC	47.79			128	<input checked="" type="checkbox"/>	1	22	Bomene Barikor	Blackheath & Bromley H	48.30			108	<input checked="" type="checkbox"/>
2	5	Matthew Quine	City of Sheffield	47.91			123	<input checked="" type="checkbox"/>	2	33	Tom Miller	Cardiff AAC	48.48			100	<input checked="" type="checkbox"/>
3	8	Richard Beardsall	Trafford AC	47.95			122	<input checked="" type="checkbox"/>	3	88	Danny Barry	Trafford AC	48.86			85	<input checked="" type="checkbox"/>
4	2	Dan Putnam	Blackheath & Bromley H	48.37			105	<input checked="" type="checkbox"/>	4	11	Jonathan Elderfield	Basingstoke & Mid Hants	49.76				<input checked="" type="checkbox"/>
5	7	Lawrence Wooldridge	Kent AC	48.66			93	<input checked="" type="checkbox"/>	5	66	Martin Ferguson	Gateshead Harriers	50.31				<input checked="" type="checkbox"/>
6	1	Mark Berridge	Basingstoke & Mid Hants	49.06			77	<input checked="" type="checkbox"/>	6	55	Luke South	City of Sheffield	50.72				<input checked="" type="checkbox"/>
7	4	Mark Draper	City of Liverpool AC	49.95				<input checked="" type="checkbox"/>	7	44	Daniel Yipp	City of Liverpool AC	50.94				<input checked="" type="checkbox"/>
8	6	David Riley	Gateshead Harriers	50.79				<input checked="" type="checkbox"/>	8	77	Shaun Mulligan	Kent AC	51.07				
<b>Men's 800m A</b>									<b>Men's 800m B</b>								
1	3	Joe Thomas	Cardiff AAC	01:50.49			107	<input checked="" type="checkbox"/>	1	77	Ben Wiffen	Kent AC	01:52.36			60	<input checked="" type="checkbox"/>
2	5	Sam Ellis	City of Sheffield	01:51.36			86	<input checked="" type="checkbox"/>	2	55	Steve Evison	City of Sheffield	01:53.16				<input checked="" type="checkbox"/>
3	7	Jermain Mays	Kent AC	01:51.56			80	<input checked="" type="checkbox"/>	3	33	Ieuan Thomas	Cardiff AAC	01:54.05				<input checked="" type="checkbox"/>
4	8	Tim Egerton	Trafford AC	01:52.34			61	<input checked="" type="checkbox"/>	4	66	Chris Parr	Gateshead Harriers	01:55.21				<input checked="" type="checkbox"/>
5	4	Johnny Mellor	City of Liverpool AC	01:52.47			58	<input checked="" type="checkbox"/>	5	44	James Russell	City of Liverpool AC	01:56.16				<input checked="" type="checkbox"/>
6	1	Rob Whittle	Basingstoke & Mid Hants	01:52.87				<input checked="" type="checkbox"/>	6	11	Liam McGarrigle	Basingstoke & Mid Hants	01:57.02				<input checked="" type="checkbox"/>
7	6	Lewis Moses	Gateshead Harriers	01:54.35				<input checked="" type="checkbox"/>	7	22	Phil Sesemann	Blackheath & Bromley H	01:58.04				<input checked="" type="checkbox"/>
8	2	Ben Harding	Blackheath & Bromley H	02:01.21					8	88	Sam Hutchinson	Trafford AC	02:03.53				
<b>Men's 1500m A</b>									<b>Men's 1500m B</b>								
1	7	Jermain Mays	Kent AC	03:51.63			73	<input checked="" type="checkbox"/>	1	55	Mukhtar Mohammed	City of Sheffield	03:53.30			57	<input checked="" type="checkbox"/>
2	88	Gary Bristow	Trafford AC	03:51.73			72	<input checked="" type="checkbox"/>	2	8	Tim Egerton	Trafford AC	03:53.48			55	<input checked="" type="checkbox"/>
3	5	Matthew Bowser	City of Sheffield	03:52.17			68	<input checked="" type="checkbox"/>	3	77	Ben Wiffen	Kent AC	03:55.78				<input checked="" type="checkbox"/>
4	4	Harry Harper	City of Liverpool AC	03:52.32			66	<input checked="" type="checkbox"/>	4	33	Tom Marshall	Cardiff AAC	03:59.82				<input checked="" type="checkbox"/>
5	1	Rob Whittle	Basingstoke & Mid Hants	03:53.92			50	<input checked="" type="checkbox"/>	5	11	David Ragan	Basingstoke & Mid Hants	04:00.79				<input checked="" type="checkbox"/>
6	3	Adam Bitchell	Cardiff AAC	03:56.00				<input checked="" type="checkbox"/>	6	66	Kieran Flannery	Gateshead Harriers	04:03.79				<input checked="" type="checkbox"/>
7	6	Chris Parr	Gateshead Harriers	03:57.02				<input checked="" type="checkbox"/>	7	44	Craig Gunderson	City of Liverpool AC	04:04.79				<input checked="" type="checkbox"/>
8	22	Stephen Cavey	Blackheath & Bromley H	04:13.23					8	2	Alex Bruce Litlewood	Blackheath & Bromley H	04:21.68				
<b>Men's 3000m S/Chase A</b>									<b>Men's 3000m S/Chase B</b>								
1	3	Chris Discombe	Cardiff AAC	09:17.05			94	<input checked="" type="checkbox"/>	1	44	Peter Huck	City of Liverpool AC	09:38.98				<input checked="" type="checkbox"/>
2	4	Adam Peers	City of Liverpool AC	09:23.01			79	<input checked="" type="checkbox"/>	2	33	Andy Friend	Cardiff AAC	09:48.06				<input checked="" type="checkbox"/>
3	2	Alex Bruce Litlewood	Blackheath & Bromley H	09:29.41			63	<input checked="" type="checkbox"/>	3	66	Elliott Jackson	Gateshead Harriers	09:59.94				<input checked="" type="checkbox"/>
4	5	Yasin Mohammed	City of Sheffield	09:34.02			52	<input checked="" type="checkbox"/>	4	55	Martin Reid	City of Sheffield	10:22.46				
5	6	Chris Sampson	Gateshead Harriers	09:41.97				<input checked="" type="checkbox"/>	5	7	Rich Munn	Kent AC	10:40.51				
6	77	Andrew Dunwoody	Kent AC	10:05.67					6	88	Mark Evans	Trafford AC	12:20.27				
7	8	Daniel Del Fresno	Trafford AC	10:29.07					7	11	Joe Flitcroft	Basingstoke & Mid Hants	13:27.23				
8	1	David Fry	Basingstoke & Mid Hants	10:39.22					8	22	Alex Pope	Blackheath & Bromley H	13:44.81				
<b>Men's 5000m A</b>									<b>Men's 5000m B</b>								
1	3	James Mills	Cardiff AAC	14:49.69				<input checked="" type="checkbox"/>	1	33	Tom Marshall	Cardiff AAC	15:21.07				<input checked="" type="checkbox"/>
2	5	Matthew Bowser	City of Sheffield	14:52.16				<input checked="" type="checkbox"/>	2	44	Richard Burney	City of Liverpool AC	15:21.52				<input checked="" type="checkbox"/>
3	7	Nick Torry	Kent AC	14:52.89				<input checked="" type="checkbox"/>	3	55	Howard Wood	City of Sheffield	16:20.85				<input checked="" type="checkbox"/>
4	1	John Hutchins	Basingstoke & Mid Hants	14:56.00				<input checked="" type="checkbox"/>	4	77	Andrew Dunwoody	Kent AC	16:27.60				<input checked="" type="checkbox"/>
5	4	John McCole	City of Liverpool AC	15:17.52				<input checked="" type="checkbox"/>	5	11	Jonathan Bradford	Basingstoke & Mid Hants	16:54.10				
6	6	Lewis Moses	Gateshead Harriers	15:37.75				<input checked="" type="checkbox"/>	6	2	Ben Harding	Blackheath & Bromley H	17:07.12				
7	8	Joe Mercer	Trafford AC	15:47.73				<input checked="" type="checkbox"/>	7	88	Richard Clancy	Trafford AC	17:34.87				
8	22	Phil Sesemann	Blackheath & Bromley H	16:41.15					8	66	Chris Sampson	Gateshead Harriers	DNS				
<b>Men's 400m Hurdles A</b>									<b>Men's 400m Hurdles B</b>								
1	1	Andy Blow	Basingstoke & Mid Hants	51.92			157	<input checked="" type="checkbox"/>	1	11	Richard Fox	Basingstoke & Mid Hants	54.86			83	<input checked="" type="checkbox"/>
2	5	Steve Garrett	City of Sheffield	53.14			126	<input checked="" type="checkbox"/>	2	55	Tom Grantham	City of Sheffield	55.25			73	<input checked="" type="checkbox"/>
3	4	Mark Draper	City of Liverpool AC	53.59			115	<input checked="" type="checkbox"/>	3	33	Michael Haslett	Cardiff AAC	55.97			55	<input checked="" type="checkbox"/>
4	2	Ed Harrison	Blackheath & Bromley H	53.78			110	<input checked="" type="checkbox"/>	4	44	Brendan Murphy	City of Liverpool AC	56.11			52	<input checked="" type="checkbox"/>
5	6	Kieran Flannery	Gateshead Harriers	54.35			96	<input checked="" type="checkbox"/>	5	22	Ben Hopkins	Blackheath & Bromley H	56.48				<input checked="" type="checkbox"/>
6	3	Gareth Morris	Cardiff AAC	54.38			95	<input checked="" type="checkbox"/>	6	66	Martin Ferguson	Gateshead Harriers	60.46				
7	8	Daloo Okrienien	Trafford AC	59.53					7	88	Neil Hewsen	Trafford AC	61.20				
8	7	Lee Hamilton	Kent AC	107.80					8	77	Shaun Mulligan	Kent AC	83.73				



National One Match 2 - Don Valley Sheffield				Perf	Record	Wind	UKA	AW	3 July 2010				Perf	Wind	UKA	AW	
<b>Men's 110m Hurdles A</b>				Wind=	+3.7				<b>Men's 110m Hurdles B</b>				Wind=	+2.0			
1	5	Roger Skedd	City of Sheffield	14.42			133	☑	1	88	Domenic Bradley	Trafford AC	14.67		108	☑	
2	6	Ben Richardson	Gateshead Harriers	14.46			129	☑	2	66	Andrew Sturrock	Gateshead Harriers	14.81		94	☑	
3	8	Kevin Semper	Trafford AC	14.53			122	☑	3	11	Ben Hazell	Basingstoke & Mid Hants	15.15		60	☑	
4	1	Tony Higbee	Basingstoke & Mid Hants	15.02			73	☑	4	55	Charlie Kavanagh	City of Sheffield	15.50			☑	
5	4	Paul Whittle	City of Liverpool AC	15.20			55	☑	5	22	Craig Baker	Blackheath & Bromley H	15.57			☑	
6	2	Ed Harrison	Blackheath & Bromley H	15.24			51	☑	6	44	Brendan McConville	City of Liverpool AC	15.97			☑	
7	3	Gareth Morris	Cardiff AAC	16.52					7	33	Matt Ledger	Cardiff AAC	18.20				
8	7	Max Hall	Kent AC	17.11					8	77	Rich Munn	Kent AC	29.30				
<b>Men's Hammer A</b>									<b>Men's Hammer B</b>								
1	5	Matthew Lambley	City of Sheffield	66.26			176	☑	1	55	Simon Bissell	City of Sheffield	54.04		115	☑	
2	44	Mike Bomba	City of Liverpool AC	64.47			167	☑	2	4	Will Lowndes	City of Liverpool AC	51.40		102	☑	
3	2	Andrew Jordan	Blackheath & Bromley H	58.90			139	☑	3	22	Alex Pope	Blackheath & Bromley H	37.49				
4	6	Graeme Level	Gateshead Harriers	54.80			119	☑	4	77	Dan Brundsen	Kent AC	33.94				
5	8	Roger Bate	Trafford AC	54.37			116	☑	5	66	Craig Sturrock	Gateshead Harriers	32.98				
6	7	Steve Brunsden	Kent AC	34.32					6	88	Derek Martin	Trafford AC	27.28				
7	11	Chris Berry	Basingstoke & Mid Hants	23.29					7	3	Matt Ledger	Cardiff AAC	21.34				
8	33	Jake Mathews	Cardiff AAC	22.89					8	1	Joe Flitcroft	Basingstoke & Mid Hants	11.84				
<b>Men's Discus A</b>									<b>Men's Discus B</b>								
1	3	Dave Coleman	Cardiff AAC	50.32			137	☑	1	55	Simon Bissell	City of Sheffield	44.13		93	☑	
2	5	Jamie Williamson	City of Sheffield	47.37			116	☑	2	33	Jake Mathews	Cardiff AAC	43.79		91	☑	
3	1	Ben Hazell	Basingstoke & Mid Hants	47.35			116	☑	3	66	Craig Sturrock	Gateshead Harriers	40.22		66	☑	
4	6	Graeme Level	Gateshead Harriers	47.25			115	☑	4	77	Dan Brundsen	Kent AC	39.69		62	☑	
5	7	Shaun Breathnach	Kent AC	43.72			91	☑	5	4	Will Lowndes	City of Liverpool AC	38.59		55	☑	
6	2	Alex Pope	Blackheath & Bromley H	41.54			75	☑	6	88	Mark Wearing	Trafford AC	38.43		53	☑	
7	44	Mike Bomba	City of Liverpool AC	38.90			57	☑	7	11	Robert Kite	Basingstoke & Mid Hants	35.97			☑	
8	8	Roger Bate	Trafford AC	38.61			55	☑	8	22	Craig Baker	Blackheath & Bromley H	35.14			☑	
<b>Men's Javelin A</b>									<b>Men's Javelin B</b>								
1	5	Lee Doran	City of Sheffield	67.72			148	☑	1	44	Ben Fisher	City of Liverpool AC	62.68		116	☑	
2	77	Dominic Sadowski	Kent AC	66.35			139	☑	2	7	Max Hall	Kent AC	58.75		92	☑	
3	4	Dave McKay	City of Liverpool AC	65.59			134	☑	3	55	Roger Skedd	City of Sheffield	52.27		51	☑	
4	6	Ian Burns	Gateshead Harriers	62.59			116	☑	4	66	John Stacey	Gateshead Harriers	47.49				
5	2	Craig Baker	Blackheath & Bromley H	51.61				☑	5	22	Alex Pope	Blackheath & Bromley H	45.20				
6	8	Pawlo Ostapowycz	Trafford AC	49.29					6	11	Dean Showler-Davis	Basingstoke & Mid Hants	44.17				
7	1	Ben Hazell	Basingstoke & Mid Hants	48.97					7	88	Mark Wearing	Trafford AC	42.48				
8	3	Matt Ledger	Cardiff AAC	36.05					8	33	Gareth Wiltshire	Cardiff AAC	35.16				
<b>Men's Shot Putt A</b>									<b>Men's Shot Putt B</b>								
1	5	Jamie Williamson	City of Sheffield	16.98			149	☑	1	55	Daniel Brunt	City of Sheffield	14.78		94	☑	
2	7	Shaun Breathnach	Kent AC	16.10			127	☑	2	77	Dan Brundsen	Kent AC	12.85				
3	6	Craig Sturrock	Gateshead Harriers	15.39			109	☑	3	33	Jake Mathews	Cardiff AAC	12.49				
4	4	Will Lowndes	City of Liverpool AC	15.01			100	☑	4	44	Mike Bomba	City of Liverpool AC	11.95				
5	1	Ben Hazell	Basingstoke & Mid Hants	12.87					5	11	Robert Kite	Basingstoke & Mid Hants	11.82				
6	3	Dave Coleman	Cardiff AAC	12.62					6	2	Craig Baker	Blackheath & Bromley H	11.24				
7	22	Alex Pope	Blackheath & Bromley H	11.61					7	66	Andrew Sturrock	Gateshead Harriers	11.23				
8	8	Roger Bate	Trafford AC	11.38					8	88	Pawlo Ostapowycz	Trafford AC	8.77				
<b>Men's Long Jump A</b>									<b>Men's Long Jump B</b>								
1	55	Graeme Matthews	City of Sheffield	7.04			92	☑	1	5	Roger Skedd	City of Sheffield	6.84		67	☑	
2	66	George Kenyon	Gateshead Harriers	6.89			73	☑	2	6	Charlie Dryden	Gateshead Harriers	6.59			☑	
3	1	Dean Showler-Davis	Basingstoke & Mid Hants	6.81			63	☑	3	11	Ashley Johnson	Basingstoke & Mid Hants	6.55			☑	
4	8	Kevin Sempers	Trafford AC	6.76			57	☑	4	7	Max Hall	Kent AC	6.36				
5	77	Joe Appiah	Kent AC	6.40					5	2	Sam Bobb	Blackheath & Bromley H	6.13				
6	22	Craig Baker	Blackheath & Bromley H	6.37					6	4	Brendan McConville	City of Liverpool AC	6.03				
7	3	Matt Ledger	Cardiff AAC	6.32					7	33	Joe Maynard	Cardiff AAC	5.47				
8	44	Peter Glass	City of Liverpool AC	6.31					8	88	John Lee	Trafford AC	5.34				
<b>Men's Triple Jump A</b>									<b>Men's Triple Jump B</b>								
1	6	Ade Babatunde	Gateshead Harriers	15.06			131	☑	1	66	Craig Fiddes	Gateshead Harriers	13.87		65	☑	
2	8	Lawrence Harvey	Trafford AC	15.05			130	☑	2	55	Adam Khan	City of Sheffield	13.84		63	☑	
3	5	David Budd	City of Sheffield	14.92			123	☑	3	22	Duayne Bovell	Blackheath & Bromley H	12.38				
4	2	Sam Bobb	Blackheath & Bromley H	14.43			96	☑	4	11	Jonathan Elderfield	Basingstoke & Mid Hants	12.16				
5	1	Ashley Johnson	Basingstoke & Mid Hants	12.87					5	33	Michael Haslett	Cardiff AAC	11.67				
6	3	Matt Ledger	Cardiff AAC	12.77					6	7	Nick Torry	Kent AC	9.69				
7	77	Shaun Mulligan	Kent AC	11.83					7								
8	4	Brendan McConville	City of Liverpool AC	11.64					8								
<b>Men's High Jump A</b>									<b>Men's High Jump B</b>								
1	4	Matthew Owens	City of Liverpool AC	2.00			90	☑	1	55	Lloyd Powell	City of Sheffield	1.85				
2	8	Kevin Sempers	Trafford AC	1.95			65	☑	2	33	Lewis Long	Cardiff AAC	1.80				
3	5	Wani Mkandawire	City of Sheffield	1.95			65	☑	3	6	Alex Bright	Gateshead Harriers	1.75				
4	2	Lewis Ely	Blackheath & Bromley H	1.90				☑	4	1	Dean Showler-Davis	Basingstoke & Mid Hants	1.75				
5	3	Adam Gallie	Cardiff AAC	1.85					5	88	Daloo Okrienien	Trafford AC	1.60				
6	66	John Stacey	Gateshead Harriers	1.85					6	22	Craig Baker	Blackheath & Bromley H	1.60				
7	11	Sam Sleaf	Basingstoke & Mid Hants	1.75					7	44	Ben Fisher	City of Liverpool AC	1.60				
8	7	Max Hall	Kent AC	1.60					8	77	Joe Appiah	Kent AC	1.40				



National One Match 2 - Don Valley Sheffield

Perf Record Wind UKA AW

3 July 2010

Perf Wind UKA AW

**Men's Pole Vault A**

1	5	Luke Cutts	City of Sheffield	5.20			170	<input checked="" type="checkbox"/>
2	2	Scott Huggins	Blackheath & Bromley H	5.00			150	<input checked="" type="checkbox"/>
3	4	Brendan McConville	City of Liverpool AC	4.80			130	<input checked="" type="checkbox"/>
4	88	Edward Mowbrey	Trafford AC	4.50			100	<input checked="" type="checkbox"/>
5	1	Ben Hazell	Basingstoke & Mid Hants	4.40			90	<input checked="" type="checkbox"/>
6	7	Max Hall	Kent AC	4.00			50	<input checked="" type="checkbox"/>
7	66	Philip Hicks	Gateshead Harriers	3.60				
8	33	Gareth Wiltshire	Cardiff AAC	3.20				

**Men's Pole Vault B**

1	22	Ned Quiney	Blackheath & Bromley H	5.00			150	<input checked="" type="checkbox"/>
2	44	Peter Glass	City of Liverpool AC	4.50			100	<input checked="" type="checkbox"/>
3	8	Kevin Sempers	Trafford AC	4.40			90	<input checked="" type="checkbox"/>
4	55	Paul Hallworth	City of Sheffield	4.20			70	<input checked="" type="checkbox"/>
5	11	Sam Sleaf	Basingstoke & Mid Hants	3.40				
6	6	Gavin Howard	Gateshead Harriers	3.00				
7	3	Matt Ledger	Cardiff AAC	2.60				
8	77	Lee Hamilton	Kent AC	2.00				

**Men's 4x100m Relay**

1	3	Cardiff AAC	Milton Baker	Liam Duff	Rhys Knapman	Lloyd Reffell	41.95	<input checked="" type="checkbox"/>
2	8	Trafford AC	Lawrence Baird	Darren Scott	Domenic Bradley	Richard Beardsall	42.19	<input checked="" type="checkbox"/>
3	1	Basingstoke & Mid Hant	Jonathan Elderfield	Dean Showler-Davis	Tony Higbee	Ashley Johnson	42.28	<input checked="" type="checkbox"/>
4	2	Blackheath & Bromley H	Ed Harrison	Duayne Bovell	Bomene Barikor	Femi Owolade	42.79	<input checked="" type="checkbox"/>
5	6	Gateshead Harriers	Charlie Dryden	Patrick Swan	Ben Richardson	George Kenyon	43.21	<input checked="" type="checkbox"/>
6	5	City of Sheffield	Rafael Alleyne	Matthew Quine	Roger Skedd	Steve Garrett	43.90	<input checked="" type="checkbox"/>
7	4	City of Liverpool AC	Thaddeus Anim Somauh	Phil Ellershaw	Matthew Owens	Brendan Murphy	45.27	
8	7	Kent AC	Courtney Grreen	Lawrence Wooldridge	Rob Clark	Darren Green	56.20	

**Men's 4x400m Relay**

1	8	Trafford AC	Lawrence Baird	Danny Barry	Richard Stracham	Richard Beardsall	03:13.07	<input checked="" type="checkbox"/>
2	3	Cardiff AAC	Gareth Wiltshire	Tom Miller	Joe Maynard	Gareth Warburton	03:13.09	<input checked="" type="checkbox"/>
3	5	City of Sheffield	Tom Grantham	Steve Garrett	Sam Ellis	Mukhtar Mohammed	03:13.41	<input checked="" type="checkbox"/>
4	1	Basingstoke & Mid Hant	Jonathan Elderfield	Richard Fox	Mark Berridge	Andy Blow	03:13.61	<input checked="" type="checkbox"/>
5	2	Blackheath & Bromley H	Alloy Wilson	Dan Putnam	Femi Owolade	Bomene Barikor	03:13.80	<input checked="" type="checkbox"/>
6	6	Gateshead Harriers	David Riley	Martin Ferguson	Patrick Swan	Charlie Dryden	03:18.32	<input checked="" type="checkbox"/>
7	7	Kent AC	Jermain Mays	Ben Wiffen	Lawrence Wooldridge	Darren Green	03:25.00	<input checked="" type="checkbox"/>
8	4	City of Liverpool AC	Daniel Yipp	Brendan McConville	Brendan Murphy	Mark Draper	03:25.41	<input checked="" type="checkbox"/>

MATCH RESULT	League Points	Match
1 City of Sheffield	8	389.0
2 Cardiff AAC	7	305.0
3 Blackheath & Bromley H	6	263.0
4 Gateshead Harriers	5	260.0
5 Trafford AC	4	259.0
6 City of Liverpool AC	3	248.0
7 Kent AC	2	241.0
8 Basingstoke & Mid Hants	1	238.0

STANDINGS	League Points	Match
1 City of Sheffield	16	748.0
2 Cardiff AAC	14	625.0
3 Blackheath & Bromley H	10	528.0
4 City of Liverpool AC	8	529.0
5 Kent AC	8	523.0
6 Gateshead Harriers	8	506.5
7 Trafford AC	5	448.5
8 Basingstoke & Mid Hants	3	456.0