	Club names	"A" letters	"B" letters
Insert Club names and letters in the blue cells	Luton	K	KK
	Ipswich	I	II
	Hunts AC	H	HH
	Ryston	Y	YY
	Breckland	J	JJ
	Leighton Buzzard	N	NN
	-	-	-
	-	-	-
Example	Winchester	W	WW

Insert Venue and date in the two blue highlighted cells on row 30

Enter scorers name and checkers name in the blue highlighted cells in row 76

TO SCORE THE MATCH

First carry out the three set-up actions on the left of this page (highlighted in yellow). This sets up all the worksheet pages automatically

1) type names from team declarations into the spreadsheet which is to the right of each scoresheet
(Note - This is not essential in order to score the match, and can be completed afterwards if time is short)

2) type the athletes letter and performance in the upper row for each event (letters in the narrow colum and performance in the wider one)
Example WW 3.24.7
The name will then appear in the lower box if it has already been entered in the spreadsheet (or "0" until a name is entered).
Take care when entering athlete letters, there must be no blanks, just a single or double letter (in either upper of lower case). If #N/A appears, in in the name box, clear the letters cell and re-enter the letters. If you now don't want to put letters in that cell, put a single full stop instead.

3) The match will be scored automatically, points will appear in the score columns, and the totals will be updated on the Match page

4) for security - save the data regularly (every 10 minutes is recommended)

5) where there is a tie in Highjump or Polevault only, the points cells can be overwritten (all other score cells are protected).
Overtype the points scores using only decimals, not fractions - eg 4.5 6.5 etc, in order to score the ties.
When a cell has been overwritten, the original formula calculation is lost, so any alterations then have to be manual.

6) you can change athlete names in the spreadsheet at any time and they will automatically update in the scoresheet

7) Print area's are pre-set so that relevant data on each sheet can be printed -
Whilst in a page of the workbook, select File, Print, and select "Active sheet" and that page will print (useful to display updated results)
To print the entire scoresheet, simply select File, Print, and select "Entire Workbook" in the print menu.

8) Before e-mailing the file, if possible make the file smaller by converting the entire workbook to a .pdf
That will reduce the file from ca 1Mb to ca 50kb

East Anglian League - Match result sheet

Match held at Luton **On** 08/08/10

Under 13 Girls

Club	Score	Position
Luton	118	1
Ipswich	38	2
Hunts AC	0	
Ryston	0	
Breckland	0	
Leighton	0	
-	0	
-	0	

Under 15 Girls

Club	Score	Position
Luton	94	2
Ipswich	126	1
Hunts AC	39	3
Ryston	22	4
Breckland	10	6
Leighton	20	5
-	0	
-	0	

Ladies

Club	Score	Position
Luton	148.5	2
Ipswich	156	1
Hunts AC	17	4
Ryston	82.5	3
Breckland	8	6
Leighton	17	4
-	0	
-	0	

Under 13 Boys

Club	Score	Position
Luton	121	1
Ipswich	21	3
Hunts AC	0	
Ryston	0	
Breckland	0	
Leighton	30	2
-	0	
-	0	

Under 15 Boys

Club	Score	Position
Luton	139	1
Ipswich	121	2
Hunts AC	50	3
Ryston	0	
Breckland	35	5
Leighton	45	4
-	0	
-	0	

Under 17 Men

Club	Score	Position
Luton	68	3
Ipswich	89	1
Hunts AC	87	2
Ryston	0	
Breckland	30	4
Leighton	0	
-	0	
-	0	

East Anglian League Match result sheet Page 2

Luton 08/08/10

Senior Men

Club	Score	Position
Luton	143	2
Ipswich	173	1
Hunts AC	55	3
Ryston	38	4
Breckland	9	5
Leighton	4	6
-	0	
-	0	

Overall Match result

Club	Total Score	Match position
Luton	831.5	1
Ipswich	724	2
Hunts AC	248	3
Ryston	142.5	4
Breckland	92	6
Leighton	116	5
-	0	
-	0	

Scored by Paul Vincent Checked by .....

Full results including non-scorers should be e-mailed to results@athleticsdata.com and admin@thepowerof10.info,
or copies posted to them within three days.
The full results sheets must be e-mailed/posted to the two league secretaries, and posted to the treasurer (for double checking points tables).
and a copy e-mailed or posted to all visiting clubs by the Wednesday following the match.
(Full results sheet inc Non-scorers - to Mr Noel Moss, 18 Hunts Rd, Duxford, Cambs, CB22 4RE - e-mail noelmoss@btinternet.com)
(Full results sheet inc non-scorers and all team declaration sheets - to Mr Tony Cheatham, 13 Longfield Rd, Capel-St-Mary, Ipswich, IP9 2UA
- e-mail anthonycheatham1107@btinternet.com)
(Front two pages only - to Mr Brian Boardley - 191 St Peters St, Lowestoft, Suffolk, NR32 2LT)

Teams	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club
A String	K	Luton	I	Ipswich	H	Hunts AC	Y	Ryston	J	Breckland	N	Leighton Buzzard	-	-
B String	KK		II		HH		YY		JJ		NN		-	

Total points per string = 28

Agegroup Under 13 Girls Luton 08/08/10

Points	1st	7	2nd	6	3rd	5	4th	4	5th	3	6th	2	7th	1

Events		First		Second		Third		Fourth		Fifth		Sixth		Seventh
100m A	K	14.2 Tamia Griffith	I	15.6 C. Kilpatrick	.	.	.	.	.	.	.	.	.	.
100m B	KK	14.7 Lauren Moroney	.	.	.	.	.	.	.	.	.	.	.	.
200m A	K	29.3 Tamia Griffith	I	32.5 C. Kilpatrick	.	.	.	.	.	.	.	.	.	.
200m B	KK	30.4 Lauren Moroney	II	35.6 J.Mallett	.	.	.	.	.	.	.	.	.	.
800m A	K	2.36.6 Amalia Edwards	I	3.05.7 J. Mallett	.	.	.	.	.	.	.	.	.	.
800m B	KK	2.41.7 Adeya Edwards	.	.	.	.	.	.	.	.	.	.	.	.
1500m A	K	5.58.8 Kayley Billington	.	.	.	.	.	.	.	.	.	.	.	.
1500m B	KK	6.38.8 Rebecca Thompso	.	.	.	.	.	.	.	.	.	.	.	.
Sprint hdls A	K	13.3 Lauren Moroney	.	.	.	.	.	.	.	.	.	.	.	.
Sprint hdls B	KK	16.2 Kayley Billington	.	.	.	.	.	.	.	.	.	.	.	.
4 x 100m	K	57.8 Luton	.	-	.	-	.	-	.	-	.	-	.	-
Highjump A	K	1.30 Adeya Edwards	.	.	.	.	.	.	.	.	.	.	.	.
Highjump B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Longjump A	I	4.51 C. Kilpatrick	K	3.38 Rebecca Thompso	.	.	.	.	.	.	.	.	.	.
Longjump B	KK	3.02 Kayley Billington	.	.	.	.	.	.	.	.	.	.	.	.
Shot A	K	6.24 Amalia Edwards	.	.	.	.	.	.	.	.	.	.	.	.
Shot B	KK	6.08 Tamia Griffith	.	.	.	.	.	.	.	.	.	.	.	.
Discus A	I	9.92 J. Mallett	.	.	.	.	.	.	.	.	.	.	.	.
Javelin A	K	26.42 Adeya Edwards	.	.	.	.	.	.	.	.	.	.	.	.

Age group Grand Totals - Track plus Field

Position in age group

Club letters

Scores

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
7	6						15	28	28
7							21	28	28
7	6						15	28	28
7	6						15	28	28
7	6						15	28	28
7							21	28	28
7							21	28	28
7							21	28	28
7							21	28	28
7							21	28	28
7							21	28	28
							28	28	28
6	7						15	28	28
7							21	28	28
7							21	28	28
7							21	28	28
	7						21	28	28
7							21	28	28

118	38	0	0	0	0	0	376	532	532
1	2								
K	I	H	Y	J	N	-			

Team declarations

No Formulae No Formulae

K	KK	I	II	H	HH	Y	YY	J	JJ	N	NN	-	-	.	.
Tamia Griffith	Lauren Moroney	C. Kilpatrick													
Tamia Griffith	Lauren Moroney	C. Kilpatrick	J.Mallett												
Amalia Edwards	Adeya Edwards	J. Mallett													
Kayley Billington	Rebecca Thompson														
Lauren Moroney	Kayley Billington														
Adeya Edwards															
Rebecca Thompso	Kayley Billington	C. Kilpatrick													
Amalia Edwards	Tamia Griffith														
		J. Mallett													
Adeya Edwards															

Teams	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club
A String	K	Luton	I	Ipswich	H	Hunts AC	Y	Ryston	J	Breckland	N	Leighton Buzzard	-	-
B String	KK		II		HH		YY		JJ		NN		-	

Total points per string = 28

Agegroup Under 15 Girls

Luton

8/8/10

Points	1st	7	2nd	6	3rd	5	4th	4	5th	3	6th	2	7th	1

Events		First		Second		Third		Fourth		Fifth		Sixth		Seventh
100m A	I	13.2 E. Lambert	N	13.7 Rebecca Davies	Y	14.3 Brittanie Ruffles	.	.	.	.	.	.	.	.
100m B	II	13.3 E. Moore	.	.	.	.	.	.	.	.	.	.	.	.
200m A	I	26.7 E. Lambert	Y	28.6 Britannie Ruffles	H	30.9 Gemma Duma	K	32.5 Anna Bright	.	.	.	.	.	.
200m B	II	27.6 E. Moore	KK	31.9 Ellie Still	.	.	.	.	.	.	.	.	.	.
800m A	H	2.28.5 Katie Scholey	I	2.32.5 R.Ryan	K	2.41.1 Ellie Hudson	Y	2.59.5 Becky Blarie	J	3.05.2 Molly Dyson	.	.	.	.
800m B	II	2.34.2 E. Robinson	KK	2.54.2 Anna Bright	HH	3.02.02 Rebecca Dowell	YY	3.33.4 Britannie Ruffles	.	.	.	.	.	.
1500m A	K	4.56.7 Ellie Still	H	5.28.2 Faye McLellan	I	5.46.5 K. Peake	.	.	.	.	.	.	.	.
1500m B	KK	5.24.2 Hannah Farmer	HH	6.16.0 Annabel McKenzie	.	.	.	.	.	.	.	.	.	.
Sprint hdls A	N	13.3 Rebecca Davies	I	13.3 C. Day	K	13.4 Kelly King	.	.	.	.	.	.	.	.
Sprint hdls B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
4 x 100m	I	54.0 Ipswich	K	60.2 Luton	.	-	.	-	.	-	.	-	.	-
Highjump A	KK	1.35 Kelly King	I	1.30 C. Day	H	1.30 Gemma Duma	.	.	.	.	.	.	.	.
Highjump B	K	1.35 Cherelle Hibbert	II	1.30 K. Whitlock	.	.	.	.	.	.	.	.	.	.
Longjump A	N	4.71 Rebecca Davies	I	4.53 L. Lechkyj	H	4.27 Katie Scholey	K	4.00 Kelly King	Y	3.63 Becky Blarie	J	3.33 Molly Dyson	.	.
Longjump B	II	4.04 C. Day	KK	3.35 Anna Bright	.	.	.	.	.	.	.	.	.	.
Shot A	I	8.38 H. Coe	K	4.84 Ellie Still	.	.	.	.	.	.	.	.	.	.
Shot B	II	6.67 L. Lechkyj	KK	4.75 Ellie Hudson	.	.	.	.	.	.	.	.	.	.
Discus A	I	20.19 H. Coe	K	15.01 Cherelle Hibbert	J	10.20 Molly Dyson	.	.	.	.	.	.	.	.
Discus B	II	16.65 A. Robinson	.	.	.	.	.	.	.	.	.	.	.	.
Hammer A	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Javelin A	I	21.98 A. Robinson	K	12.86 Cherelle Hibbert	.	.	.	.	.	.	.	.	.	.
Javelin B	II	12.40 H. Coe	.	.	.	.	.	.	.	.	.	.	.	.

Scores

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
	7		5		6		10	28	28
	7						21	28	28
4	7	5	6				6	28	28
6	7						15	28	28
5	6	7	4	3			3	28	28
6	7	5	4				6	28	28
7	5	6					10	28	28
7		6					15	28	28
5	6				7		10	28	28
							28	28	28
6	7						15	28	28
7	6	5					10	28	28
7	6						15	28	28
4	6	5	3	2	7		1	28	28
6	7						15	28	28
6	7						15	28	28
6	7						15	28	28
6	7			5			10	28	28
	7						21	28	28
							28	28	28
6	7						15	28	28
	7						21	28	28

94	126	39	22	10	20	0	305	616	616
2	1	3	4	6	5				
K	I	H	Y	J	N	-			

Age group Grand Totals - Track plus Field

Position in age group

Club letters

Team declarations

K	KK	I	II	H	HH	Y	YY	J	JJ	N	NN	.	.	.	.
		E. Lambert	E. Moore			Brittanie Ruffles				Rebecca Davies					
Anna Bright	Ellie Still	E. Lambert	E. Moore	Gemma Duma		Britannie Ruffles									
Ellie Hudson	Anna Bright	R.Ryan	E. Robinson	Katie Scholey	Rebecca Dowell	Becky Blarie	Britannie Ruffles	Molly Dyson							
Ellie Still	Hannah Farmer	K. Peake	L. Ramsey	Faye McLellan	Annabel McKenzie										
Kelly King		C. Day	E. Robinson							Rebecca Davies					
Cherelle Hibbert	Kelly King	C. Day	K. Whitlock	Gemma Duma											
Kelly King	Anna Bright	L. Lechkyj	C. Day	Katie Scholey		Becky Blarie		Molly Dyson		Rebecca Davies					
Ellie Still	Ellie Hudson	H. Coe	L. Lechkyj			Becky Blarie									
Cherelle Hibbert		H. Coe	A. Robinson					Molly Dyson							
Cherelle Hibbert		A. Robinson	H. Coe												

Teams	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club
A String	K	Luton	I	Ipswich	H	Hunts AC	Y	Ryston	J	Breckland	N	Leighton Buzzard	-	-
B String	KK		II		HH		YY		JJ		NN		-	

Total points per string = 28

Agegroup — Senior Women — Sheet 1 — Luton — 8/8/10

Points	1st	7	2nd	6	3rd	5	4th	4	5th	3	6th	2	7th	1

Events		First		Second		Third		Fourth		Fifth		Sixth		Seventh
100m A	K	13.0 Jade Savage	I	13.9 A. Hadley	H	14.3 Meredith Ash	J	17.6 Elisha Bowers	.	.	.	.	.	.
100m B	KK	13.5 Erica Casonata	HH	13.8 Lucy Readman	II	14.0 F. Moray	.	.	.	.	.	.	.	.
200m A	K	25.8 Jade Savage	I	26.5 Gemma Malston	.	.	.	.	.	.	.	.	.	.
200m B	KK	27.5 Erica Casonata	II	27.8 A. Hadley	.	.	.	.	.	.	.	.	.	.
400m A	I	57.1 George Malster	K	58.5 Jade Savage	.	.	.	.	.	.	.	.	.	.
400m B	KK	64.4 Nicole Matthew	II	65.4 E. Burroughs	.	.	.	.	.	.	.	.	.	.
300m U17 A	.	.	.	.	.	.	.	.	.	.	.	.	.	.
300m U17 B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
800m A	I	2.32.7 L. Bernes	H	2.46.2 Amie Schneider	Y	3.22.1 Liz Blarie	.	.	.	.	.	.	.	.
800m B	II	2.35.5 E. Burroughs	.	.	.	.	.	.	.	.	.	.	.	.
1500m A	K	5.25.7 Claire McMahon	I	5.27.9 L. Bernes	Y	7.04.7 Liz Blarie	.	.	.	.	.	.	.	.
1500m B	II	6.20.8 E. Burroughs	KK	7.32.4 Suzanne Wise	.	.	.	.	.	.	.	.	.	.
80m Hdls A	.	.	.	.	.	.	.	.	.	.	.	.	.	.
80m hdls B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
100m hdls A	K	17.4 Lisa Clarke	I	19.4 K. Fuller	.	.	.	.	.	.	.	.	.	.
100m hdls B	KK	22.9 Alison Usher	.	.	.	.	.	.	.	.	.	.	.	.
4 x 100m	I	50.5 Ipswich	K	51.9 Luton	Y	81.2 Ryston	.	-	.	-	.	-	.	-

Total track events

Age-group — Senior Women — Sheet 2 — Luton — 8/8/10

		First		Second		Third		Fourth		Fifth		Sixth		Seventh
Highjump A	K	1.30 Jade Savage	II	1.25 K. Fuller	Y	1.00 Liz Blarie	.	.	.	.	.	.	.	.
Highjump B	I	1.25 B. Allen	YY	1.00 Maxene Simmons	KK	1.00 Shakira Francis	.	.	.	.	.	.	.	.
Longjump A	K	5.42 Shanara Hibbert	I	4.50 A Hadley	Y	3.14 Liz Blarie	J	2.98 Elisha Bowers	N	2.47 Nat Kimble	.	.	.	.
Longjump B	KK	4.82 Sylvie Noel	II	3.97 B. Allen	YY	2.71 Sarah Ruffles	.	.	.	.	.	.	.	.
Triplejump A	I	10.17 J.Crisell	YY	6.10 Marlene Simmonds	.	.	.	.	.	.	.	.	.	.
Triplejump B	II	8.33 F. Moray	Y	5.64 Becca Tuff	.	.	.	.	.	.	.	.	.	.
Shot A	K	9.87 Shannon Bunker	I	9.05 K. Fuller	N	8.17 Nat Kimble	Y	6.61 Becca Tuff	.	.	.	.	.	.
Shot B	II	7.71 E.Thompson	KK	7.21 Lisa Clarke	YY	5.89 Frankie Dack	.	.	.	.	.	.	.	.
Discus A	K	33.64 Shannon Bunker	I	33.14 G. Howe	N	21.62 Nat Kimble	Y	17.81 Becca tuff	.	.	.	.	.	.
Discus B	KK	32.26 Suzanna Wise	II	25.80 K. Fuller	YY	15.58 Frankie Dack	.	.	.	.	.	.	.	.
Hammer A	K	42.52 Shannon Bunker	I	40.09 G. Howe	Y	16.88 Frankie Dack	.	.	.	.	.	.	.	.
Javelin A	K	27.83 Shannon Bunker	YY	18.62 Marlene Simmonds	I	16.81 E. Thompson	N	13.01 Nat Kimble	.	.	.	.	.	.
Javelin B	KK	23.00 Lisa Clarke	Y	18.17 Becca Tuff	II	13.65 K. Fuller	.	.	.	.	.	.	.	.

Total Field events

Age group Grand Totals - Track plus Field

Position in age group

Club letters

Scores

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
7	6	5		4			6	28	28
7	5	6					10	28	28
7	6						15	28	28
7	6						15	28	28
6	7						15	28	28
7	6						15	28	28
							28	28	28
							28	28	28
	7	6	5				10	28	28
	7						21	28	28
7	6		5				10	28	28
6	7						15	28	28
							28	28	28
							28	28	28
7	6						15	28	28
7							21	28	28
6	7		5				10	28	28
74	76	17	15	4	0	0	290	476	476

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
7	6		5				10	28	28
5.5	7		5.5				10	28	28
7	6		5	4	3		3	28	28
7	6		5				10	28	28
	7		6				15	28	28
	7		6				15	28	28
7	6		4		5		6	28	28
6	7		5				10	28	28
7	6		4		5		6	28	28
7	6		5				10	28	28
7	6		5				10	28	28
7	5		6		4		6	28	28
7	5		6				10	28	28
74.5	80	0	67.5	4	17	0	121	364	364

148.5	156	17	82.5	8	17	0	411	840	840
2	1	4	3	6	4				
K	I	H	Y	J	N	-			

Team declarations

K	KK	I	II	H	HH	Y	YY	J	JJ	N	NN	-	-	.	.
Jade Savage	Erica Casonata	A. Hadley	F. Moray	Meredith Ash	Lucy Readman			Elisha Bowers							
Jade Savage	Erica Casonata	Gemma Malston	A. Hadley												
Jade Savage	Nicole Matthew	George Malster	E. Burroughs												
		Jess Cassell													
		L. Bernes	E. Burroughs	Amie Schneider		Liz Blarie									
Claire McMahon	Suzanne Wise	L. Bernes	E. Burroughs			Liz Blarie									
Lisa Clarke	Alison Usher	K. Fuller													
Jade Savage	Shakira Francis	B. Allen	K. Fuller			Liz Blarie	Maxene Simmons								
Shanara Hibbert	Sylvie Noel	A Hadley	B. Allen	Amie Schneider		Liz Blarie	Sarah Ruffles	Elisha Bowers		Nat Kimble					
Shakira Francis	Lisa Clarke	J.Crisell	F. Moray			Becca Tuff	Marlene Simmonds								
Shannon Bunker	Lisa Clarke	K. Fuller	E.Thompson	Lucy Readman		Becca Tuff	Frankie Dack			Nat Kimble					
Shannon Bunker	Suzanna Wise	G. Howe	K. Fuller			Becca tuff	Frankie Dack			Nat Kimble					
Shannon Bunker		G. Howe				Frankie Dack									
Shannon Bunker	Lisa Clarke	E. Thompson	K. Fuller			Becca Tuff	Marlene Simmonds			Nat Kimble					

Teams	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club
A String	K	Luton	I	Ipswich	H	Hunts AC	Y	Ryston	J	Breckland	N	Leighton Buzzard	-	-
B String	KK		II		HH		YY		JJ		NN		-	

Total points per string = 28

Agegroup — Under 13 Boys — Luton — 8/8/10

Points	1st	7	2nd	6	3rd	5	4th	4	5th	3	6th	2	7th	1

Events		First		Second		Third		Fourth		Fifth		Sixth		Seventh
100m A	k	15.0 Tope Fisayo	.	.	.	.	.	.	.	.	.	.	.	.
100m B	KK	17.2 Omari Fihosy	.	.	.	.	.	.	.	.	.	.	.	.
200m A	N	32.1 Lloyd Milliken	K	32.3 Lewis Phipps	.	.	.	.	.	.	.	.	.	.
200m B	KK	35.4 Omari Fihosy	.	.	.	.	.	.	.	.	.	.	.	.
800m A	I	2.35.2 T. Passmore	K	.2.48.0 Sam Bird	N	3.11.8 Patrick Clay	.	.	.	.	.	.	.	.
800m B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
1500m A	N	5.31.2 Lloyd Milliken	K	5.39.3 Matthew Lewis	.	.	.	.	.	.	.	.	.	.
1500m B	KK	5.46.6 Tom Canham	.	.	.	.	.	.	.	.	.	.	.	.
Sprint hdls A	K	13.8 Tope Fisayo	.	.	.	.	.	.	.	.	.	.	.	.
Sprint hdls B	KK	16.2 Jonathan Vincent	.	.	.	.	.	.	.	.	.	.	.	.
4 x 100m	k	61.9 Luton	.	-	.	-	.	-	.	-	.	-	.	-
Highjump A	K	1.40 Sam Bird	.	.	.	.	.	.	.	.	.	.	.	.
Highjump B	KK	1.35 Jonathan Vincent	.	.	.	.	.	.	.	.	.	.	.	.
Longjump A	I	4.12 T. Passmore	K	4.08 Tope Fisayo	N	3.56 Lloyd Milliken	.	.	.	.	.	.	.	.
Longjump B	KK	4.08 Lewis Phipps	NN	3.26 Patrick Clay	.	.	.	.	.	.	.	.	.	.
Shot A	KK	6.66 Sam Bird	.	.	.	.	.	.	.	.	.	.	.	.
Shot B	K	3.11 Omari Fisayo	.	.	.	.	.	.	.	.	.	.	.	.
Discus A	K	12.71 Matthew Lewis	.	.	.	.	.	.	.	.	.	.	.	.
Javelin A	I	22.16 T. Passmore	K	16.06 Matthew Lewis	.	.	.	.	.	.	.	.	.	.

Scores

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
7							21	28	28
7							21	28	28
6					7		15	28	28
7							21	28	28
6	7				5		10	28	28
							28	28	28
6					7		15	28	28
7							21	28	28
7							21	28	28
7							21	28	28
7							21	28	28
7							21	28	28
7							21	28	28
6	7				5		10	28	28
7					6		15	28	28
7							21	28	28
7							21	28	28
7							21	28	28
6	7						15	28	28

121	21	0	0	0	30	0	360	532	532
1	3				2				
K	I	H	Y	J	N	-			

Age group Grand Totals - Track plus Field

Position in age group

Club letters

Team declarations

K	KK	I	II	H	HH	Y	YY	J	JJ	N	NN	-	-		.
Tope Fisayo	Omari Fihosy														
Lewis Phipps	Omari Fihosy	T. Passmore								Lloyd Milliken					
Sam Bird	Z Louison	T. Passmore								Patrick Clay					
Matthew Lewis	Tom Canham									Lloyd Milliken					
Tope Fisayo	Jonathan Vincent														
Sam Bird	Jonathan Vincent														
Tope Fisayo	Lewis Phipps	T. Passmore								Lloyd Milliken	Patrick Clay				
Omari Fisayo	Sam Bird														
Matthew Lewis															
Matthew Lewis		T. Passmore													.

Teams	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club
A String	K	Luton	I	Ipswich	H	Hunts AC	Y	Ryston	J	Breckland	N	Leighton Buzzard	-	-
B String	KK		II		HH		YY		JJ		NN		-	

Total points per string = 28

Agegroup Under 15 Boys Sheet 1 Luton 8/8/10

Points	1st	7	2nd	6	3rd	5	4th	4	5th	3	6th	2	7th	1

Events		First		Second		Third		Fourth		Fifth		Sixth		Seventh
100m A	H	12.3	I	12.6	J	14.9	N	16.7	.	.	.	.	.	.
		0.0		W.Doyle		Will Moore		Ben Johnson						
100m B	HH	13.3	II	13.4	.	.	.	.	.	.	.	.	.	.
		0.0		T. Read										
200m A	HH	23.2	H	26.0	N	29.6	.	.	.	.	.	.	.	.
		0.0		Tom Hawkins		Joe McGarry								
200m B	H	23.8	NN	33.9	.	.	.	.	.	.	.	.	.	.
		Tom Hawkins		Ben Johnson										
400m A	K	57.5	I	58.9	H	59.3	N	63.3	.	.	.	.	.	.
		Corey Jackson		F Hudson		Tom Hawkins		Jordan Clay						
400m B	KK	57.7	.	.	.	.	.	.	.	.	.	.	.	.
		Matt Crossley												
800m A	K	2.15.6	H	2.18.9	N	2.29.5	I	2.29.5	.	.	.	.	.	.
		Jamal Lewis		Tim Cobden		Joe McGarry		C. Duncan						
800m B	NN	2.25.9	HH	2.30.6	II	2.31.7	.	.	.	.	.	.	.	.
		Jordan Clay		Matt Daritt		J. Bemrose								
1500m A	I	4.28.1	K	4.51.4	H	4.53.9	.	.	.	.	.	.	.	.
		B. Wattleworth		Tom Hudson		James Downing								
1500m B	II	5.01.2	KK	5.18..7	.	.	.	.	.	.	.	.	.	.
		T.Upson		Louis Hazel										
Sprint hdls A	KK	12.0	I	13.3	.	.	.	.	.	.	.	.	.	.
		Sam Hazel		E. Thompson										
Sprint hdls B	KK	12.0	.	.	.	.	.	.	.	.	.	.	.	.
		Sam Hazel												
4 x 100m	K	50.1	I	54.0	.	-	.	-	.	-	.	-	.	-
		Luton		Ipswich										

Total of Track events

Scores

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
	6	7		5	4		6	28	28
	6	7					15	28	28
		7			5		16	28	28
		7			6		15	28	28
7	6	5			4		6	28	28
7							21	28	28
7	4	6			5		6	28	28
	5	6			7		10	28	28
6	7	5					10	28	28
6	7						15	28	28
7	6						15	28	28
7							21	28	28
7	6						15	28	28
54	53	50	0	5	31	0	171	364	364

Age-group Under 15 Boys Sheet 2 Luton 8.8.10

		First		Second		Third		Fourth		Fifth		Sixth		Seventh
Highjump A	KK	1.65	I	1.55	N	1.15	.	.	.	.	.	.	.	.
		M. Crossley		E. Thompson		Joe McGarry								
Highjump B	K	1.60	II	1.40	.	.	.	.	.	.	.	.	.	.
		Bradley Fenn		T. Read										
Longjump A	K	5.39	I	5.00	N	4.09	.	.	.	.	.	.	.	.
		Bradley Fenn		E. Thompson		Jordan Clay								
Longjump B	KK	4.97	II	4.79	.	.	.	.	.	.	.	.	.	.
		Sam Hazel		T. Read										
Triplejump A	II	11.59	K	9.50	J	9.17	.	.	.	.	.	.	.	.
		F. Hudson		Sam Hazel		Will Moore								
Triplejump B	I	11.18	KK	9.24	.	.	.	.	.	.	.	.	.	.
		W. Doyle		Louis Hazel										
Shot A	I	11.25	K	10.24	J	8.64	.	.	.	.	.	.	.	.
		F.Hudson		amie Potten Burre		Will Moore								
Shot B	KK	5.10	.	.	.	.	.	.	.	.	.	.	.	.
		Tom Hudson												
Discus A	J	30.38	K	28.43	I	16.47	N	12.81	.	.	.	.	.	.
		Oliver Thompson		amie Potten Burre		T. Upson		Ben Johnson						
Discus B	JJ	20.21	II	15.26	KK	14.63	.	.	.	.	.	.	.	.
		Daniel Hawe		C. Duncan		Matt Crossley								
Hammer A	K	41.10	J	38.03	.	.	.	.	.	.	.	.	.	.
		amie Potten Burre		Oliver Thompson										
Javelin A	K	28.36	II	17.27	.	.	.	.	.	.	.	.	.	.
		Corey Jackson		A. Kitchen										
Javelin B	KK	17.57	I	13.67	.	.	.	.	.	.	.	.	.	.
		Tom Hudson		T. Upson										

Total Field events

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
7	6				5		10	28	28
7	6						15	28	28
7	6				5		10	28	28
7	6						15	28	28
6	7			5			10	28	28
6	7						15	28	28
6	7			5			10	28	28
7							21	28	28
6	5			7	4		6	28	28
5	6			7			10	28	28
7				6			15	28	28
7	6						15	28	28
7	6						15	28	28
85	68	0	0	30	14	0	167	364	364

139	121	50	0	35	45	0	338	728	728
1	2	3		5	4				
K	I	H	Y	J	N	-			

Age group Grand Totals - Track plus Field

Position in age group

Club letters

Team declarations

K	KK	I	II	H	HH	Y	YY	J	JJ	N	NN	-	-	.	.
Lewis Taylor	Adam Brown	W.Doyle	T. Read					Will Moore		Ben Johnson					
Lewis Taylor	Adam Brown	J Bemrose		Tom Hawkins						Joe McGarry	Ben Johnson				
Corey Jackson	Matt Crossley	F Hudson		Tom Hawkins						Jordan Clay					
Jamal Lewis		C. Duncan	J. Bemrose	Tim Cobden	Matt Daritt					Joe McGarry	Jordan Clay				
Tom Hudson	Louis Hazel	B. Wattleworth	T.Upson	James Downing						Brian Foulger					
Bradley Fenn	Sam Hazel	E. Thompson								Brian Foulger					
Bradley Fenn	M. Crossley	E. Thompson	T. Read							Joe McGarry					
Bradley Fenn	Sam Hazel	E. Thompson	T. Read							Jordan Clay					
Sam Hazel	Louis Hazel	W. Doyle	F. Hudson					Will Moore		Brian Foulger				.	
Jamie Potten Burr	Tom Hudson	F.Hudson	J. Bemrose					Will Moore						.	
Jamie Potten Burr	Matt Crossley	T. Upson	C. Duncan					Oliver Thompson	Daniel Hawe	Ben Johnson				.	.
Jamie Potten Burrell								Oliver Thompson							
Corey Jackson	Tom Hudson	T. Upson	A. Kitchen												

Teams	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club	Letter	Club
A String	K	Luton	I	Ipswich	H	Hunts AC	Y	Ryston	J	Breckland	N	Leighton Buzzard	-	-
B String	KK		II		HH		YY		JJ		NN		-	

Total points per string = 28

Agegroup Under 17 Men — Sheet 1 — Luton — 8/8/10

Points	1st	7	2nd	6	3rd	5	4th	4	5th	3	6th	2	7th	1

Events		First		Second		Third		Fourth		Fifth		Sixth		Seventh
100m A	H	11.5 Ryan Palmer	I	12.0 T. Powell	K	12.8 Scott Benjamin	.	.	.	.	.	.	.	.
100m B	HH	11.9 eem Duckworth-Po	II	12.2 L. Holmes	KK	12.7 Jeevan Bola	.	.	.	.	.	.	.	.
200m A	HH	23.2 Ryan Palmer	I	23.8 T. Powell	J	23.9 Ryan Skipp	K	25.4 Scott Benjamin	.	.	.	.	.	.
200m B	H	23.8 Jordan Grillbanks	.	.	.	.	.	.	.	.	.	.	.	.
400m A	J	53.9 Ryan Skipp	H	55.2 Tom Johnson	K	57.0 Scott Benjamin	I	58.5 N. Calderly	.	.	.	.	.	.
400m B	HH	57.7 Luke Scott	JJ	60.4 Joab Gideon	II	61.7 B. Fawcett	.	.	.	.	.	.	.	.
800m A	H	2.04.8 Jordan Gillbanks	I	2.08.5 A. Revell	.	.	.	.	.	.	.	.	.	.
800m B	HH	2.11.4 Luke Scott	.	.	.	.	.	.	.	.	.	.	.	.
1500m A	I	4.32.2 A. Revell	H	4.35.4 Michael Benning	.	.	.	.	.	.	.	.	.	.
1500m B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Sprint hdls A	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Sprint hdls B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
4 x 100m	H	45.8 Hunts AC	.	-	.	-	.	-	.	-	.	-	.	-

Total Track events

Scores

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
5	6	7					10	28	28
5	6	7					10	28	28
4	6	7		5			6	28	28
		7					21	28	28
5	4	6		7			6	28	28
	5	7		6			10	28	28
	6	7					15	28	28
		7					21	28	28
	7	6					15	28	28
							28	28	28
							28	28	28
		7					21	28	28
19	40	68	0	18	0	0	219	364	364

Agegroup Under 17 Men — Sheet 2 — Luton — 8/8/10

		First		Second		Third		Fourth		Fifth		Sixth		Seventh
Highjump A	HH	1.70 Jordan Gillbanks	I	1.70 T. Powell	.	.	.	.	.	.	.	.	.	.
Highjump B	H	1.50 eem Duckworth P	.	.	.	.	.	.	.	.	.	.	.	.
Longjump A	K	5.98 Jeffson Udemezue	I	5.05 B. Fawcett	.	.	.	.	.	.	.	.	.	.
Longjump B	KK	4.92 Daniel Reynolds	II	4.47 A. Revell	.	.	.	.	.	.	.	.	.	.
Triplejump A	K	12.92 Jeffson Udemezue	I	10.62 B.Fawcett	.	.	.	.	.	.	.	.	.	.
Triplejump B	KK	10.70 Olaolu Fisayo	.	.	.	.	.	.	.	.	.	.	.	.
Shot A	K	10.55 Alan Sydee	I	10.15 P. Roberts	J	9.58 Joab Gideon	.	.	.	.	.	.	.	.
Shot B	II	7.16 L. Holmes	.	.	.	.	.	.	.	.	.	.	.	.
Discus A	K	31.50 Alan Sydee	I	21.80 P. Roberts	.	.	.	.	.	.	.	.	.	.
Discus B	.	.	.	.	.	.	.	.	.	.	.	.	.	.
Hammer A	K	52.40 Alan Sydee	.	.	.	.	.	.	.	.	.	.	.	.
Javelin A	J	39.06 Joab Gideon	I	29.45 P. Roberts	H	25.19 Ryan Palmer	.	.	.	.	.	.	.	.
Javelin B	.	.	.	.	.	.	.	.	.	.	.	.	.	.

Total Field events

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
	6	7					15	28	28
		7					21	28	28
7	6						15	28	28
7	6						15	28	28
7	6						15	28	28
7							21	28	28
7	6			5			10	28	28
	7						21	28	28
7	6						15	28	28
							28	28	28
7							21	28	28
	6	5		7			10	28	28
							28	28	28
49	49	19	0	12	0	0	235	364	364

68	89	87	0	30	0	0	454	728	728
3	1	2		4					
K	I	H	Y	J	N	-			

Age group Grand Totals - Track plus Field

Position in age group

Club letters

Team declarations

K	KK	I	II	H	HH	Y	YY	J	JJ	N	NN	-	-	.	.
Scott Benjamin	Jeevan Bola	T. Powell	L. Holmes	Ryan Palmer	Hakeem Duckworth-Porter										
Scott Benjamin	Jeevan Bola	T. Powell	L. Holmes	Jordan Grillbanks	Ryan Palmer			Ryan Skipp							
Scott Benjamin		N. Calderly	B. Fawcett	Tom Johnson	Luke Scott			Ryan Skipp	Joab Gideon						
		A. Revell		Jordan Gillbanks	Luke Scott										
		A. Revell		Michael Benning											
		T. Powell		Hakeem Duckwort	Jordan Gillbanks			Ryan Skip							
Jeffson Udemezue	Daniel Reynolds	B. Fawcett	A. Revell												
Jeffson Udemezue	Olaolu Fisayo	B.Fawcett													
Alan Sydee	Jeevan Bola	P. Roberts	L. Holmes					Joab Gideon							
Alan Sydee		P. Roberts													
Alan Sydee															
		P. Roberts	N. Calderly	Ryan Palmer				Joab Gideon							

Teams	Lette	Club	Lette	Club	Lette	Club	Lette	Club	Lette	Club	Lette	Club	Lette	Club
A String	K	Luton	I	Ipswich	H	Hunts AC	Y	Ryston	J	Breckland	N	Leighton Buzzard	-	-
B String	KK		II		HH		YY		JJ		NN		-	

Total points per string = 28

Age-group — Senior Men — Sheet 1 — Luton — 8/8/10

Points	1st	7	2nd	6	3rd	5	4th	4	5th	3	6th	2	7th	1

Events		First		Second		Third		Fourth		Fifth		Sixth		Seventh
100m A	K	11.4 Kyle Andrew	I	12.1 Adam Rawling	H	12.8 Charles Pook	Y	13.1 Aaron Raine	.	.	.	.	.	.
100m B	II	12.2 Rob Graham	KK	12.6 wen Keenan-Linds	YY	17.0 Darren Smith	.	.	.	.	.	.	.	.
200m A	K	23.4 Kyle Andrew	I	24.7 Tony Kitterman	Y	34.1 Darren Smith	.	.	.	.	.	.	.	.
200m B	II	25.0 Michael Sturgeon	KK	25.6 Danny Bottesch	.	.	.	.	.	.	.	.	.	.
400m A	I	54.6 Tony Kitterman	K	56.4 Kyle Andrew	H	61.0 Karl Jackson	Y	68.3 Darren Smith	.	.	.	.	.	.
400m B	KK	61.7 wen Keenan Linds	II	63.7 Chris Pattle	.	.	.	.	.	.	.	.	.	.
800m A	K	1.57.5 Laim McNabola	II	2.11.2 Dan Kett	YY	2.27.5 Aaron Raine	.	.	.	.	.	.	.	.
800m B	KK	1.59.6 Tom Mead	I	2.12.1 Ross Fawcett	Y	2.29.9 Darren Smith	.	.	.	.	.	.	.	.
3000m A	K	9.28.3 Sean Still	I	9.29.4 Simon Gardiner	J	12.14.6 Gary Hawe	.	.	.	.	.	.	.	.
3000m B	II	10.12.1 Ross Fawcett	KK	12.14.6 Matt Tilley	.	.	.	.	.	.	.	.	.	.
Sprint hdls A	I	17.2 Nigel Hayman	K	22.7 wen Keenan Linds	.	.	.	.	.	.	.	.	.	.
Sprint hdls B	II	17.9 Chris Bradshaw	.	.	.	.	.	.	.	.	.	.	.	.
4 x 100m	I	47.7 Ipswich	K	48.6 Luton	.	-	.	-	.	-	.	-	.	-

Total of Track events

Age-group — Senior Men — Sheet 2 — Luton — 8/8/10

		First		Second		Third		Fourth		Fifth		Sixth		Seventh
Highjump A	I	1.60 Rhys MacDonald	K	1.00 wen Keenan-Linds	.	.	.	.	.	.	.	.	.	.
Highjump B	II	1.50 Tony Kitterman	KK	1.00 Liam McNabola	.	.	.	.	.	.	.	.	.	.
Longjump A	I	6.07 Chris Bradshaw	K	4.72 wen Keenan-Linds	YY	4.00 Aaron Raine	.	.	.	.	.	.	.	.
Longjump B	II	5.31 Nigel Hayman	KK	3.95 Dave Burrell	Y	3.36 Darren Smith	.	.	.	.	.	.	.	.
Triplejump A	I	13.90 Rob Graham	K	7.80 wen Keenan Linds	.	.	.	.	.	.	.	.	.	.
Triplejump B	II	12.71 Rhys Mac Donald	.	.	.	.	.	.	.	.	.	.	.	.
Shot A	I	13.85 Joe Bloomfield	H	13.08 Jonathan Edwards	K	9.72 Dave Powers	.	.	.	.	.	.	.	.
Shot B	HH	11.79 Paul Hayball	II	10.00 Jermaine Bernard	KK	9.72 Geoff Grinsted	.	.	.	.	.	.	.	.
Discus A	I	46.42 Joe Bloomfield	H	36.68 Jonathan Edwards	KK	29.95 Geoff Grinsted	J	26.56 Gary Hawe	.	.	.	.	.	.
Discus B	HH	34.07 Paul Hayball	II	27.62 Rory MacMillan	K	26.07 Davie Powers	.	.	.	.	.	.	.	.
Hammer A	I	57.96 Joe Bloomfield	H	45.74 Jonathan Edwards	K	30.33 Dave Powers	.	.	.	.	.	.	.	.
Javelin A	H	41.96 Paul Hayball	II	40.24 Jermaine Bernar	KK	22.68 wen Keenan-Linds	N	21.72 Dave McGarry	.	.	.	.	.	.
Javelin B	I	34.74 Chris Bradshaw	HH	30.55 Jonathan Edwards	K	19.77 Dave Powers	.	.	.	.	.	.	.	.

Total Field events

Age group Grand Totals - Track plus Field

Position in age group

Club letters

Scores

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
7	6	5	4				6	28	28
6	7		5				10	28	28
7	6		5				10	28	28
6	7						15	28	28
6	7	5	4				6	28	28
7	6						15	28	28
7	6		5				10	28	28
7	6		5				10	28	28
7	6			5			10	28	28
6	7						15	28	28
6	7						15	28	28
	7						21	28	28
6	7						15	28	28
78	85	10	28	5	0	0	158	364	364

K	I	H	Y	J	N	-	WASTE	TOTAL	CHECK
6	7						15	28	28
6	7						15	28	28
6	7		5				10	28	28
6	7		5				10	28	28
6	7						15	28	28
	7						21	28	28
5	7	6					10	28	28
5	6	7					10	28	28
5	7	6		4			6	28	28
5	6	7					10	28	28
5	7	6					10	28	28
5	6	7			4		6	28	28
5	7	6					10	28	28
65	88	45	10	4	4	0	148	364	364

143	173	55	38	9	4	0	306	728	728
2	1	3	4	5	6				
K	I	H	Y	J	N	-			

Team declarations

K	KK	I	II	H	HH	Y	YY	J	JJ	N	NN	-	-	.	.
Kyle Andrew	Owen Keenan-Lin	Adam Rawling	Rob Graham	Charles Pook		Aaron Raine	Darren Smith								
Kyle Andrew	Danny Bottesch	Tony Kitterman	Michael Sturgeon	Charles Pook		Darren Smith									
Kyle Andrew	Owen Keenan Lin	Tony Kitterman	Chris Pattle	Karl Jackson		Darren Smith									
Laim McNabola	Tom Mead	Ross Fawcett	Dan Kett			Darren Smith	Aaron Raine								
Sean Still	Matt Tilley	Simon Gardiner	Ross Fawcett					Gary Hawe							
Owen Keenan Lindsey		Nigel Hayman	Chris Bradshaw												
Owen Keenan-Lin	Liam McNabola	Rhys MacDonald	Tony Kitterman												
Owen Keenan-Lin	Dave Burrell	Chris Bradshaw	Nigel Hayman			Darren Smith	Aaron Raine								
Owen Keenan Lindsey		Rob Graham	Rhys Mac Donald												
Dave Powers	Geoff Grinsted	Joe Bloomfield	Jermaine Bernard	Jonathan Edwards	Paul Hayball										
Davie Powers	Geoff Grinsted	Joe Bloomfield	Rory MacMillan	Jonathan Edwards	Paul Hayball			Gary Hawe							
Dave Powers		Joe Bloomfield		Jonathan Edwards											
Dave Powers	Owen Keenan-Lin	Chris Bradshaw	Jermaine Bernar	Paul Hayball	Jonathan Edwards					Dave McGarry					

Event	Age group					
100m (Example)	*U13 Boys*	*No. Club Perf Name*	*102 C&C 13.4 J Wilson*	*112 PAC 13.5 K Green*		
Hammer	U15Boys	78 Breckland 27.02 Daniel Howe				
Shot Put	Senior Men	43 Ipswich 8.46 Rory McMillen				
Hammer	Senior Wome	43 Ipswich 26.84 Kerry Fuller				
Long Jump	U13 Boys	95 Luton 3.47 Jonathan Vincent				
75mH	U13 Boys	95 Luton 16.3 Lewis Phipps				
75mH	U15 Girls	11 15.1				
75mH	U15 Girls	43 Ipswich 16.9 M. Frost				
800m	U13 Girls	334 Luton 2.50.8 Charlotte Kelly				
800m	U15 boys	3 Ipswich 2.44.6 A. Kitchen				
600m	U11 Boys	337 Luton 1.55.4 Dominic Boakye				
600m	U11 Boys	323 Luton 1.57.1 Saleem Fihosy				
600m	U11 Boys	95 Luton 2.00.8 J. Neufville				
600m	U11 Boys	325 Luton 2.09.9 Michale Moroney				
600m	U11 Boys	92 Breckland 2.23.9 Daniel Taylor				
600m	U11 Boys	71 Breckland 2.27.9 Joseph Nicholson				
600m	U11 Boys	328 Luton 2.32.0 Saleem Fihosy				
100m	U15 G	73 Ipswich 13.9 K. Whitlock				
100m	U15 G	23 Ipswich 14.5 M. Botherton				
100m	U15G	43 Ipswich 15.7 A. Foster				
100m	U15 G	3 Ipswich 16.2 C. Partridge				
600m	U11 G	329 Luton 2.09.5 Katherine Canham				
600m	U11G	330 Luton 2.14.3 Hannah Foster				
600m	U11G	339 Luton 2.14.7 Kate Hanbury				
600m	U11G	10 Ryston 2.15.1 Michaela Raine				
600m	U11G	335 Luton 2.16.9 Shanae Francois				
600m	U11G	331 Luton 2.16.9 Sylvie Masala				
Non scorers	Page 2					
600m	U11G	5 Leighton Buzzard 2.19.2 Jade Lindars				
100m	SW	3 Ipswich 13.3 R. Akintaye				
100m	SW	343 Luton 13.5 Nicole Matthew				
100m	SW	338 Luton 13.6 Sylvia Nicole				
100m	SW	23 Ipswich 14.0 J. Crisell				
100m	SW	73 Ipswich 14.4 K. Whitlock				
100m	U17M	3 Ipswich 12.7 N.Calderly				
Shot Putt	SW	43 Ipswich 6.12 Chloe Cooper				
Shot Putt	SW	351 Luton 8.31 Suzanne Wise				
100m	SM	3 Ipswich 12.3 Michael Sturgeon				
100m	SM	23 Ipswich 12.3 Tyrone Graham				
100m	SM	43 Ipswich 12.6 Chris Pattle				
100m	SM	73 Ipswich 13.8 Jeremy Smith				
100m	U15 B	324 Luton 12.5 G. Mathew				
100m	U15 B	322 Luton 12.6 F. Tshikala				
100m	U15B	320 Luton 13.1 Sam Hazel				
100m	U15B	321 Luton 13.5 Louis Hazel				
400m	SW	350 Luton 64.7 Alison Usher				
400m	U15B	324 Luton 60.2 G. Mathew				
80m	U11G	335 Luton 13.2 Shanae Francois				
80m	U11G	10 Ryston 13.2 Michaela Raine				
80m	U11G	330 Luton 13.4 Hannah Fost				
80m	U11G	329 Luton 13.9 Kathryn Canham	f			
80m	U11G	339 Luton 14.1 Katie Hanbury				
80m	U11G	5 Leighton 15.0 Jade Lindars				
80m	U11B	341 Luton 12.2 Jaime Day				
80M	U11B	71 Breckland 13.7 Joseph Nicholson				
Nonscorers	Page 3					
80M	U11B	328 Luton 13.9 Tereal Service-Johnson				
80m	U11B	92 Breckland 14.4 Daniel Taylor				
80m	U11B	95 Luton 11.5 J. Neufville				
80m	U11B	337 Luton 12.1 Dominic Boakye				
80m	U11B	323 Luton 13.1 Saleem Fihosy				
80m	U11B	325 Luton 13.6 Michael Moroney				
LJ	U11G	10 Ryston 3.14 Michaela Raine				
LJ	U11G	329 Luton 3.08 Kathryn Raine				
LJ	U11G	5 Leighton 2.28 Jade Lindars				
LJ	U11G	330 Luton 2.81 Hannah Foster				
200m	U13G	66 30.4				
200m	U13G	327 32.7				
LJ	UHHB	71 Breckland 2.89 Joseph Nicholson				
LJ	U11B	92 Breckland 3.11 Daniel Taylor				
LJ	U11B	328 Luton 2.92 T. Service-Johnson				
LJ	U11B	323 Luton 3.13 S. Fihosy				
LJ	U11B	325 Luton 3.27 M. Moroney				
LJ	U11B	341 Luton 2.98 J. Day				
LJ	U11B	337 Lution 3.28 D. Boakye				
LJ	U11B	95 Lution 3.69 J. Neufville				
Javelin	U15G	43 Ipswich 12.40 Lissie Lehkyj				
200m	SM	73 28				
200m	U17M	17 23.9				
Discus	SW	45 Ipswich 19.07 Evelyn Thompson				
Discus	SW	73 Ipswich 18.44 Lucy Barnes				
4x100	U15G	43 Ipswich 57.3				
4x100	SW	43 Ipswich 56.6				
200m	U15B	348 24.9				
200m	U15B	326 26.2				
200M	U15B	324 26.2				
200m	u15b	336 27.7				
200M	u15g	72 29.0				
200m	u15g	23 29.6				
200M	U15G	43 31.0				
200M	sw	355 27.0				
200M	SW	354 28.2				
200M	SW	3 28.3				
200M	SW	43 29.9				
200M	SW	73 30.9				
4x100m	SM	43 Ipswich 51.6				