NHCA 2024

Sunday 28 April 2024

Hosted by Hornchurch AC

Pits: Gate Lane, Romford, RM3 0BL

Standings

	Men	Women	Overall
1st	Hornchurch AC	Hornchurch AC	Hornchurch AC
2nd	Hornchurch AC	Hornchurch AC	Hornchurch AC
3rd	Hornchurch AC	Hornchurch AC	Hornchurch AC
4th	Hornchurch AC	Hornchurch AC	Hornchurch AC
5th	Hornchurch AC	Hornchurch AC	Hornchurch AC

1500

Name	Club	Time
1st Adam Bell	NHCA	4:12
2nd Jonathan Bell	NHCA	4:15
3rd Craig Mitchell	NHCA	4:18
4th Ryan Mitchell	NHCA	4:21
5th Ryan Mitchell	NHCA	4:24
6th Ryan Mitchell	NHCA	4:27
7th Ryan Mitchell	NHCA	4:30
8th Ryan Mitchell	NHCA	4:33
9th Ryan Mitchell	NHCA	4:36
10th Ryan Mitchell	NHCA	4:39

800

Name	Club	Time
1st Connor Bell	NHCA	1:58
2nd Ryan Bell	NHCA	2:01
3rd Ryan Bell	NHCA	2:04
4th Ryan Bell	NHCA	2:07
5th Ryan Bell	NHCA	2:10
6th Ryan Bell	NHCA	2:13
7th Ryan Bell	NHCA	2:16
8th Ryan Bell	NHCA	2:19
9th Ryan Bell	NHCA	2:22
10th Ryan Bell	NHCA	2:25
11th Ryan Bell	NHCA	2:28
12th Ryan Bell	NHCA	2:31
13th Ryan Bell	NHCA	2:34
14th Ryan Bell	NHCA	2:37
15th Ryan Bell	NHCA	2:40
16th Ryan Bell	NHCA	2:43

400

Name	Club	Time
1st Ryan Bell	NHCA	1:01
2nd Ryan Bell	NHCA	1:04
3rd Ryan Bell	NHCA	1:07
4th Ryan Bell	NHCA	1:10
5th Ryan Bell	NHCA	1:13
6th Ryan Bell	NHCA	1:16
7th Ryan Bell	NHCA	1:19
8th Ryan Bell	NHCA	1:22
9th Ryan Bell	NHCA	1:25
10th Ryan Bell	NHCA	1:28
11th Ryan Bell	NHCA	1:31
12th Ryan Bell	NHCA	1:34
13th Ryan Bell	NHCA	1:37
14th Ryan Bell	NHCA	1:40
15th Ryan Bell	NHCA	1:43
16th Ryan Bell	NHCA	1:46

200

Name	Club	Time
1st Ryan Bell	NHCA	0:28
2nd Ryan Bell	NHCA	0:31
3rd Ryan Bell	NHCA	0:34
4th Ryan Bell	NHCA	0:37
5th Ryan Bell	NHCA	0:40
6th Ryan Bell	NHCA	0:43
7th Ryan Bell	NHCA	0:46
8th Ryan Bell	NHCA	0:49
9th Ryan Bell	NHCA	0:52
10th Ryan Bell	NHCA	0:55
11th Ryan Bell	NHCA	0:58
12th Ryan Bell	NHCA	1:01
13th Ryan Bell	NHCA	1:04
14th Ryan Bell	NHCA	1:07
15th Ryan Bell	NHCA	1:10
16th Ryan Bell	NHCA	1:13

100

Name	Club	Time
1st Jason Lee	NHCA	0:12
2nd Jason Lee	NHCA	0:15
3rd Jason Lee	NHCA	0:18
4th Jason Lee	NHCA	0:21
5th Jason Lee	NHCA	0:24
6th Jason Lee	NHCA	0:27
7th Jason Lee	NHCA	0:30
8th Jason Lee	NHCA	0:33
9th Jason Lee	NHCA	0:36
10th Jason Lee	NHCA	0:39
11th Jason Lee	NHCA	0:42
12th Jason Lee	NHCA	0:45
13th Jason Lee	NHCA	0:48
14th Jason Lee	NHCA	0:51
15th Jason Lee	NHCA	0:54
16th Jason Lee	NHCA	0:57

4x400 Relay

Name	Club	Time
1st Jason Lee	NHCA	4:12
2nd Jason Lee	NHCA	4:15
3rd Jason Lee	NHCA	4:18
4th Jason Lee	NHCA	4:21
5th Jason Lee	NHCA	4:24
6th Jason Lee	NHCA	4:27
7th Jason Lee	NHCA	4:30
8th Jason Lee	NHCA	4:33
9th Jason Lee	NHCA	4:36
10th Jason Lee	NHCA	4:39
11th Jason Lee	NHCA	4:42
12th Jason Lee	NHCA	4:45
13th Jason Lee	NHCA	4:48
14th Jason Lee	NHCA	4:51
15th Jason Lee	NHCA	4:54
16th Jason Lee	NHCA	4:57

4x100 Relay

Name	Club	Time
1st Jason Lee	NHCA	0:48
2nd Jason Lee	NHCA	0:51
3rd Jason Lee	NHCA	0:54
4th Jason Lee	NHCA	0:57
5th Jason Lee	NHCA	1:00
6th Jason Lee	NHCA	1:03
7th Jason Lee	NHCA	1:06
8th Jason Lee	NHCA	1:09
9th Jason Lee	NHCA	1:12
10th Jason Lee	NHCA	1:15
11th Jason Lee	NHCA	1:18
12th Jason Lee	NHCA	1:21
13th Jason Lee	NHCA	1:24
14th Jason Lee	NHCA	1:27
15th Jason Lee	NHCA	1:30
16th Jason Lee	NHCA	1:33

Shot Put

Name	Club	Distance
1st Jason Lee	NHCA	12.34
2nd Jason Lee	NHCA	12.31
3rd Jason Lee	NHCA	12.28
4th Jason Lee	NHCA	12.25
5th Jason Lee	NHCA	12.22
6th Jason Lee	NHCA	12.19
7th Jason Lee	NHCA	12.16
8th Jason Lee	NHCA	12.13
9th Jason Lee	NHCA	12.10
10th Jason Lee	NHCA	12.07
11th Jason Lee	NHCA	12.04
12th Jason Lee	NHCA	12.01
13th Jason Lee	NHCA	11.98
14th Jason Lee	NHCA	11.95
15th Jason Lee	NHCA	11.92
16th Jason Lee	NHCA	11.89

Discus

Name	Club	Distance
1st Jason Lee	NHCA	45.67
2nd Jason Lee	NHCA	45.64
3rd Jason Lee	NHCA	45.61
4th Jason Lee	NHCA	45.58
5th Jason Lee	NHCA	45.55
6th Jason Lee	NHCA	45.52
7th Jason Lee	NHCA	45.49
8th Jason Lee	NHCA	45.46
9th Jason Lee	NHCA	45.43
10th Jason Lee	NHCA	45.40
11th Jason Lee	NHCA	45.37
12th Jason Lee	NHCA	45.34
13th Jason Lee	NHCA	45.31
14th Jason Lee	NHCA	45.28
15th Jason Lee	NHCA	45.25
16th Jason Lee	NHCA	45.22

Javelin

Name	Club	Distance
1st Jason Lee	NHCA	56.78
2nd Jason Lee	NHCA	56.75
3rd Jason Lee	NHCA	56.72
4th Jason Lee	NHCA	56.69
5th Jason Lee	NHCA	56.66
6th Jason Lee	NHCA	56.63
7th Jason Lee	NHCA	56.60
8th Jason Lee	NHCA	56.57
9th Jason Lee	NHCA	56.54
10th Jason Lee	NHCA	56.51
11th Jason Lee	NHCA	56.48
12th Jason Lee	NHCA	56.45
13th Jason Lee	NHCA	56.42
14th Jason Lee	NHCA	56.39
15th Jason Lee	NHCA	56.36
16th Jason Lee	NHCA	56.33

Long Jump

Name	Club	Distance
1st Jason Lee	NHCA	6.78
2nd Jason Lee	NHCA	6.75
3rd Jason Lee	NHCA	6.72
4th Jason Lee	NHCA	6.69
5th Jason Lee	NHCA	6.66
6th Jason Lee	NHCA	6.63
7th Jason Lee	NHCA	6.60
8th Jason Lee	NHCA	6.57
9th Jason Lee	NHCA	6.54
10th Jason Lee	NHCA	6.51
11th Jason Lee	NHCA	6.48
12th Jason Lee	NHCA	6.45
13th Jason Lee	NHCA	6.42
14th Jason Lee	NHCA	6.39
15th Jason Lee	NHCA	6.36
16th Jason Lee	NHCA	6.33

Triple Jump

Name	Club	Distance
1st Jason Lee	NHCA	13.56
2nd Jason Lee	NHCA	13.53
3rd Jason Lee	NHCA	13.50
4th Jason Lee	NHCA	13.47
5th Jason Lee	NHCA	13.44
6th Jason Lee	NHCA	13.41
7th Jason Lee	NHCA	13.38
8th Jason Lee	NHCA	13.35
9th Jason Lee	NHCA	13.32
10th Jason Lee	NHCA	13.29
11th Jason Lee	NHCA	13.26
12th Jason Lee	NHCA	13.23
13th Jason Lee	NHCA	13.20
14th Jason Lee	NHCA	13.17
15th Jason Lee	NHCA	13.14
16th Jason Lee	NHCA	13.11

High Jump

Name	Club	Height
1st Jason Lee	NHCA	1.89
2nd Jason Lee	NHCA	1.86
3rd Jason Lee	NHCA	1.83
4th Jason Lee	NHCA	1.80
5th Jason Lee	NHCA	1.77
6th Jason Lee	NHCA	1.74
7th Jason Lee	NHCA	1.71
8th Jason Lee	NHCA	1.68
9th Jason Lee	NHCA	1.65
10th Jason Lee	NHCA	1.62
11th Jason Lee	NHCA	1.59
12th Jason Lee	NHCA	1.56
13th Jason Lee	NHCA	1.53
14th Jason Lee	NHCA	1.50
15th Jason Lee	NHCA	1.47
16th Jason Lee	NHCA	1.44

Pole Vault

Name	Club	Height
1st Jason Lee	NHCA	3.45
2nd Jason Lee	NHCA	3.42
3rd Jason Lee	NHCA	3.39
4th Jason Lee	NHCA	3.36
5th Jason Lee	NHCA	3.33
6th Jason Lee	NHCA	3.30
7th Jason Lee	NHCA	3.27
8th Jason Lee	NHCA	3.24
9th Jason Lee	NHCA	3.21
10th Jason Lee	NHCA	3.18
11th Jason Lee	NHCA	3.15
12th Jason Lee	NHCA	3.12
13th Jason Lee	NHCA	3.09
14th Jason Lee	NHCA	3.06
15th Jason Lee	NHCA	3.03
16th Jason Lee	NHCA	3.00

Hammer Throw

Name	Club	Distance
1st Jason Lee	NHCA	67.89
2nd Jason Lee	NHCA	67.86
3rd Jason Lee	NHCA	67.83
4th Jason Lee	NHCA	67.80
5th Jason Lee	NHCA	67.77
6th Jason Lee	NHCA	67.74
7th Jason Lee	NHCA	67.71
8th Jason Lee	NHCA	67.68
9th Jason Lee	NHCA	67.65
10th Jason Lee	NHCA	67.62
11th Jason Lee	NHCA	67.59
12th Jason Lee	NHCA	67.56
13th Jason Lee	NHCA	67.53
14th Jason Lee	NHCA	67.50
15th Jason Lee	NHCA	67.47
16th Jason Lee	NHCA	67.44

Weight Throw

Name	Club	Distance
1st Jason Lee	NHCA	23.45
2nd Jason Lee	NHCA	23.42
3rd Jason Lee	NHCA	23.39
4th Jason Lee	NHCA	23.36
5th Jason Lee	NHCA	23.33
6th Jason Lee	NHCA	23.30
7th Jason Lee	NHCA	23.27
8th Jason Lee	NHCA	23.24
9th Jason Lee	NHCA	23.21
10th Jason Lee	NHCA	23.18
11th Jason Lee	NHCA	23.15
12th Jason Lee	NHCA	23.12
13th Jason Lee	NHCA	23.09
14th Jason Lee	NHCA	23.06
15th Jason Lee	NHCA	23.03
16th Jason Lee	NHCA	23.00

5000

Name	Club	Time
1st Jason Lee	NHCA	16:45
2nd Jason Lee	NHCA	16:48
3rd Jason Lee	NHCA	16:51
4th Jason Lee	NHCA	16:54
5th Jason Lee	NHCA	16:57
6th Jason Lee	NHCA	17:00
7th Jason Lee	NHCA	17:03
8th Jason Lee	NHCA	17:06
9th Jason Lee	NHCA	17:09
10th Jason Lee	NHCA	17:12
11th Jason Lee	NHCA	17:15
12th Jason Lee	NHCA	17:18
13th Jason Lee	NHCA	17:21
14th Jason Lee	NHCA	17:24
15th Jason Lee	NHCA	17:27
16th Jason Lee	NHCA	17:30

10000

Name	Club	Time
1st Jason Lee	NHCA	34:12
2nd Jason Lee	NHCA	34:15
3rd Jason Lee	NHCA	34:18
4th Jason Lee	NHCA	34:21
5th Jason Lee	NHCA	34:24
6th Jason Lee	NHCA	34:27
7th Jason Lee	NHCA	34:30
8th Jason Lee	NHCA	34:33
9th Jason Lee	NHCA	34:36
10th Jason Lee	NHCA	34:39
11th Jason Lee	NHCA	34:42
12th Jason Lee	NHCA	34:45
13th Jason Lee	NHCA	34:48
14th Jason Lee	NHCA	34:51
15th Jason Lee	NHCA	34:54
16th Jason Lee	NHCA	34:57

3000 Steeplechase

Name	Club	Time
1st Jason Lee	NHCA	10:45
2nd Jason Lee	NHCA	10:48
3rd Jason Lee	NHCA	10:51
4th Jason Lee	NHCA	10:54
5th Jason Lee	NHCA	10:57
6th Jason Lee	NHCA	11:00
7th Jason Lee	NHCA	11:03
8th Jason Lee	NHCA	11:06
9th Jason Lee	NHCA	11:09
10th Jason Lee	NHCA	11:12
11th Jason Lee	NHCA	11:15
12th Jason Lee	NHCA	11:18
13th Jason Lee	NHCA	11:21
14th Jason Lee	NHCA	11:24
15th Jason Lee	NHCA	11:27
16th Jason Lee	NHCA	11:30

110 Hurdles

Name	Club	Time
1st Jason Lee	NHCA	0:15
2nd Jason Lee	NHCA	0:18
3rd Jason Lee	NHCA	0:21
4th Jason Lee	NHCA	0:24
5th Jason Lee	NHCA	0:27
6th Jason Lee	NHCA	0:30
7th Jason Lee	NHCA	0:33
8th Jason Lee	NHCA	0:36
9th Jason Lee	NHCA	0:39
10th Jason Lee	NHCA	0:42
11th Jason Lee	NHCA	0:45
12th Jason Lee	NHCA	0:48
13th Jason Lee	NHCA	0:51
14th Jason Lee	NHCA	0:54
15th Jason Lee	NHCA	0:57
16th Jason Lee	NHCA	1:00

400 Hurdles

Name	Club	Time
1st Jason Lee	NHCA	1:01
2nd Jason Lee	NHCA	1:04
3rd Jason Lee	NHCA	1:07
4th Jason Lee	NHCA	1:10
5th Jason Lee	NHCA	1:13
6th Jason Lee	NHCA	1:16
7th Jason Lee	NHCA	1:19
8th Jason Lee	NHCA	1:22
9th Jason Lee	NHCA	1:25
10th Jason Lee	NHCA	1:28
11th Jason Lee	NHCA	1:31
12th Jason Lee	NHCA	1:34
13th Jason Lee	NHCA	1:37
14th Jason Lee	NHCA	1:40
15th Jason Lee	NHCA	1:43
16th Jason Lee	NHCA	1:46

4x400 Relay

Name	Club	Time
1st Jason Lee	NHCA	4:12
2nd Jason Lee	NHCA	4:15
3rd Jason Lee	NHCA	4:18
4th Jason Lee	NHCA	4:21
5th Jason Lee	NHCA	4:24
6th Jason Lee	NHCA	4:27
7th Jason Lee	NHCA	4:30
8th Jason Lee	NHCA	4:33
9th Jason Lee	NHCA	4:36
10th Jason Lee	NHCA	4:39
11th Jason Lee	NHCA	4:42
12th Jason Lee	NHCA	4:45
13th Jason Lee	NHCA	4:48
14th Jason Lee	NHCA	4:51
15th Jason Lee	NHCA	4:54
16th Jason Lee	NHCA	4:57

4x100 Relay

Name	Club	Time
1st Jason Lee	NHCA	0:48
2nd Jason Lee	NHCA	0:51
3rd Jason Lee	NHCA	0:54
4th Jason Lee	NHCA	0:57
5th Jason Lee	NHCA	1:00
6th Jason Lee	NHCA	1:03
7th Jason Lee	NHCA	1:06
8th Jason Lee	NHCA	1:09
9th Jason Lee	NHCA	1:12
10th Jason Lee	NHCA	1:15
11th Jason Lee	NHCA	1:18
12th Jason Lee	NHCA	1:21
13th Jason Lee	NHCA	1:24
14th Jason Lee	NHCA	1:27
15th Jason Lee	NHCA	1:30
16th Jason Lee	NHCA	1:33

Shot Put

Name	Club	Distance
1st Jason Lee	NHCA	12.34
2nd Jason Lee	NHCA	12.31
3rd Jason Lee	NHCA	12.28
4th Jason Lee	NHCA	12.25
5th Jason Lee	NHCA	12.22
6th Jason Lee	NHCA	12.19
7th Jason Lee	NHCA	12.16
8th Jason Lee	NHCA	12.13
9th Jason Lee	NHCA	12.10
10th Jason Lee	NHCA	12.07
11th Jason Lee	NHCA	12.04
12th Jason Lee	NHCA	12.01
13th Jason Lee	NHCA	11.98
14th Jason Lee	NHCA	11.95
15th Jason Lee	NHCA	11.92
16th Jason Lee	NHCA	11.89

Discus

Name	Club	Distance
1st Jason Lee	NHCA	45.67
2nd Jason Lee	NHCA	45.64
3rd Jason Lee	NHCA	45.61
4th Jason Lee	NHCA	45.58
5th Jason Lee	NHCA	45.55
6th Jason Lee	NHCA	45.52
7th Jason Lee	NHCA	45.49
8th Jason Lee	NHCA	45.46
9th Jason Lee	NHCA	45.43
10th Jason Lee	NHCA	45.40
11th Jason Lee	NHCA	45.37
12th Jason Lee	NHCA	45.34
13th Jason Lee	NHCA	45.31
14th Jason Lee	NHCA	45.28
15th Jason Lee	NHCA	45.25
16th Jason Lee	NHCA	45.22

Javelin

Name	Club	Distance
1st Jason Lee	NHCA	56.78
2nd Jason Lee	NHCA	56.75
3rd Jason Lee	NHCA	56.72
4th Jason Lee	NHCA	56.69
5th Jason Lee	NHCA	56.66
6th Jason Lee	NHCA	56.63
7th Jason Lee	NHCA	56.60
8th Jason Lee	NHCA	56.57
9th Jason Lee	NHCA	56.54
10th Jason Lee	NHCA	56.51
11th Jason Lee	NHCA	56.48
12th Jason Lee	NHCA	56.45
13th Jason Lee	NHCA	56.42
14th Jason Lee	NHCA	56.39
15th Jason Lee	NHCA	56.36
16th Jason Lee	NHCA	56.33

Long Jump

Name	Club	Distance
1st Jason Lee	NHCA	6.78
2nd Jason Lee	NHCA	6.75
3rd Jason Lee	NHCA	6.72
4th Jason Lee	NHCA	6.69
5th Jason Lee	NHCA	6.66
6th Jason Lee	NHCA	6.63
7th Jason Lee	NHCA	6.60
8th Jason Lee	NHCA	6.57
9th Jason Lee	NHCA	6.54
10th Jason Lee	NHCA	6.51
11th Jason Lee	NHCA	6.48
12th Jason Lee	NHCA	6.45
13th Jason Lee	NHCA	6.42
14th Jason Lee	NHCA	6.39
15th Jason Lee	NHCA	6.36
16th Jason Lee	NHCA	6.33

Triple Jump

Name	Club	Distance
1st Jason Lee	NHCA	13.56
2nd Jason Lee	NHCA	13.53
3rd Jason Lee	NHCA	13.50
4th Jason Lee	NHCA	13.47
5th Jason Lee	NHCA	13.44
6th Jason Lee	NHCA	13.41
7th Jason Lee	NHCA	13.38
8th Jason Lee	NHCA	13.35
9th Jason Lee	NHCA	13.32
10th Jason Lee	NHCA	13.29
11th Jason Lee	NHCA	13.26
12th Jason Lee	NHCA	13.23
13th Jason Lee	NHCA	13.20
14th Jason Lee	NHCA	13.17
15th Jason Lee	NHCA	13.14
16th Jason Lee	NHCA	13.11

High Jump

Name	Club	Height
1st Jason Lee	NHCA	1.89
2nd Jason Lee	NHCA	1.86
3rd Jason Lee	NHCA	1.83
4th Jason Lee	NHCA	1.80
5th Jason Lee	NHCA	1.77
6th Jason Lee	NHCA	1.74
7th Jason Lee	NHCA	1.71
8th Jason Lee	NHCA	1.68
9th Jason Lee	NHCA	1.65
10th Jason Lee	NHCA	1.62
11th Jason Lee	NHCA	1.59
12th Jason Lee	NHCA	1.56
13th Jason Lee	NHCA	1.53
14th Jason Lee	NHCA	1.50
15th Jason Lee	NHCA	1.47
16th Jason Lee	NHCA	1.44

Pole Vault

Name	Club	Height
1st Jason Lee	NHCA	3.45
2nd Jason Lee	NHCA	3.42
3rd Jason Lee	NHCA	3.39
4th Jason Lee	NHCA	3.36
5th Jason Lee	NHCA	3.33
6th Jason Lee	NHCA	3.30
7th Jason Lee	NHCA	3.27
8th Jason Lee	NHCA	3.24
9th Jason Lee	NHCA	3.21
10th Jason Lee	NHCA	3.18
11th Jason Lee	NHCA	3.15
12th Jason Lee	NHCA	3.12
13th Jason Lee	NHCA	3.09
14th Jason Lee	NHCA	3.06
15th Jason Lee	NHCA	3.03
16th Jason Lee	NHCA	3.00

Hammer Throw

Name	Club	Distance
1st Jason Lee	NHCA	67.89
2nd Jason Lee	NHCA	67.86
3rd Jason Lee	NHCA	67.83
4th Jason Lee	NHCA	67.80
5th Jason Lee	NHCA	67.77
6th Jason Lee	NHCA	67.74
7th Jason Lee	NHCA	67.71
8th Jason Lee	NHCA	67.68
9th Jason Lee	NHCA	67.65
10th Jason Lee	NHCA	67.62
11th Jason Lee	NHCA	67.59
12th Jason Lee	NHCA	67.56
13th Jason Lee	NHCA	67.53
14th Jason Lee	NHCA	67.50
15th Jason Lee	NHCA	67.47
16th Jason Lee	NHCA	67.44

Weight Throw

Name	Club	Distance
1st Jason Lee	NHCA	23.45
2nd Jason Lee	NHCA	23.42
3rd Jason Lee	NHCA	23.39
4th Jason Lee	NHCA	23.36
5th Jason Lee	NHCA	23.33
6th Jason Lee	NHCA	23.30
7th Jason Lee	NHCA	23.27
8th Jason Lee	NHCA	23.24
9th Jason Lee	NHCA	23.21
10th Jason Lee	NHCA	23.18
11th Jason Lee	NHCA	23.15
12th Jason Lee	NHCA	23.12
13th Jason Lee	NHCA	23.09
14th Jason Lee	NHCA	23.06
15th Jason Lee	NHCA	23.03
16th Jason Lee	NHCA	23.00

5000

Name	Club	Time
1st Jason Lee	NHCA	16:45
2nd Jason Lee	NHCA	16:48
3rd Jason Lee	NHCA	16:51
4th Jason Lee	NHCA	16:54
5th Jason Lee	NHCA	16:57
6th Jason Lee	NHCA	17:00
7th Jason Lee	NHCA	17:03
8th Jason Lee	NHCA	17:06
9th Jason Lee	NHCA	17:09
10th Jason Lee	NHCA	17:12
11th Jason Lee	NHCA	17:15
12th Jason Lee	NHCA	17:18
13th Jason Lee	NHCA	17:21
14th Jason Lee	NHCA	17:24
15th Jason Lee	NHCA	17:27
16th Jason Lee	NHCA	17:30

10000

Name	Club	Time
1st Jason Lee	NHCA	34:12
2nd Jason Lee	NHCA	34:15
3rd Jason Lee	NHCA	34:18
4th Jason Lee	NHCA	34:21
5th Jason Lee	NHCA	34:24
6th Jason Lee	NHCA	34:27
7th Jason Lee	NHCA	34:30
8th Jason Lee	NHCA	34:33
9th Jason Lee	NHCA	34:36
10th Jason Lee	NHCA	34:39
11th Jason Lee	NHCA	34:42
12th Jason Lee	NHCA	34:45
13th Jason Lee	NHCA	34:48
14th Jason Lee	NHCA	34:51
15th Jason Lee	NHCA	34:54
16th Jason Lee	NHCA	34:57

3000 Steeplechase

Name	Club	Time
1st Jason Lee	NHCA	10:45
2nd Jason Lee	NHCA	10:48
3rd Jason Lee	NHCA	10:51
4th Jason Lee	NHCA	10:54
5th Jason Lee	NHCA	10:57
6th Jason Lee	NHCA	11:00
7th Jason Lee	NHCA	11:03
8th Jason Lee	NHCA	11:06
9th Jason Lee	NHCA	11:09
10th Jason Lee	NHCA	11:12
11th Jason Lee	NHCA	11:15
12th Jason Lee	NHCA	11:18
13th Jason Lee	NHCA	11:21
14th Jason Lee	NHCA	11:24
15th Jason Lee	NHCA	11:27
16th Jason Lee	NHCA	11:30

110 Hurdles

Name	Club	Time
1st Jason Lee	NHCA	0:15
2nd Jason Lee	NHCA	0:18
3rd Jason Lee	NHCA	0:21
4th Jason Lee	NHCA	0:24
5th Jason Lee	NHCA	0:27
6th Jason Lee	NHCA	0:30
7th Jason Lee	NHCA	0:33
8th Jason Lee	NHCA	0:36
9th Jason Lee	NHCA	0:39
10th Jason Lee	NHCA	0:42
11th Jason Lee	NHCA	0:45
12th Jason Lee	NHCA	0:48
13th Jason Lee	NHCA	0:51
14th Jason Lee	NHCA	0:54
15th Jason Lee	NHCA	0:57
16th Jason Lee	NHCA	1:00

400 Hurdles

Name	Club	Time
1st Jason Lee	NHCA	1:01
2nd Jason Lee	NHCA	1:04
3rd Jason Lee	NHCA	1:07
4th Jason Lee	NHCA	1:10
5th Jason Lee	NHCA	1:13
6th Jason Lee	NHCA	1:16
7th Jason Lee	NHCA	1:19
8th Jason Lee	NHCA	1:22
9th Jason Lee	NHCA	1:25
10th Jason Lee	NHCA	1:28
11th Jason Lee	NHCA	1:31
12th Jason Lee	NHCA	1:34
13th Jason Lee	NHCA	1:37
14th Jason Lee	NHCA	1:40
15th Jason Lee	NHCA	1:43
16th Jason Lee	NHCA	1:46