



British Athletic League – National 3 – Round 2 Chelmsford Sat 3rd June 2017

1	Havering	341
2	Notts AC	292
3=	Southend	284.33
3=	Rugby & Northants	284.33
5	Chelmsford	283
6	Bedford & County	240
7	Yeovil Olympiades	235.33
8	Derby/Mansfield	203

A STRINGS				B STRINGS			
		Pos	Time/Dist			Pos.	Time/Dist
100	Joseph Ramie	4	10.98	100	Nathan Steele	2	11.31
200	Joseph Ramie	2	22.52	200	Lewis Bailey U20	1	22.65
400	Tom Pitkin U20	1	49.95	400	Fraser Boston U20	5	53.24
800	Paul Grange M35	7	1:56.29	800	Finn Hutton U20	2	1:55.80
1500	Ben Davis U20	5	4:02.66	1500	Paul Grange M35	6	4:08.69
5000	Alfie Waithaka	6	16:26.74	3000	Jamie Buckley-Stanton	4	16:53.71
3000 s/c	Rob Warner M35	2	9:47.44	3000 s/c	Jason Lendon M40	1	10:38.16
110H	Karl Tucker	1	16.40	110H	Luke Williams HCA	4	19.42
400H	Karl Tucker	6	62.52	400H	Rob Warner M35	7	71.90
L.J.	Joseph Ramie	1	7.18	L.J.	Shandell Taylor U20	1	6.90
H.J.	John Adekoya HCA	6	1.83	H.J.	Shandell Taylor U20	5	1.73
T.J.	Joseph Ramie	2	13.63	T.J.	Fraser Boston U20	4	11.67
P.V.	Luke Williams HCA	4	3.68	P.V.	Arron Bonning	3	3.08
S.P.	Laurence Goodacre	1	14.18	S.P.	Emmanuel Quarshie	1	13.25
D.T.	Duane Jibunoh	1	44.04	D.T.	Graham Holder M45 HCA	2	35.99
J.T.	Duane Jibunoh	4	44.26	J.T.	Sam Harrison M35	4	42.00
H.T.	Graham Holder M40 HCA	5	50.47	H.T.	Emmanuel Quarshie	6	20.23
4x100	John Adekoya, Lewis Bailey, Nathan Steele, Joseph Ramie					2	43.00
4x400	Karl Tucker (53.0), Fraser Boston (53.5), Lewis Bailey (56.5), & Tom Pitkin (50.5)					4	3:33.44

*Non scoring: 100m John Adekoya 11.26; Lewis Bailey 11.38; Karl Tucker 11.43; Shandell Taylor 11.83
200m: Nathan Steele 23.22*